

IDEAS FOR QUIET

STOP AND GO SAFETY SILENCE GAME

Why Do It? To provide for instant silence to allow the driver safer driving in critical situations.

How? If possible teach and practice this game at home before using it in the car

Explain that you will use two words in this game. Stop means everyone stops all talking and other noises. Everyone has to stay silent until they hear the driver say Go! The driver will use the Stop Word whenever they need to be extra careful with their driving.

Praise your child for their efforts with this game and thank them for helping with safe driving.

KEEPER OF THE PEACE

Why Do It? To quieten children down, impulse control; observation skills.

Where? In the car or a queue.

Object of Game: How long can everyone be quiet?

How? The first Keeper picks a particular **Object** to look out for e.g. someone with a red hat, a Registration Plate with a triple number, or a white horse. At the word "Peace" everyone is silent until that **Object** is spotted. Whoever spots the item calls out "Keeper". They become the next "Keeper of the Peace" by picking a new item to look for and they call 'Peace' to start the game again.

FREEZE

Why Do It? To quieten children down, impulse control; body awareness.

Where? Anywhere.

What Do We Need? Bodies

How? When the word "freeze" is heard, everyone (except the driver) has to stop talking and moving.

Challenge? How long can you hold your position without moving?

Change It? Use the word "Slow MO!" instead, let players move but very slowly.

MINUTE MASTER

Why Do It? To quieten children down, impulse control, awareness of time concepts.

Where? Anywhere.

What Do We Need? A Timekeeper who isn't driving, with a watch or timepiece

Object: Can you guess exactly how long a minute is.

How? The time keeper says Start and at the end of the minute will say "Minute". Other players have to guess when a minute is up. The closest person to the minute wins. They are the Minute Master.

FUN AND GAMES

I WENT SHOPPING GAME

Why Do It? Listening Memory, Concentration, Turn Taking, Fun.

Where? Anywhere.

What Do We Need? Listening Ears, two or more players

How?

First player begins game by saying, "I went Shopping and bought a..." and names an item.

Second player repeats this phrase and adds one item of their own.

Continue recalling entire list, adding one item at a time for each player.

Game stops when players can no longer remember their list.

Change It? Try "I went to the Zoo and saw a Kangaroo..."

RAINDROP RACES

Why Do It? Concentration, following a moving target, calming.

Why Do It? Inside a car or house with rain drops dripping down the windows.

What Do We Need? Rainy windows or a carwash!

How? Pick two different raindrops roughly at the same level and guess which one will win.

EYE SPY

Why Do It? Concentration, Naming first letter sounds or colours, boredom busters.

Why Do It? Anywhere.

What Do We Need? Keen Eyes

Object: To guess an **Object** starting with a letter or colour clue.

How? First player thinks of an **Object** that is in constant sight e.g. something within the car they give one clue by saying "I spy with my little eye something beginning with.....". Players take turns guessing what it might be. The winner gets to be the next spy.

ANIMAL TUNES

Why Do It? Listening Memory, fun.

Why Do It? Car.

What Do We Need? Listening ears, sense of humour

Object: To guess which tune is being made with animal noises.

How? First Player thinks of a well known tune e.g. nursery rhyme and an animal noise to sing it with. Try mooing to Mary had a little Lamb.

RHYMING FUN

Why Do It? Listening Memory, fun, Awareness of Rhyme, Listening Memory, Listening Discrimination.

Why Do It? Anywhere.

What Do We Need? Sense of humour.

Object: To guess which tune is being made with animal noises.

How? One person says a word. Everyone has to give rhyming words until they run out of ideas. Use hints to help younger players.

MAKE-A-STORY

Why Do It? Listening, turn taking, vocabulary building.

Why Do It? Anywhere.

What Do We Need? Imagination.

Object: Make up a story as you go along.

How? The first player starts the story with a single sentence e.g. Once upon a time.....
..... They continue talking for a few sentences and then pass on to the next player by saying something like, "...and then...".

