‘A Bucket Full of Ideas’

A booklet of activities to support parents to continue to develop their child’s early attention, engagement and turn taking skills, whilst home schooling during COVID-19

Based upon the principles and 4 stage structure underpinning the Attention Autism Approach (Gina Davies)

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Introduction

Parents/Carers,

We have gathered some general guidance and **FUN** activity ideas in which to help you to support your child at home. The principles and structure underpinning the activities are based upon The Attention Autism Approach. Practitioners in many settings across the city have adopted this approach, in order to develop early focus, engagement and turn-taking skills, in young people with autism. In settings, additional adults are encouraged to sit with the children to offer support, model reactions and engagement. This may be difficult to replicate at home. However, if there is an extra adult or an older child available, it would be helpful if they could provide similar support.
We have included some general guidance for each stage of the programme, an example 8 week schedule, with activity guidance, examples of resources and some useful video links which demonstrate the different stages of Attention Autism. We hope you will find it useful, engaging and fun!

About Attention Autism

Attention Autism is an approach to support young people with Autism. It was designed by Gina Davies, Specialist Speech and Language Therapist. It aims to develop natural and spontaneous communication through the use of visually based and highly motivating activities. Gina's primary objective is that the sessions are fun and "***offer an irresistible invitation to learn***"**!**

There are four distinct phases to the programme:
Stage 1 - The Bucket Stage
Stage 2 - The Attention Builder
Stage 3 - Turn Taking and Re-engaging
Stage 4 - Shifting & Re-engaging Attention

NB - The activities are designed to be fun and engaging. Be forewarned they can get **MESSY!** We would advise using a **cheap shower curtain** (or craft sheet) to protect surfaces. We have included **a MESSY STAR rating system** to help guide you, **1 star * being least messy, 2 ** being a bit Messy and 3 ***, being very messy!**

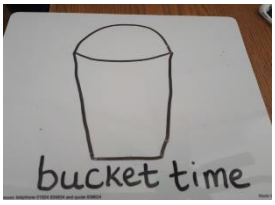
Stage 1 – The Bucket Stage

The first stage teaches children to focus their attention on the adult-led agenda quickly. We want the children to be irresistibly drawn to the bucket and its contents

The 'bucket' is a non-see-through container/bag, that holds a selection of small objects such as; wind-up, pop-up, musical or mechanical toys the children will find visually appealing, but which they have never seen before. Novelty value is key, so you need to build up a collection of lots of different items to maintain the element of surprise.

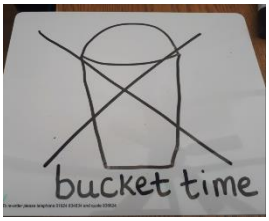
During this difficult time, you may need to be creative and adapt/decorate general household items such as sunglasses, hats, kitchen rolls, plastic bottles, containers etc. to create visually stimulating items and musical instruments.

Environment - clear the environment of distractions and seat your child opposite you.



Structure- In keeping with good visual communication practice, you start by drawing a bucket on a little whiteboard or piece of paper and write 'bucket' underneath. Then you set the scene by singing the bucket song before taking the lid off the bucket and pulling out one of its secrets.

Language - Try to keep your language to a minimum at this point because you want your child to look at the object, pay attention to it and engage with visually. You will be looking at it also and so you will all have the same-shared experience. For example, you might just say, "Light spinner" when you bring it out of the bucket. Then you put it back in the bucket and pick out something else. It takes maybe two or three minutes to do three objects in a row. Then you say: 'It's finished,' sign 'finished' and cross the bucket off on the board and move on to whatever else the children were doing. It might be helpful to follow the bucket activity with a favourable activity such as snack.



Rules – Don't be tempted to hand the toys/objects over to your child, they **must** remain special.
Likewise, avoid including anything in the bucket that your child already possess and love playing with. Imagine the distress of a child, whose special interest is Peppa Pig, when they sees their favourite toy held up in front of him, but out of bounds!

Stage 1- Attention Focus Ideas

Bucket Time- choose 2-3 objects to hide in a bucket/bag

Resource Ideas – bubbles, balloons, windup toys, push and go toys, musical toys, jack in the box, light spinners, foam rockets, musical instruments, funny glasses, party blowers, party hat, party popper, funny mask, pop up toy, pop up puppet, rice shaker etc.
During this time it may be necessary to make some of the resources yourself such as pop up puppets/toys, sock puppets, using a kitchen roll to make noisy shakers or decorate existing glasses, hats etc.

Directions – Sing the bucket song," I've got something in my bucket, in my bucket, in my bucket, I've got something in my bucket I wonder what it is? (to the tune of here we go round the mulberry bush)

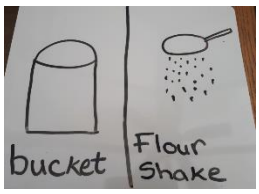
Gradually reveal 2-3 visually stimulating items from the bucket. Replace the lid each time.
Then say "finished" and put the bucket away and cross off the bucket picture on your wipe board/paper.

