skills on the hill pediatric therapy

Creative Ways to Play With Common Toys

You don't need new toys - just new ideas

The toys already in your bin can build motor skills, language, problem-solving, and regulation - you just have to play with them a little differently. Here are fresh ways to use old favorites.

NOTICE	TRY	BUILD	CONNECT	GROW

Blocks & LEGO

Build then knock down (cause and effect), copy a pattern (visual-motor)

Helpful idea

Sort by color, hide one and describe it (language), stack tall on tiptoes (balance)

Balls

Roll back and forth (turn-taking, core), target throwing, "how many bounces?"

Balance a beanbag on the head; crab-walk soccer

Playdough

Hide beads to dig out (fine motor), roll and "cut" snakes, form letters and shapes

Squish for calming input; pretend "cooking"

Stuffed animals

Pretend feeding and doctor (social and language), obstacle-course "rescue"

Helpful idea

Heavy-work "give teddy a ride," hide-and-seek with clues

Toy cars

Build ramps (problem-solving), "car wash" in water, drive on tape roads

Helpful idea

Sort by size; describe where the car goes (spatial words)

Cardboard boxes

Forts and crawl-through tunnels (core and motor), a "car" to sit and push

A giant drawing surface and endless pretend play

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.