Challenge? How long can you keep the story going?

GIVE ME FIVE

Why Do It? Conversation Booster.

Why Do It? On the move, in a queue, during washing up, on a walk.

Object: Each person lists their five favourites out of a particular category.

How? Pick a category e.g. Movies, Songs, Foods, Games, Sports etc. Each person has to tell their top five picks for the category chosen.

Challenge? Can you remember the five of another player?

ALPHABET ANIMALS

Why Do It? Boredom Busters, vocabulary builder.

Why Do It? In the car.

Object: Make up crazy animal phrases by using letter combinations from car registration plates.

How? Players create the phrase from at least three letter combinations from the next registration plate they see. The first two letters can be describing words and the last letter can be the name of the animal. E.g. FHT could be Fat Hairy Toad.

THREES OF THANKS

Why Do It? Conversation booster, Positive thinking in any situation.

Why Do It? Anywhere.

What Do We Need? Thinking caps on!

Object: Each person needs to come up with three things to be thankful for right now.

Example: We're stuck in traffic but I am thankful that we have a car to drive in, I have all the kids safe with me and the roof doesn't leak.

Challenge? Can you make it five things to be thankful for?

THE QUESTION GAME

Why Do It? Conversation Booster, Relationship Builder.

How? Each person takes turns answering interesting questions where there are no wrong answers.

Examples:

If you could have the day off school what are three amazing things you would do?

If you could have any pet in the world what would you chose?

What would be your dream job?

If you could be a superhero who would you like to be?

If you were an ice-cream what flavour would you be?

TONGUE TWISTERS

Why Do It? Listening memory, clear speech, concentration.

Why Do It? Anywhere.

What Do We Need? A list of tongue twisters or make up your own.

How? One person recites a tongue twister and another repeats it.

Challenge? Can you say it faster?

Change It? Make up your own by choosing each person's name and each person chooses another word go with it starting with the same letter. E.g. Tom tickles tired toes tonight.

FINGER PATTERNS

Why Do It? Individual finger control, working memory.

Why Do It? Anywhere.

What Do We Need? Fingers

How? One person touches their fingers to their thumb in a little pattern. Start off with just one or two fingers touching the thumb in turn. E.g. Index touches the thumb followed by the Little finger.

Challenge? Increase the number of fingers in the sequence.

OBSERVATION GAMES

SHAPE EYE SPY

Why Do It? Shape Identification, Boredom buster.

Why Do It? Anywhere.

Object: Spot shapes around a room.

How? Pick a shape and find that shape in as many different forms around the room

RED SHOES

Why Do It? Observation, Boredom buster, Colour identification, Vocabulary building.

Why Do It? Queues, Waiting rooms, Anywhere you can people watch.

What Do We Need? Eyes.

Object: Look out for a specific item on someone else e.g. Red Shoes.

How? Pick your item e.g. Red Shoes, or blue hat. Keep looking until you see the item. Change to another item if you can't find the first one after a couple of minutes, to keep the interest going in the game.

Challenge? How many different words can you say for the same colour? E.g. Red can be scarlet, crimson, ruby, cherry etc.

EYE SPY

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How? First player thinks of an **Object** that is in constant sight e.g. something within the car. They give one clue by saying "I spy with my little eye something beginning with.....". Players take turns guessing what it might be. The winner gets to be the next spy.

GAMES TO AVOID CAR SICKNESS

SKY DOG

Why Do It? Imagination, Uses far vision.

Why Do It? Anywhere with a view to the sky.

What Do We Need? A day with just some clouds.

Object: Be the first to spot a dog shaped cloud.

How? Each player looks out the window. The first person to spot a dog shaped cloud calls out "Sky Dog". Other players try and spot the cloud before it disappears.

Change It? Try Sky Pig, Sky Dragon etc.

ALPHABET GAME

Why Do It? Recognition of Letters, Alphabet sequence, concentration.