MESSY RATING 1*

Stage 2 – The Attention Builder

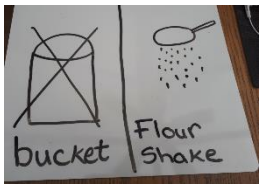
After anything from five to ten Bucket Full of Surprises, your child should be ready for stage 1 and Stage 2, the attention builder.

This involves introducing a longer activity that stretches their attention span for up to 10 minutes. It has a clear beginning, middle and end and is fascinating to watch from start to finish.



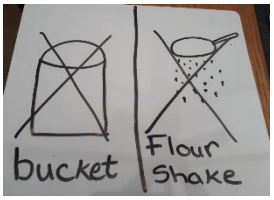
Environment – as before, clear the environment of distractions and seat your child opposite you.

Structure - you start by splitting the wipe board in two. Draw a bucket on one side as before and a second activity on the other side. Deliver bucket time as in previous sessions and then cross it off your board.



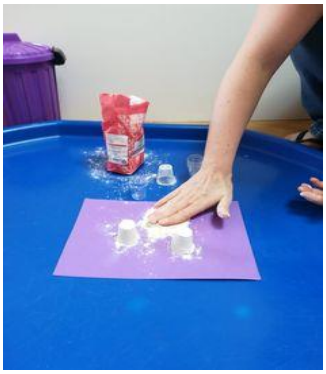
Language – continue to keep your language to a minimum because you want your child to watch the activity, pay attention to it and engage with it visually. Sharing your experience. Name the object e.g. “sieve, flour” etc. and the actions. For example you might just say “shake, shake, shake” as you sprinkle the flour.

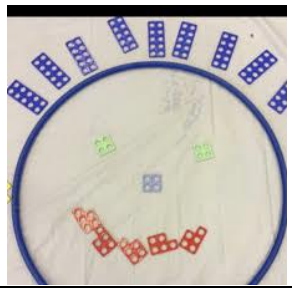
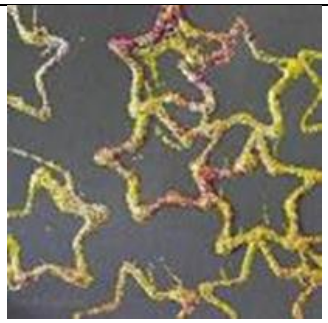
Example Activity – **Draw a face** - you might have a basket containing a box of flour, a sieve and a piece of black paper and a plain shower curtain to put the paper on. You draw on the board and write ‘flour shaking’. Then you unroll the paper, open the box and scatter flour from a height all over the paper. Then you draw a face on it. Finally, you tip the flour back into the box and start the whole process all over again. You might do that three times, and then you say, ‘It’s finished.’ Cross the activity off on your wipe board.

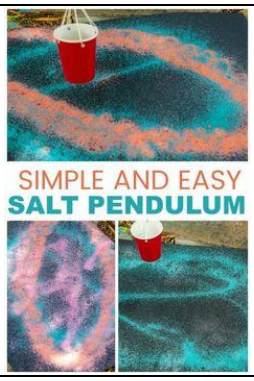


If your child wants to join in, that’s great, because it means they are engaged. But you gently tell them, ‘It’s XXXX’s turn’, and they accept this, because they have become used to the idea that your role is to show them things while theirs is to relax and enjoy watching.

Stage 2 – Attention Building ideas

Flour shapes & stencils **Resources –** flour, stencils can be everyday objects or card cut outs**,** sand moulds, paper, sieve **Activity –** place stencils on paper, sprinkle flour over the top and remove the stencil to reveal the shape. (Alternatives to flour include; glitter, sand, snow, etc.) **MESSY RATING 1***	
Flour Face **Resources –** paper, sieve, flour **Activity –** Sprinkle flour from a height onto the paper. Say, "Shake, Shake, Shake". Draw a face in the flour naming the features such as eyes, nose, mouth etc. (Alternatives include; drawing lines, shapes, letters, numbers, flowers, animals etc. Alternatives to flour are; sand, glitter fake snow, dry rice, shaving foam spayed and smoothed) **MESSY RATING 1***	
Flour Castles **Resources –** four cups, piece of paper, flour. **Activity** – fill containers to the top and turn over, splat from a height using the palm of your hand. (You can count the castles, introduce big/small castles, and put letters, numbers, shapes, pictures, words on the castles and then splat!) **MESSY RATING 1***	

