

PRINTABLES GENIUS SHEET

**OUR PRINTABLES ARE TRIED AND TRUE AND
BUILT BY PARENTS IN THE THICK OF RAISING KIDS.**

We've kept them simple, so you can add your own personal tweaks, and tailor them to your life.

Life with kids is like a constant update, so print them out as many times as you need to change the plan. There's no need to squish in new info and cross old stuff out.

Try these genius tips:

1. Use different coloured pens for different kids if you need to combine everyone on a single chart. Consider following these colours through to everything else (lunchboxes, drink bottles, bags, name tags).
2. Print several at a time and staple/clip together so you have a fresh chart when needed, and you have the old one still there to refer to.
3. Laminate and use a wipeable pen if you need to tick or regularly add your own scribbles to the chart. Handy too for minor tweaks.
4. Establish a "family command centre" to stick up your printables. This way everyone knows where to find the info.

Different ways to display your charts:

- Magnets on the fridge or magnetised board.
- Pegs on string or wire.
- Pins on a pin board.
- Velcro dots on a wall, fabric board, or a carpet square on the wall.
- Use picture frames on the wall and pop your charts into these.
- Think transportable, and slip charts into clear plastic folders and keep a neat stack on your command centre, office, or somewhere visible on the kitchen bench.
- Using a photo album, create a chart book. Make sure everyone can access it when they need to. Make your book look beautiful and easy to spot.

Play time!

Simple ways that include movement, novelty, sensory input and short bursts of engagement to promote bonding, creativity, and learning.

CREATE A SLIME LAB

Make slime in different colours and add glitter, foam beads or sequins. Let your child measure and mix the slime together.

➔ **SENSORY + CONTROL = REGULATION.**



HAVE A FREEZE DANCE PARTY

Play some fun music and encourage wild dancing until the music stops, then you freeze! Add funny challenges, such as:

- freeze balancing on one foot
- freeze like a cat
- freeze pulling a funny face

➔ **A GREAT WAY TO PRACTICE IMPULSE CONTROL.**

PRO TIPS FOR SUCCESSFUL PLAY...

Instead of planning a two-hour activity...

- ➔ think in 15–30 minute bursts
- ➔ switch before boredom hits
- ➔ let them choose the next activity
- ➔ use timers as visual structure

GO ON A NATURE TREASURE HUNT

Create a short list of things for your child to find, such as:

- three interesting leaves;
- a stick shaped like a letter;
- a rock with an interesting shape.



➔ **THIS ENCOURAGES MOVEMENT AND FOCUS SHIFT.**

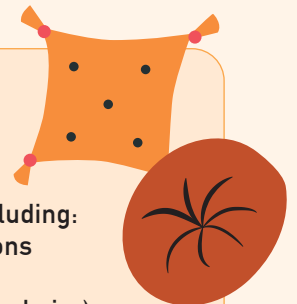
DESIGN A WINTER-INSPIRED OBSTACLE COURSE

Create an obstacle course including:

- pieces of floating ice (cushions to jump across)
- snow tunnels (blankets over chairs)
- avalanche zone (a section to crawl through)

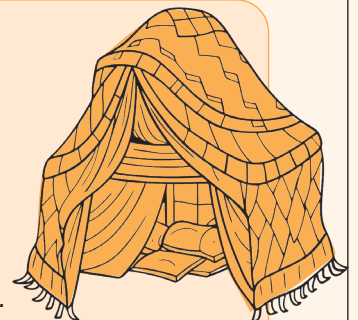
Time how fast they can make it through and let them redesign it each round.

➔ **ENCOURAGES MOVEMENT AND BODY AWARENESS.**



BUILD A FORT

Build a blanket fort using blankets, sheets, pillows, and furniture. Let your child's creativity guide the fort's design and use it as a reading nook, a pretend castle, or a secret hideout.



➔ **THIS ACTIVITY HELPS THE BRAIN TO STAY ENGAGED.**