



At-Home Fun Checklist

Use what helps, skip what does not, and let your child lead the fun. Participation can look like doing, watching, pausing, or trying again later.

BEFORE YOU BEGIN

- ☐ Choose a familiar, comfortable space.
- ☐ Offer one or two activity choices.
- ☐ Set out only the items you need.
- ☐ Keep AAC, pictures, or communication tools nearby.
- ☐ Show a clear beginning and ending.

MAKE IT COMFORTABLE

- ☐ Adjust the lights for comfort.
- ☐ Lower sound or offer headphones if helpful.
- ☐ Choose textures your child enjoys or tolerates.
- ☐ Make room to sit, stand, move, or watch.
- ☐ Set up an easy break spot.

WHILE YOU PLAY

- ☐ Follow your child's lead.
- ☐ Celebrate connection, not perfection.
- ☐ Pause when you notice signs of overwhelm.
- ☐ Offer water or a snack when appropriate.
- ☐ Honor 'all done' in any form.

EASY ACTIVITY PICKS

- ☐ Build a pillow path or blanket fort.
- ☐ Try a low-mess sensory bin.
- ☐ Paint, color, sticker, or stamp.
- ☐ Have a dance-and-freeze break.
- ☐ Help with a simple kitchen task.

OUR PLAN TODAY