Funny Face **Resources** – rope/string to make the face shape, buttons for the nose and eyes, wool for hair and mouth. **Activity –** make a round shape with the rope/string. Slowly add the buttons for the nose and eyes. Use the wool to make messy hair and a mouth. (If you have access to numicon, this works well too as do ribbons, feathers, natural materials such as stones, leaves etc. You can also explore emotions by making the mouth happy/ok/ I am fine/ sad/ scared/ confused/surprised etc.) **MESSY RATING 1***	 
Rainbow Milk/magic milk **Resources –** large flat dish, whole fat milk, cotton bud, 2-3 drops of food colouring (3 colours are best), fairy liquid on the end of the cotton bud. **Activity** - Pour milk into the dish, add drops of food colouring, dip cotton bud into fairy and let it touch the milk to make the pattern. **MESSY RATING 1***	
Glue Reveal **Resources** – bottle of PVA glue, paper, glitter or (sand, flour, paint, snow, etc.) **Activity** - use the glue to draw the outline of an object, sprinkle with glitter (or other). Shake off to reveal the picture. (A Spiders web is effective, cookie cutters, play doh cutters are also effective) **MESSY RATING 1***	

Humpy Dumpty Egg splat **Resources–** empty eggs shells, with faces on, liquid paint in each egg. **Activity** – sing the nursery rhyme and then throw them from a height onto paper to make a colourful mess saying "splat"! **MESSY RATING 2****	
Lava Potion **Resources –** glass jar, oil, water, drops of different food colouring. **Activity** - Pour about ½ cup of water into the jar. Add some drops of oil, see what happens, put the lid on and shake. Add droplets of colouring and see what happens. (You can also add salt or soap detergent, for different effects.) **MESSY RATING 1***	
Sand Sift Secret **Resources** – sieve, sand, small objects (plastic animas, toys, jewels etc.) paper, cup. **Activity** - use the cup to pour the sand into the sieve, shake over the paper and reveal the hidden objects. Can also use different coloured sands. **MESSY RATING 1***	
Salt Pendulum **Resources –** large plastic cup with holes in it. String threaded through in 3 places. Salt or powdered paint **Activity** – swing the cup pendulum back and forth over the paper to make shapes/patterns. **MESSY RATING 2****	

Bubble wrap print **Resources** – bubble wrap, paint, container or block, elastic band, paper. **Activity** - wrap the bubble wrap around the container/block, dip it into the paint and print on the paper or a tree. (can also be used to create other pictures/shapes/patterns) **MESSY RATING 2****	
Magic Balloon **Resources** – bottle, vinegar, funnel, baking powder, balloon. **Activity** - put baking powder into the bottle. Fill the bottle 1/3 with vinegar; attach the balloon watch as the balloon inflates magically. (Decorate the balloon with a face, numbers, letters, sounds, smiley face etc.) **MESSY RATING 2****	
Magic Potion **Resources** - 1 litre plastic bottle, plastic spiders, frog, magic wooden sticks, jewels, 3 beakers, magic colours, dropper, water. **Activity** -pour water into the bottles, add colouring (yellow add red) (blue add red) (green add blue) and objects, watch as the colours change. Name each object as you drop it in then say "ahh a magic potion". **MESSY RATING 1***	
Rainbow Rain **Resources** – yellow water, red water, and blue water in different watering cans or spray containers. **Activity** – sprinkle/spray in an arch using each colour on white shower curtain to make a rainbow. Name the colours as you do so. Then say "ahh a rainbow" **MESSY RATING 2****	

Rainbow Sponge **Resources –** kitchen sponge, 4 colours of paint, paper **Activity –** squeeze paint in lines on the sponge until covered. Take sponge and spread it across the paper in a rainbow arch shape to reveal the rainbow. **MESSY RATING 1***	
Plant Pot worms **Resources** – 6 small plant pots, shaving foam, food colouring. **Activity** – place pots in two rows add shaving foam & colour, place plant pot over the top and watch worms ooze out. **MESSY RATING 3*** **	
Slime Ribbons **Resources –** different coloured slime, trays with holes in them (peg trays or a colander) **Activity –** spread different coloured slime over the top tray; lift up high to show it oozing through onto the tray below. **MESSY RATING 3*** **	
Painted Butterfly **Resources –** different colours liquid paint, A3 paper. **Activity –** fold paper in half splat different coloured paint onto one-half. Fold over, press down and open up to reveal a symmetrical butterfly. **MESSY RATING 2*** *	

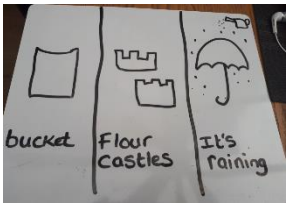
Ice cream Delight **Resources –** plastic cups (cones), shaving foam, glitter, food colouring/paint **Activity –** count the cups as you put them out (1, 2, and 3) big/small. Squirt the foam into each cup saying 'ice cream', add paint over each one saying 'sauce', add glitter saying 'sprinkles' , "ooh ice cream". **MESSY RATING 2****	
Lemonade Fizz **Resources –** lemonade bottle, small tray, shower curtain, Mentos**.** **Activity -** Open the soft drink bottle and place it in a tray – this will get messy. Listen closely when you open the bottle. You will hear a hiss. Drop about half a pack of Mentos into the soft drink. Stand back and watch your fizzy fountain. **MESSY RATING 3*****	
Skittles Rainbow Magic **Resources –** plate, skittles, hot water **Activity -** Form a circle with Skittles on a plate (colours should be in repeated order, preferably according to colours of the rainbow e.g. purple, green, yellow, orange, red), then pour hot water over them. Wait for the magic to unfold right in front of your eyes! **MESSY RATING 2****	
Growing Flowers **Resources –** 3 plant pots, green paint or wool, 3 washing scourer or circle shapes, 3 pom poms **Activity**- place the plant pots, use the paint or string to make a stem (long/short) add The scourers and a pom pom to decorate. Name each part of the flour as you do so **MESSY RATING 2****	

