



Lycra Activities to do with your child

Lycra activities are a great fun way to help your child develop their understanding of their body position and movement in space. Lycra activities can help your child with:

- Getting the feeling / sensations / pressure that they need
- Can lead to calmer behaviour
- Attention skills
- Eye contact
- Awareness of and interest in other people

- ✓ Find a time when it is calm and quiet to do Lycra activities.
- ✓ Turn off and put away all electronic devices.
- ✓ Try to make the play fun and exciting for both you and your child.
- ✓ You may have to show your child how to play and that you are having fun.
- ✓ Encourage your child to join in but do not make them, at first, they may just enjoy watching you.
- ✓ Do not worry if an activity does not work or your child does not want to play, you can try something else from the list.
- ✓ See if your child is sometimes happy to play without you showing them what to do or to explore the lycra themselves. You can also copy what they do to show them that you are interested.
- ✓ Try to find another adult to help with the play.
- ✓ Follow your child's lead to help you decide how long to do the activity ~ it can last for anywhere between less than a minute to approximately 5 minutes (or even longer).



What you need

- Lycra or blanket
- Favourite toys and activities (e.g. bubbles)



Activity	What you need	How to do it
<p>Peekaboo</p>	<p>Lycra (1 metre) or blanket</p> 	<ul style="list-style-type: none"> • Find a quiet space and remove all distractions. • Encourage your child to touch and hold the lycra – you may have to hold their hand to help them. • Let them feel and explore the lycra. • Play peekaboo with the lycra by placing it in front of your face and saying, 'boo' as you remove it. • Try removing the lycra to the side and up and down. • See what your child enjoys and repeat it.
<p>Singing activities</p>	<p>Lycra (1 metre) or blanket</p>	<p>Sing nursery rhymes adding movements with the lycra such as:</p> <ul style="list-style-type: none"> • Up • Down • Shaking • Hiding • Rolling (hotdog) • Rocking • Swinging

		<p>Songs may include:</p> <ul style="list-style-type: none"> • Row, Row, Row the Boat • Shaky, Shaky, Stop • London's Burning • 5 Cheeky Monkeys • 5 Little Ducks • Incey Wincey Spider <p>Encourage your child to hold the lycra and join in with the movements.</p> <p>Note what songs and movements your child enjoys so you can repeat them another time.</p>
<p>Wrapping</p>	<p>Lycra (between 1 to 2 metres) or blanket</p> 	<ul style="list-style-type: none"> • Wrap your child in the lycra or blanket and encourage them to move different body parts to stretch. • Add actions such as bend over, reach up, nod your head. • You can add music or songs to the activity.
<p>Swinging</p>	<p>Lycra (between 1 to 2 metres) or blanket</p> 	<ul style="list-style-type: none"> • Swing your child gently in the lycra or blanket. • You can add music or songs to the activity.
<p>Movement games with lycra</p>	<p>Lycra (1metre)</p> 	<ul style="list-style-type: none"> • Put a favourite toy / teddy on the lycra and slowly pull it around the house and let your child watch. • See if your child wants to pull the toy / teddy around. • Encourage your child to sit on the lycra and pull them gently around the house. • You can add music and / or songs as they move.

<p>Pulling / Tug of War</p>	<p>Lycra (1 metre)</p> 	<ul style="list-style-type: none"> • When your child is able to shake the lycra you can add pulling. • Start with pulling and stretching the lycra with your child. • Say, '<i>pull, pull, pull</i>' as you pull to build tension and '<i>relax</i>' when the pulling has finished. • Using the word '<i>relax</i>' is a good way to finish the activity or calm the activity if your child is getting over excited.
<p>Hiding</p>	<p>Lycra (1 to 2 metres) or blanket Favourite toys Family</p> 	<ul style="list-style-type: none"> • Start with moving the lycra / blanket up and down. • You can place a favourite toy under the lycra / blanket and then encourage your child to remove the lycra / blanket to find the toy. • You can also choose someone to go under the lycra / blanket and you can sing a song with the child's name, e.g. '<i>Johnny is under the lycra</i>' repeated until you lift the lycra up and say '<i>hello (naming your child)</i>'. • Your child can then choose the next person to hide.
<p>Obstacle course</p>	<p>Lycra (approximately 2 to 3 metres)</p> 	<ul style="list-style-type: none"> • Set up a fun obstacle course for your child and include lycra, e.g. make a tunnel from lycra for your child to crawl through by stitching the edges to make a tunnel.

To find out more / Useful links

- Lycra can be purchased online from retailers such as Amazon, eBay and Hobbycraft
- If your child is known to Occupational Therapy and has a sensory programme, consult the programme when using these Lycra activities or liaise with your child's Occupational Therapist. A link to the Occupational Therapy service in Hounslow is below:

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/service.page?id=jyDrHDY26Bw>