



**A STAY-AT-HOME GUIDE
FOR KIDS WITH FASD**



FUN IDEAS

THINGS I CAN DO



I can plan some fun activities

I can do things that help me stay calm

WHAT HELPS MY BODY



massages

going upside down



exercise



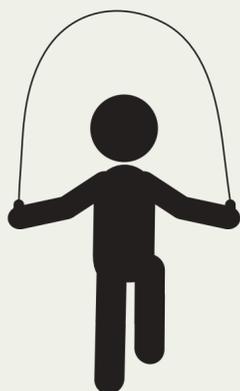
crossing midline



pushing the wall



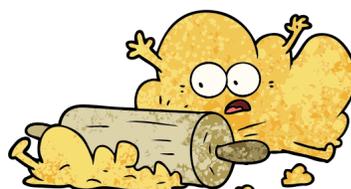
play doh
or clay



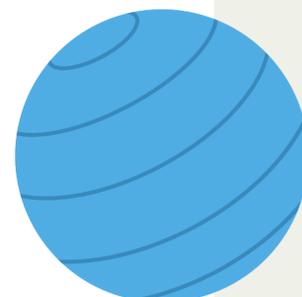
jumping



sitting in a comfy place



making bread



sitting on
exercise ball

MY LIST:

WHAT I LIKE TO DO WITH WATER, BUBBLES, SLIME

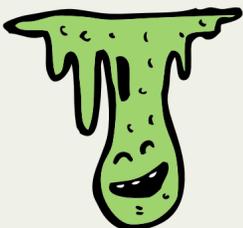
MY LIST:



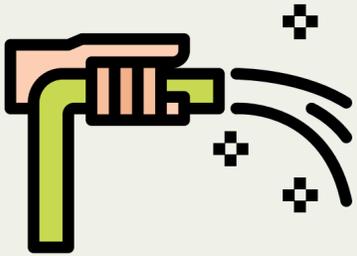
showers



water beads



make slime



water the garden



blow bubbles



liquid timers



bath



bubble play in sink
(fun with food colours)



puddles

WHAT I LIKE TO DO OUTSIDE

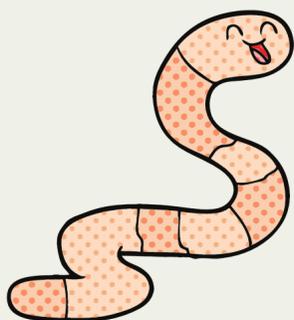
going for walks



planting seeds



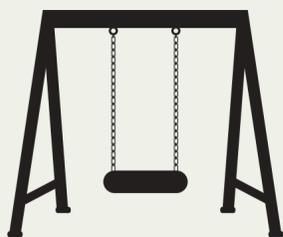
dig to see worms



look for flowers



swing



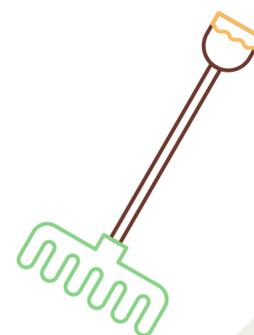
scoot or ride bike



wash a car



run



garden

MY LIST:

sensory toys



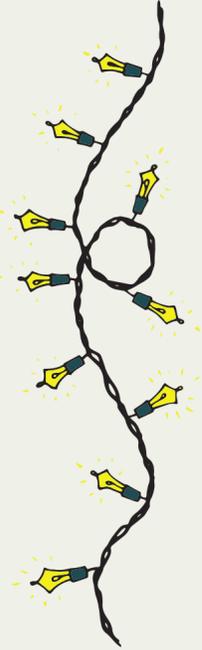
I CAN MAKE A CALM SPACE

Here is what I would put in my calm space

things that smell nice

MY LIST:

lights

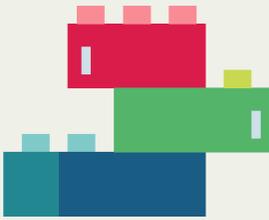


special blanket



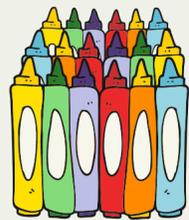
fuzzy socks
my pet

books



teddies/dolls

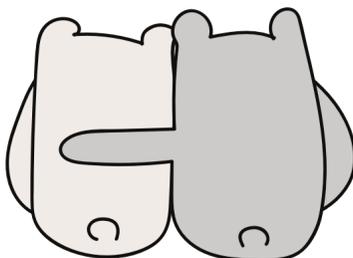
lego



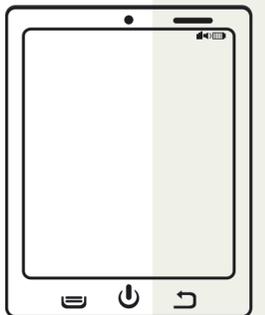
art supplies



music



someone I love nearby



electronics
or gams

@nofasuk

MY DAILY TIMETABLE

It helps to create a visual schedule

MY DAY:



NOW - NEXT BOARD

It helps to know what is now and what is next



NOW	NEXT

Sometimes these have velcro so I can move things over when I have done them. Or I could use a white board too.



SOME CUT-OUTS FOR A VISUAL SCHEDULE

Or I can draw my own
or take pics of things I like doing and print them out [@nofasuk](#)



bath or shower



screen time



exercise



walk outside



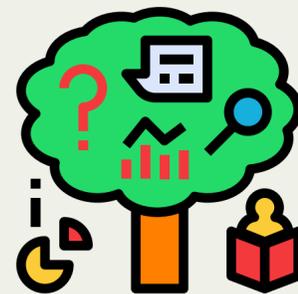
make some art



dance



music



learn something new



sensory play



talk to a friend or family