Bubble Snake **Resources** - cut off plastic bottle, micro cloth, elastic band, water and fairy liquid (1:1). **Activity** – attach the cloth to end of bottle using elastic band. Dip in the soap liquid bowl and blow. Keep blowing and watch the bubble snake grow. Add different food colouring to make a **rainbow bubble snake** **MESSY RATING 3*** **	
Worm painting **Resources –** cooked Spaghetti (if you can get it) alternatively wool or string, liquid paint, paper **Activity** –dip the spaghetti into the paint and move it around and along the paper to make colourful swirls and patterns. **MESSY RATING 2** **	
Great Bouncing Balls **Resources –** 3-4 small balls (such as tennis balls), powder paint or flour, small bowl, paper. **Activity** – roll the balls in the powder and then bounce them from a height down onto the paper to see them splat. **MESSY RATING 3*** **	

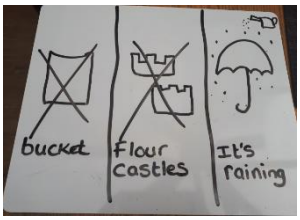
Stage 3 - Turn Taking and Re-engaging

In stage 3, the children learn to shift their attention, participate in interactive activities and take turns.
Turn taking is a deeply social skill, which does not make a lot of sense if you are not socially aware. However, if you do it as an attention shift, children with autism seem to be able to learn it much more easily. As they become accustomed to the routine of transferring their attention from watching, to taking part, and back to watching again, they do not actually need to understand the social skill underpinning what they are doing.

This stage can be difficult to deliver if there is only you and your child at home, as its focus is on taking turns and accepting if they do not always get to have a turn. If there are other children or adults in the home, they should be invited to join in too. However if there is only you and your child it will still work.

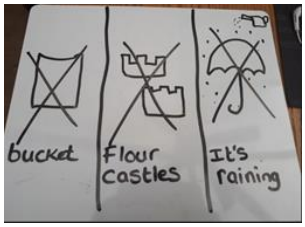


Environment – as before, clear the environment of distractions and seat your child opposite you.
Structure - you start by splitting the wipe board into three. Draw a bucket on one side as before, a stage 2 and add a 3 activity on the other side. Deliver bucket time and stage 2 activity as in previous sessions and then cross them off your board.



Language – continue to keep your language to a minimum because you want your child to watch the activity, pay attention to it and engage with it visually. Sharing your experience.

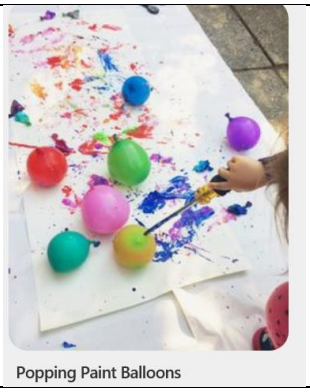
Example activity- It's Raining, make sure you put the shower curtain down on the floor (or a paddling pool) sit your child on a small stool under the umbrella, gently pour the water from the watering can over it. Say "drip drop rain, drip drop rain, rain has stopped". Take turns with other children/adults in the house. This can also be adapted to have hail (using rice) and snow (using fake snowflakes or polystyrene, but this can be very messy!) After a few turns, the activity is "finished" and crossed off your board.



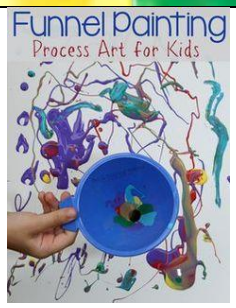
Once you have both taken turns, you have created a shared experience, which binds you together, making communication and interaction easier.

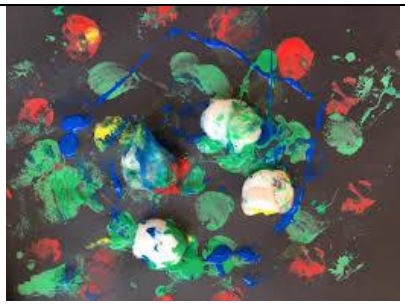
Stage 3 –Turn Taking and Re- engaging Attention Ideas

