

## Language, Cognitive & Affective Development

- **Welcome Song & Gathering**
  - **Hello, Hello! Can You Clap Your Hands?**

“Hello, hello! (wave one hand, then the other)  
Can you clap your hands? (clap)  
Hello, hello!  
Can you clap your hands? (clap)  
Can you stretch up high? (stretch towards the ceiling)  
Can you touch your toes? (bend down and touch your toes)  
Can you turn around? (turn around)  
Can you say “hello”? (wave, then say hello)  
Can you stomp your feet? (stomp your feet)  
Hello, hello!”

## Social, Physical & Attention Development

- **Purposeful Play Stations** -Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

### Fine motor/Sensory Station: Balloon Boat

- You will need:
  - Sponge
  - Scissors
  - Straw
  - Balloon
  - Tape
  - Tub of water to float your boat in!
- First blow up your balloon, then let the air out. This stretches out the balloon to make it easier to blow up later.
- Next, place a straw into the opening of the balloon. You will want the bend portion of the straw outside the balloon. Push the straw into the balloon until about 6 inches are sticking out.
- Tape the balloon opening with the straw inside tight enough to prevent air from getting in but not so tight that you are closing the straw opening. This can be tricky. You will know you are good to go if you can blow into the straw to inflate the balloon.
- Now cut a slit in the center of your sponge. The easiest way to do this with scissors is by folding the sponge in half. The opening does not need to be big, just enough to fit the straw through.
- Now push the straw through the opening so that the balloon is at the top of the sponge and the bend in the straw is on the other side of the sponge.
- Blow up your balloon. You can put your finger over the straw hole to prevent the air from being released as you blow it up. You will want to fill it as much as possible.
- Hold your finger over the straw hole to keep your balloon inflated. Place your balloon boat into the water and let go! Watch your boat glide through the water!



Down Syndrome Achievement Centers  
educate. inspire. believe.

## Destination Discovery Purposeful Programs Transportation

### Gross motor station: Midline Exercises

Crossing the midline is an important OT/PT focus to help kids and adults improve the communication between the right and left sides of the brain. The concept is as simple as imagining a line going down the center of your body from your head to the floor. When you reach for something on the opposite side, you are crossing the midline! This improves fine motor skills, coordination, helps improve handwriting, and teaches them how to track left to right, an important piece needed for literacy! Five midline exercises are:

- Stand tall with your arms straight out to the side. Now reach your right hand down to touch your left foot. Return to standing with your arms out to the side. Reach down with your left hand to touch your right foot. Return to center with your arms out to the side. Repeat!
- Stand tall with your arms at your side. Raise your right arm up and bend your elbow (like a choo choo train gesture). Now raise your left knee up like a march. Touch your right elbow to your left knee. Return to a standing position. Now raise your left arm up and bend the elbow, pick your right foot up and bend your knee like a march. Touch your left elbow to your right knee. Repeat.
- Start in a standing position with your hands by your side. Pick your right foot up behind your body (imagine you're going to touch your heel to your bottom). Take your left hand and reach behind your back to touch your right foot. Return to standing. Raise your left foot behind you, take your right hand and touch your left foot. Return to standing. Repeat.
- Stand tall with your legs spread wide. Stretch your hands up to the sky. Drop your right hand down. Bend and stretch to touch your right foot with your right hand. Make sure your left hand stays up in the air at about a 90-degree angle from your left hand. Return to standing. Now bend and stretch to the left with your left hand touching your left foot and your right hand in the air.
- Stand up tall with your hands by your side. Bend your knees and reach down to the left to grab an invisible ball (or real if you have items you want to use) off the floor. Stand up and bring the "ball" over your head. Now bend your knees and place the ball on the right side of your feet. Pick up an invisible ball from the right side raise it up over your head and then place it gently on the left side. Repeat. (To help with this exercise you can place actual items on each side. Put all red on one side and all blue on the other. The exercise is complete when all the red items and blue items are on the opposite side than they started on.

**Fine motor Station: Hot Air Balloon**

- You will need:
  - 5 Pieces of construction paper
  - String or yarn
  - Toilet paper tube
  - Scissors
  - Glue stick
  - Markers, crayons, colored pencils to decorate
- Start by folding the first piece of construction paper in half. Draw half of a balloon shape on the crease side so that when you cut and open it you will have a full balloon.
- Cut out your first balloon shape.
- Fold a second sheet of paper in half. On the crease side take your first balloon cut out and trace it so you will have a second balloon that matches the first. Cut the second balloon out.
- Repeat with five pieces of construction paper until you have five balloons the same size. Grab two of your balloons. Use your glue-stick and coat half of one balloon. Glue half of the second balloon to the half of the first balloon.
- Now coat the other half of the first balloon. Grab another color and glue it to that half.
- Place a little glue at the top and make a loop with string. Glue that down. That will be used to hang out hot air balloons later.
- Grab a fourth balloon and glue that half to either side. Complete your 3D balloon by adding the final balloon to your grouping.
- Cut your toilet paper tube in half. Decorate to look like a basket for your hot air balloon.
- Poke a hole towards the top of the toilet paper tube with the pen. Now poke a hole on the opposite side of the tube. Grab your balloon. Poke a hole about an inch from the bottom with a pen.
- Pull a piece of string through the balloon hole you just made. Now string one side through the toilet paper tube basket and tie a knot. Take the other side of the string and put it through the other hole in your toilet paper tube basket. Tie a knot. Trim the extra off.
- Now hang your beautiful balloon and enjoy!



**Good-bye** - Celebrate successes and remind of upcoming programs, activities and events.

- **It's our time to say goodbye!**
- It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye bye.
- Repeat with Daddy, sister, brother, everyone!

**BONUS STEM Station: Tin Foil Boat**

- You will need:
  - Tin foil
  - Water to place your boat in
  - Coins
- Have every member of your family design and make their own boat out of tinfoil.
- Place into water.
- Start filling each boat one by one with coins. Which boat can hold the most?