



National University  
Hospital

# ACTIVITY RESOURCE BOOK

PLAY EDITION

Brought to you by:

Child Development Unit

**Khoo Teck Puat – National University Children's Medical Institute**

# PLAY

When your child plays, a new world opens up! Children learn so much about themselves, others and their surroundings through play. They also develop important skills such as:

- Coordination of body movements
- Caring for others and building social skills
- Understanding and using a variety of words to communicate
- Exploring, problem-solving and using flexible thinking
- Expressing themselves creatively and confidently

In this activity resource book, you can find a few play activity ideas for you and your child.

Have fun together and play hard!



# DEVELOPMENTAL DOMAINS



## Cognition

Understanding academic and thinking skills (e.g. sequencing of events, solving problems, attention)



## Sensory Stimulation

Using senses to explore the world, which helps to develop the brain (e.g. touching, moving, smelling)



## Receptive Language

Listening and understanding language (e.g. following instructions)



## Social Interaction

Building social skills to share interests with others, and developing/maintaining relationships (e.g. making eye contact, taking turns)



## Fine Motor (Hands)

Controlling small hand muscles (e.g. fingers, wrist) for smaller movements (e.g. writing, eating)



## Gross Motor

Controlling large muscles (e.g. arms, legs) for bigger movements (e.g. jumping, sitting on a chair)



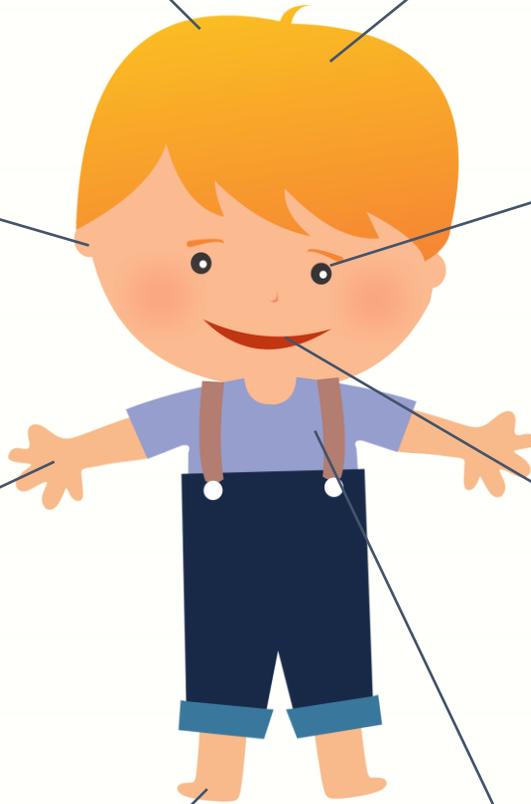
## Expressive Language

Using non-verbal communication (e.g. gestures, signs, writing) and speech



## Social-Emotional Skills and Behaviour

Controlling emotions and behaviours to establish a positive relationship with others



# PIZZA CRAFT

## TARGETED SKILLS



Knowing and following the steps in making a pizza



Tolerating the texture of glue



Building positive parent-child interactions



Expressing choices



Cutting, gluing, pasting and colouring

## THINGS YOU WILL NEED



Paper plate



Child-safe scissors



Crayons

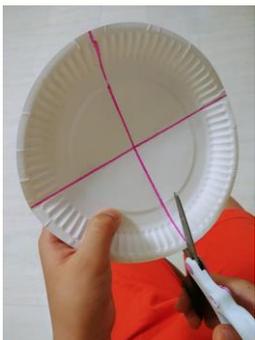


Pre-cut shapes of different colours (e.g. circle, square)



Glue

## STEPS



1. Cut the paper plate into pizza slices.



2. Colour the pizza base.



3. Squeeze a small amount of glue on the pre-cut shapes.



4. Paste the shapes on the pizza slices.

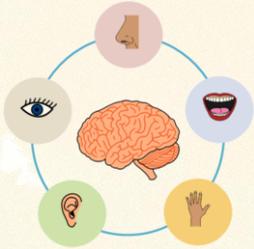


5. All done!



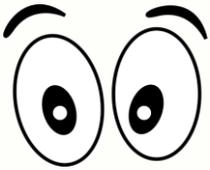
### Cognition

- Follow the steps to making a pizza (refer to the picture sequence)
- Let your child think about what are the materials needed before starting the activity  
e.g. Glue, paper plate



### Sensory Stimulation

- If your child has difficulty tolerating sticky glue, try:
  - Taking turns to glue the shapes
  - Preparing a wet cloth so that he/she can wipe their hands immediately
  - Helping to hold the paper as he/she glues
  - Experimenting with different types of glue, such as stick glue or paste glue
  - Using a paintbrush or cotton bud to spread the glue
  - Using water, tape, a stapler or other adhesives such as Blu Tack instead



### Social Interaction

- Offer your child choices for coloured crayons or shapes
- Take turns to paste the shapes on the paper plate



### Expressive Language

- Ask:
  - “Where is the green triangle?”
  - “Who will eat this pizza?”
- Provide choices for colours and shapes  
e.g. Say “Do you want the yellow heart or pink square?”