Cake Splat **Resources –** 5 cake cases, shaving foam, cherry or other object to decorate, your hand or a fly swat. **Directions –** spray the foam into each cake case then exaggerate the splat from high. Invite your child to come and take a turn. **MESSY RATING 3*** **	
Water pistol/spray painting **Resources** – large paper, different colour paint or food colouring, water, water pistols. **Directions** – Take turns to spray the paint over the paper to create a picture. **MESSY RATING 3*** **	
Boo Bombs **Resources–**small balloons, ghost faces drawn on them, filled with flour. **Directions** – take turns to drop them from high to make them splat and watch them burst. **MESSY RATING 3*** **	
Paint Squirt **Resources –** 3 squeezy paint bottles, a shower curtain laid on the floor. **Directions -**You stand at the front and squeeze one of the bottles to produce a huge red squirt, which lands splosh! On the curtain. Then you say: 'xxxxxx turn and your child comes to you and chooses from two bottles you offer them. They know exactly what to do because they watched you first. So they add a squirt of green – splosh! – hand back the bottle, and you take a turn. Continue until you have had 3-4 turns each. **MESSY RATING 3*** **	

Egg Splat **Resources –** shaving foam, hand or fly swat, paper, yellow powder paint/paint/food colouring, paper, shower curtain **Directions** - Use the foam to squirt 4 - 5 egg shapes on the paper, add yellow in the middle. Sing " (child's name) is going to splat the egg, splat the egg, splat the egg, (child's name) is going to splat the egg 1,2,3" SPLAT! Invite your child to come and take turns with you to splat the eggs **MESSY RATING 3*** **	
Stacking Towers **Resources** – 6-8 cups with faces/stickers on stack them in a pyramid shape. **Directions** - take turns to knock them down and build them up again. **MESSY RATING 1***	
Cotton Rounds Splat **Resources** – 10 cotton rounds, paint, paper, mallet or potato masher **Directions** – place paint under the cotton rounds, take turns to splat with the mallet and watch the paint splat out. **MESSY RATING 3*** **	
Popping Paint Balloons **Resources –** 6 small balloons, liquid or powder paint, sharp object to pop. **Directions –** put paint in balloons and seal, place on paper and take turn to pop them. Watch the paint explode to make a colourful mess. **MESSY RATING 3*** **	 Popping Paint Balloons

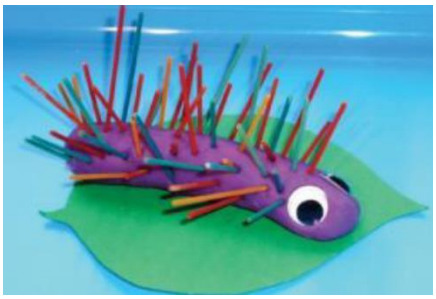
WARNING: Take care supervising your child with a sharp object and pre-warn your child if they are noise sensitive.	
A Walk on the Beach/park etc. **Resources -** Collect a variety of natural materials approximately 6 e.g., pebbles, sand, shells, grass, water, sand, soil, leaves, cones, twigs, etc. lay them in a path (baking trays if you have them) **Activity –** take turns to walk through the trays experiencing the different sensory experiences and use key language to describe them. **MESSY RATING 2****	
Tickle you awake **Resource's** – pillow, cover, duster, **Activity** – encourage your child to pretend to go to sleep under the duvet. Move around the room as you sing a little song such as; "she's sleeping in the bed, she's sleeping in the bed sh sh sh sh s/he's sleeping in the bed". When the song stops run to your child shake/tickle them to "wake up wake up". Take Turns. **MESSY RATING 1***	
Rainbow up and down **Resources** – large piece of material **Activity** - two people holding a piece of material, child underneath shaking /waving the material over the child's head. Sing, "move the rainbow up and down, up and down, up and down, move the rainbow up and until it drops"! Take turns being under the rainbow. **MESSY RATING 1***	

It's raining **Resources** – an umbrella, watering can, paddling pool, little stool to sit on. **Activity** – invite your child to sit under the umbrella and gently drip water over it. Take turns to sit under the umbrella and listen to the drops. This can be adapted by using – rice for hail, fake snow- flakes for snow. **MESSY RATING 3*** **	
Row Row Your Boat **Resource –** non needed Activity – sit facing your child and hold hands. Rock backwards and forwards singing "Row row your boat". If there are other children in the family, encourage them to come and take turns too. **MESSY RATING 1***	
Funnel Painting **Resource-** plastic funnel, different coloured paint, paper **Activity –** Take turns to pour the paint into the funnel and move it around over the paper to create a pattern. **MESSY RATING 3*** **	
Honey Pot **Resources –** small pot, cloth **Activity** – sit under the cloth with the 'honey pot' near to you. Pretend to be asleep. Your child needs to come, take the honey pot quietly, and move around the room. When they say 'wake up Mr Bear', you begin the fun chase to retrieve it. Take turns with other family members if possible. **MESSY RATING 1***	