Why Do It? On the move.

What Do We Need? Keen eyes to spot letters.

Object: Be the first to find every letter of the alphabet in order.

How? Each player looks out for letters in the alphabet on signs and buildings, start with A and working towards Z.

Challenge? Can you do this in reverse, starting with Z?

COLOUR SPOT

Why Do It? Colour identification, directs visual attention outside of the car, counting.

Why Do It? On the move.

What Do We Need? Eyes.

Object: Find ten items of a chosen colour outside of the car.

How? Decide on a colour. Look out for ten **Objects** with that colour.

WAITING WONDERS –FINGER FUN ON THE RUN

FINGER PUPPETS

Why Do It? Imaginative play, individual finger control, boredom buster.

Why Do It? On weekends or days out trips.

What Do We Need? Pen or marker safe to use on fingers

How? Draw faces onto fingers and add hair and clothes. Make up stories and actions to go with your finger puppets. Acting out familiar fairy stories can work well too. Try the three little pigs or Goldilocks and the three bears.

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PIPE CLEANER FUN

Why Do It? Creative play, fine motor skills, finger muscle strengthening.

Why Do It? Anywhere.

What Do We Need? A handful of Pipe Cleaners (fuzzy, chenille coated wires) available from craft stores.

How? Children bend the wires to create different **Objects**, animals and people.

Challenge? Can you make a zoo full of animals? How many different shapes can you make?

CAT'S CRADLE STRING GAMES

Why Do It? Individual finger control, Fiddly fun, Visual perceptual skills for working from diagrams, Team work if two players.

Why Do It? Anywhere.

What Do We Need? A piece of string or thin cord about 60cm long, tied with a knot to make a loop. Instructions (Do a 'Google' search for 'Cats Cradle string game instructions').

How? Follow instructions or just loop the string over the fingers of each hand and have fun creating different patterns by hooking fingers and string under and over.

PENCIL AND PAPER

ARTIST CHALLENGE

Why Do It? Drawing Skills.

Object: To draw something you can see.

Why Do It? Anywhere.

What Do We Need? Paper and Pencils, something to draw on.

How? One person starts to draw or sketch something in the room. The other player has to guess exactly what or who they are drawing.

Other Ideas? Can you draw the people in the waiting room? Can you draw funny hats on them?

Use your colours to give clues as to who is who. The lady with the blue bag. The man with green umbrella?

NOUGHTS AND CROSSES

Why Do It? Turn taking, simple drawing skills.

What Do We Need? Pencil and paper.

How? Draw up a simple grid of 9 boxes. One player is the "nought" and the other player the "cross". Taking turns each player draws either their circle or cross into a box. The first to make a line of three in any direction, wins. The winner usually draws a line through their marks to show their winning line.

Change It? Instead of noughts, use squares, triangles etc.

TELL ME WHEN

Why Do It? Visual Closure.

What Do We Need? Pencil and paper, or whiteboard / chalkboard and marker/chalk.

How? Say that you are going draw a letter, number or shape. When they think they know what it is going to be, they have say "stop". The student guesses what the finished drawing will be. If they haven't correctly guessed, keep drawing until they have guessed. The student must identify the drawing before you have finished. Sometimes there are several good guesses possible. Discuss all the Possibilities.

Change It? Use dashed lines or dots.

Challenge Don't say what the category is going to be.

PEEK-A-BOO PICTURE

Why Do It? Visual Closure, Boredom buster

Why Do It? Waiting rooms.

What Do We Need? Magazines in the waiting room, A4 Piece of paper.

How? Parent flicks through magazine for a suitable picture without your child seeing you. Use the piece of paper to completely cover the picture. Slowly reveal the picture underneath. Encourage your child to guess as soon as they think they know what the picture is.

Change It? Try and guess simple words in headlines that are slowly revealed from bottom to top.

OTHER WAITING WONDERS

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