### Fine Motor (Hands)

- Teach your child to hold the scissors and cut on the lines of the paper plate
- Allow him/her to colour the cut-out paper places
- Help apply glue on the shapes and paste them on the paper plate

# THEMATIC PLAY WITH PLAY-DOH

## TARGETED SKILLS



Demonstrating pretend play sequences in thematic play



Building positive parent-child interactions



Understanding simple instructions



Making choices and requests



Rolling, cutting, using a fork and slotting

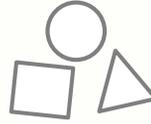
## THINGS YOU WILL NEED



Play-Doh



Rolling pin



Shape cutters



Plate



Fork



Soft toy



Coins



Coin bank

## STEPS



1. Roll out the Play-Doh



2. Use the shape cutter to make cookies



3. Put the cookies on a plate



4. Serve cookies to the soft toy

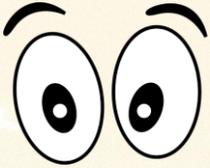


5. Collect and bank coins



### Cognition

- Select an interesting play theme  
e.g. Making and selling cookies with Play-Doh
- Model pretend play sequences related to the play theme  
e.g. Knead the dough and then flatten it with a rolling pin.  
Choose a shape cutter and press down on the Play-Doh.  
Place the Play-Doh cut-out onto a plate and serve it to a “customer”.  
Collect coins from the “customer” and put them into a coin bank.



### Social Interaction

- Hold the Play-Doh or shape cutters at your eye level as this makes it easier for your child to pay attention to you and look at your face when interacting with you
- Use fun words with an animated expression  
e.g. Say “*Wow, this is so pretty!*”, “*Yummy, it tastes good!*”, “*Yay, Mr Bear likes our cookie!*”



### Receptive Language

- Give a 1-step instruction involving one action and two objects  
e.g. Say “*Give me the yellow Play-Doh and the rolling pin.*”
- Give a 2-step instruction with related actions  
e.g. Say “*Cut the green Play-Doh and put them on the table.*”



### Expressive Language

- Provide choices when asking them what colour or shape they want
- Give them opportunities to tell you what to do  
e.g. Say “*Now that we have made the cookie, what should we do next?*”  
and if they point or gesture, model the appropriate words for them
- Model words that are related to the play theme so that they can copy and learn new words. For example,
  - Single words: Blue, open, fork, coin
  - 2-word phrases: Mummy cut, open cover, yummy cookie
  - Short phrases: “I want the green Play-Doh”, “Put Play-Doh on the Plate” or “Bear wants to eat five carrots”



### Fine Motor (Hands)

- Let them:
  - Roll out Play-Doh using a rolling pin
  - Press down onto Play-Doh with a cookie cutter
  - Poke holes in Play-Doh with one finger
  - Roll Play-Doh into a ball using two hands

# OBSTACLE COURSE

## TARGETED SKILLS



Sequencing and motor planning



Regulation



Grasping and manipulating



Balance, strength and coordination

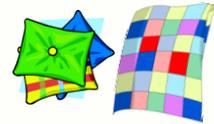
## THINGS YOU WILL NEED



Furniture



Laundry basket



Cushions, blankets, bedsheets

## STEPS



1. Plan the obstacles



2. Collect materials to build the obstacle course



3. Explain the obstacles



4. Let them try out the obstacles



5. Enjoy the obstacle course!



6. Involve siblings to make it more exciting



### Cognition

- Get your child to remember the order of activities without your help
- Let him/her help to plan the activities
- Include matching or ordering activities in the obstacle course  
e.g. Collect a puzzle piece after each activity and put them together at the end



### Social-Emotional Skills and Behaviour

- Dive into stacked pillows or cushions
- Wrap them up loosely in a blanket and let them try to free themselves
- Take turns naming animals and pretend to walk like the animal  
e.g. Jumping like frogs across the room
- Make a sensory bin with hidden objects that they can find  
e.g. Putting small toys into a rice bin



### Fine Motor (Hands)

- Do a basket toss activity
  - Set up laundry baskets or containers of various sizes
  - Fill small resealable zipper storage bags with uncooked rice or beans to create beanbags for tossing into the baskets
- Get them to load food items, such as fruits, vegetables or canned food, into a laundry basket and push it across the room
- Compete in an egg race by balancing a plastic ball on a spoon and walking across the room without dropping it



### Gross Motor

- For balancing, try:
  - Placing cushions on the floor and get them to walk or climb on the uneven surfaces
  - Throw or pick up objects while standing on pillows
- For crawling, try:
  - Crawling under the bed
  - Crawling in between the legs of chairs
  - Setting up a tunnel by placing bedsheets over two rows of chairs
- For jumping, try:
  - Jumping over objects of different sizes
  - Jumping onto pillows or mats
- For walking or running, try:
  - Using plastic bottles to create a zig-zag path for them to go through
  - Marking out a path using coloured tape and get them to walk along it



### **NUH Child Development Unit**

Operating Hours: 8.30am - 5.30pm (Mon to Fri)

Jurong Medical Centre Appointment Line: +65 6665 2530/2531

Kent Hong Community Club Appointment Line: +65 6769 4537/4637

Fax: +65 6665 0158

Email: [cdu@nuhs.edu.sg](mailto:cdu@nuhs.edu.sg)

Website: [www.nuh.com.sg/nuhkids](http://www.nuh.com.sg/nuhkids)

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