Sausage Chase **Resources –** 5 paper sausage shapes**,** frying pan, chair, newspaper/book **Activity** – sitting on a chair, pretend to be reading the newspaper/book whilst your sausages are frying in the pan. Your child will sneak up, take a sausage from the pan, and run away. And so begins the fun chase to retrieve it. Take turns to take the sausages. **MESSY RATING 1***	
Snow shooters **Resources –** cotton balls, paper cups (can be decorated if you want) **Activity –** place the cups in a pyramid shape. Take turns to throw the snowballs into the cups. (can be adapted to numbers on cups or letter/phonic sounds, to encourage number recognition and sound recognition) **MESSY RATING 1***	
Roly Poly Ball **Resources –** large ball extra people or children if available **Activity –** lie down in a line/circle dependent on numbers. Take turns to gently roll the ball over each other's tummies. **MESSY RATING 1***	
Cotton Ball Splat **Resources –**paper, cotton balls (or used tea bags), paint/food colouring **Activity** – Take turns to dip the cotton ball (teabag) into the paint. From a height, throw it down onto the paper to reveal a splat mess. **MESSY RATING 3*** **	

Salt and Glue Fireworks **Resources –** salt, PVA glue, glitter, black paper **Activity –** use the glue to drip firework shapes onto the paper, sprinkle glitter over the top. Shake off to reveal the sparkly firework. Invite your child to have a turn. **MESSY RATING 3*** **	

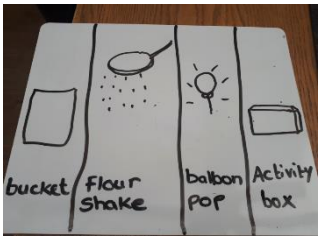
Stage 4 - Shifting & Re-engaging Attention



In the final stage, your child can take this one-step further by learning how to focus on you as lead adult, and then shift their attention to an individual activity before refocusing it again to return to you.

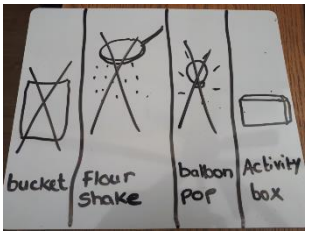
Your child will watch you demonstrate an activity, and then they each get their own little box of materials and go off to try it out for themselves. For example, they might watch you create a spiky playdough caterpillar, a spaghetti monster or a pretend cake. Then they retire to the same table, unpack containers in their kit and get busy. When time is up, they come back to you to share what they have done.

The results usually look terrific, but that is not what matters the most. It is the process that counts. From learning to watch a wind-up toy for a few moments, the children have progressed to being able to follow a demonstration, go away, do it independently, and then return to show it as a member of a group. The development of their attention skills has made that possible.



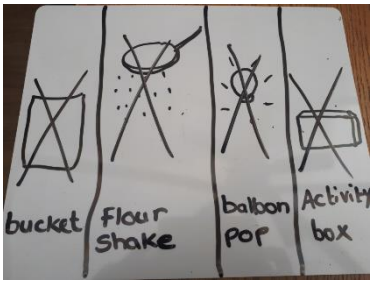
Environment – as before, clear the environment of distractions and seat your child opposite you.

Structure - you start by splitting the wipe board into four. Draw a bucket on one side as before, a stage 2, 3 and add a stage 4 activity on the other side. Deliver bucket time, stage 2 and stage 3 activities as in previous sessions and then cross them off your board as you complete them.



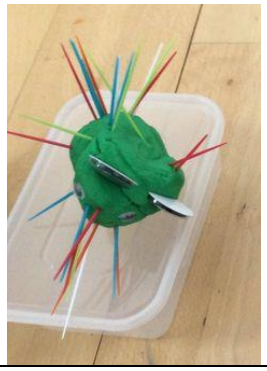
Language – continue to keep your language to a minimum because you want your child to watch the activity, pay attention to it and engage with it visually. Sharing your experience.

Example activity - Feather Monsters -demonstrate rolling play doh/plasticine into a ball. Add a variety of feathers and stick on googly eyes to make a monster character. Give your child a small tray/box with the same resources in it. Direct them to a table and encourage them try to make a monster of their own. When it is complete, ask them to come and show you so you can share the experience.



Stage 4 – Shifting and Re-engaging Attention	
Copy me **Resources –** lego/duplo blocks, pattern to copy, **Activity –** to copy a pattern or structure you have modelled for them. Ensure that you both have the same resources in two boxes. Model making the patern or structure and then hand your child their box to have a turn at copying. **MESSY RATING 0**	
Make a rocket **Resources –** boxes with card, tissue paper or ribbons, colourded wool, string or pipe cleaners, glue, sticky tape **Activity-** roll the card into a tube shape and stick with tape. Cut a circle shape from some card and cut in half. Fold to make a cone shape for the rocket head and attach to the tube shape. Decorate the end of the rocket with tissue paper etc. to represent the rocket. Model saying "5,4,3,2,1 BLAST OFF"as you pretend to alunch your rocket. Hand your child their box to have a turn. **MESSY RATING 1***	
Salt Stencils **Resources** – boes with salt sprinkler (or glitter,flour etc.) cut out paper stencils/shapes/ letters/numbers/animals/dinosaurs/transport etc. paper **Activity –** demonstrate placing the stencil on the paper and sprinkling with salt (or other), lift the stencil to reveal the shape. Hand your child their box for them to have a turn. **MESSY RATING 2****	

Rainbow fish **Resource** – paper plate, pencils, sequins, cut out card shapes to make fins and tail, glue. **Activity** – Model colouring you paper plate, blue, drawing scales, adding your cut out card shapesto make tail and fins, add a mouth and eye and sparkle sequins. Give your child their box to create their own rainbow fish. **MESSY RATING 2****	
Feather Monsters **Resources –** play doh or plasticine, feathers, googly eyes **Activity –** Roll the doh into a sausage shape. Add feathers and eyes to decorate. Give your child their box to reate their own feather monster. **MESSY RATING 1***	
Colour Match **Resources –** colour match template (4-9 squared depending upon age/ability)and matching cards. **Activity –** Model matching the colours on the board. Hand your child their box to complete. (can also be adaped to be used with numbers, letters, words, shapes, animals, special interests etc.) **MESSY RATING 1***	
CD Fish **Resources –** used CD's, tissue paper, sequins, fethers ect to decorate, glue, card cut into fin and tail shapes. **Activity –** Decorate the disc and add tail and fins to make a shiny fish. Hand your child their box to make their own. **MESSY RATING 1***	

Make a friend **Resources –** doh/plasticine, pipe cleaners, eyes, pom pom nose, wool hair, **Activity –** model making a friend and adding legs,arms,nose, mouth hair etc. Hand your child their box to create their own doh friend. **MESSY RATING 1***	
Lolly Stick Pictures **Resources –** glue, lolly sticks, card **Activity -** draw the outline of a house (or other object) on the card. Glue the lolly sticks onto it ot create a picture. Hand your child their box to create their own picture. **MESSY RATING 1***	
Spiky Frog **Resources –** green doh/plasticine, cocktail sticks, big eyes. **Activity -** roll the doh into a ball, add cocktail sticks and eyes. Hand your child their box to create their own picture. **MESSY RATING 1***	
Threading beads **Resources –** Pipe cleaners, beads (cotton reels, cheerios, buttons etc. can also be used) **Activity -** thread the beads (or other) onto the pipe cleaners either by colour sort or possibly you could make a pattern. Hand your child their box to thread their own beads. **MESSY RATING 1***	

Ice Cream Cones **Resources -** egg boxe, cotton wool, pom poms, glue **Activity -** cut the cone shape from the egg box. Add some cotton wool for ice cream. Decorate with pom poms or glitter. Say " mmm yummy ice cream". Hand your child their box to thread their own ice cream. **MESSY RATING 1***	
Man in a Boat- Treasure Island **Resources -**soil, round blue circle for the sea, small box for the boat, pretend jewels for the treasure, cocktail stick and paper to make a pirate flag, small figure. **Activity -** Create a treasure island scene using the soil and blue paper. Bury the treasure and plant the flag, put the man in the boat. Re-enact him getting out of the boat, finding the treasure and taking it back to his boat to sail away. Hand your child their box to make their own treasure island scene **MESSY RATING 1***	
Cupcakes **Resources -** card cut into a cup cake shape, stars/sequins and glitter glue to decorate. **Activity** - model decorating your cup cake. Say "mm yummy". Hand your child their box to create their own cup cake. **MESSY RATING 1***	
Paper Plate Art **Resources -** paper plate, paint (3 colours), paint brush **Activity -** choose a colour and paint your plate. Add splodges of colour onto it to decorate. Hand your child their box to decorate their own plate. **MESSY RATING 2****	

Paint a sunflower **Resources -** Picture of a sunflower to show, yellow and brown paint, picture of a sunflower to paint. **Activity** - Demonstrate paining the sunflower. Hand your child their box to paint their own sunflower. **MESSY RATING 2****	
Make a Boat **Resources -** doh/plasticine, feather, cut ut triangle, square piece of card. **Activity** - use the doh to make the boat shape. Lay it on the card. Add the feather and triangle for a sail. Hand your child their box to make their own boat. **MESSY RATING 1***	
Birthday Cake **Resources -** doh/plasticine, cake case, sequins, candles. **Activity** - use the doh to make a ball and put into the cake case. Add the candles and sequins to decorate. Sing "happy Birthday". Hand your child their box to make their own birthday cake. **MESSY RATING 1***	
Bunny Rabbits **Resources -** pre painted paper plate, cut out bunny ears and nose, sticky tape, pens **Activity** - fold the plate into a triangle and stick down. Stick on the ears, nose and eyes. Draw on the mouth and whiskers. Hand your child their box to make their own bunny. **MESSY RATING 1***	

Roll a Rainbow **Resources - card/paper, rainbow coloured paint, cling film, roller.** **Activity** - Place blobs of paint along the bottom edge of the the card/paper. Cover with cling film. Roll the paint to make it speara upwards in a rainbow arch. Hand your child their box to make their own rainbow. **MESSY RATING 1***	
Rockets **Resources - card, rectangle rocket shape, 3 triangle boosters, 3 circles for windows, red and yellow pens to draw flames.** **Activity** - Place the rectangle rocket shape onto the card. Add the triangle boosters and windows. Draw flames coming from the bottom. Say " 5,4,3,2,1 BLAST OFF". Hand your child their box to make their own rocket. **MESSY RATING 1***	
Q- Tip Daisies **Resources -** yellow doh, cotton buds, green pipe cleaner, card. **Activity** - Place the pipe cleaner onto the card to make a stem. Add a leaf. Roll the doh into a circle and squash it slightly onto the middle of the card. Stick the cotton buds around the doh to make petals. Hand your child their box to make their own daisy. **MESSY RATING 1***	

An Example 8 week Activity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Introduce Stage 1 activities – Attention and Focus - Bucket Time				
Week 1	Bucket Time	Bucket Time	Bucket Time	Bucket Time	Bucket Time
Week2	Bucket Time	Bucket Time	Bucket Time	Bucket Time	Bucket Time
If you feel that you and your child are ready, introduce Stage 2 activities – The Attention Builder					
Week 3	Bucket Time Flour Shapes	Bucket Time Flour Castles	Bucket Time Rainbow Milk	Bucket Time Make a Face	Bucket Time Glue Reveal
Week 4	Bucket Time Humpty Splat	Bucket Time Lava Potion	Bucket Time Sand Sift	Bucket Time Bubble Wrap Print	Bucket Time Salt Pendulum
If you feel that you and your child are ready, introduce Stage 3 activities – Turn Taking and Re-engaging Attention					
Week 5	Bucket Time Flour Stencils Cake splat	Bucket Time Rainbow Rain Water Pistols	Bucket Time Magic Potion Boo Bombs	Bucket Time Plant Pot Worms Stacking Towers	Bucket Time Slime Ribbons Cotton Rounds splat
Week 6	Bucket Time Rainbow sponge Popping Balloons	Bucket Time Printed Butterfly A Walk in the Park	Bucket Time Ice Cream Delight Tickle You Awake	Bucket Time Growing Flowers Rainbow up/down	Bucket Time Flour Castles It's Raining
If you feel that you and your child are ready, introduce Stage 4 activities – Shifting and Re-engaging Attention					
Week 7	Bucket Time Skittle Rainbows Row Your Boat Copy Me	Bucket Time Flour Face Funnel Painting Make Rocket	Bucket Time Bubble Snake Honey Pot Bear Make a face	Bucket Time Make Face Sausage Chase Feather Monsters	Bucket Time Glue Reveal Snow Shooters Matching colours
Week 8	Bucket Time Bouncing Balls Humpty Splat CD Fish	Bucket Time Bubble Wrap Print Egg Splat Make Friend	Bucket Time Plant Pot Worms Paint Squirt Lolly Stick Pictures	Bucket Time Worm Painting Cotton Ball Splat Ice Cream Cones	Bucket Time Salt & Glue Firework Roly Poly Happy Birthday

Homemade Playdough Recipe

Ingredients

- 1 cup flour
- 2 tsp cream of tartar
- 1/2 cup salt
- 1 tbsp cooking oil Olive oil or vegetable oil
- 1 cup water
- food coloring

Instructions

- In a large bowl, combine all of your dry ingredients (flour, salt, cream of tartar) and mix well.
- Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Mix together.
- Add the dry ingredients to your pot and mix well.
- Cook over low to medium heat until the dough starts to form and becomes dry.
- Once it starts to form a ball together and looks fully cooked, take off the heat. Let the dough cool first before touching.
- Once cool, knead the dough for 5 minutes to make the dough soft.
- If your dough is not soft, continue kneading for another 5 minutes. If you find it is still too dry add a little bit more oil and knead in. Store in an air- tight container.

Useful Demonstration videos

- https://www.youtube.com/watch?v=88oPmbEDg-k Attention Autism stage 1 (special school setting)

- https://www.youtube.com/watch?v=NMEhkD0W5Z8 Attention Autism Stage 1
- (senco demonstrates)
- https://www.youtube.com/watch?v=m2RiYnluVXY – Attention Autism stages 1-3
- https://www.youtube.com/watch?v=nFYnc4xcZ6k – Gina Davis demonstration
- https://www.youtube.com/watch?v=mqzpW4xKc9c – Reception Class demonstration

- https://www.youtube.com/watch?v=6WlYPvYwWak – Halloween Special
- https://www.youtube.com/watch?v=VkzDpAVH4JI – Gina Davis demonstration
- https://www.youtube.com/watch?v=_Jiv5yIt-Ak – Bucket Time demonstration
- https://www.youtube.com/watch?v=ta87aBv8FNY – Bucket Time demonstration

Additional activity ideas and video demonstrations can be found on YouTube search for 'attention autism' and www.pinterest.co.uk or on Facebook - Gina Davies Autism Centre