

## People Games

People Games are games that are played without toys – just with people! Some People Games involve movement and music (e.g. Row Row Your Boat), and some involve just movement or actions (e.g. tickles, peek-a-boo, chase).

### How do I do it?

1. **Give the game a name.** Once you've decided on the name of your game, be sure to use it each time you play.
2. **Play the game the same way each time.** Use the same words and actions every time you play the game.
3. **Play the game several times.** Don't be afraid to play the game over and over if they like it. This will help your child become familiar with the game and anticipate what comes next!
4. **Give your child a chance to participate in their own way.** Once your child is familiar with the game, you can create opportunities for them to do or say something during the game. For example, if you are swinging your child in a blanket, put the blanket down once in a while and wait. See if they hand you the blanket or say something to get you to swing them again.
5. **Help your child send you a message.** If you pause at a key moment and your child doesn't do or say something, you may need to help them. You can take their hand and help them give you the blanket, or you could say the first sound of the word that they need to say (eg. "ready, steady, g....." for "go"). Some verbal children who imitate speech may benefit from you saying the word and then giving them a chance to imitate you.
6. **End the game the same way each time.** When your child walks away or indicates that they no longer want to play the game, say something to indicate that the game is over. You can say "finished" and use a gesture or sign to indicate in that the game is finished.

### Why should I do it?

People Games are played the same way each time and often have a "script" to say while playing. Children can learn many things during these predictable games, such as how to take turns with you, pay attention to you, and imitate your actions, sounds, or words!

#### IDEAS!

#### Tickles

Hold your hands in the tickling position, and say 'tickles' or 'tickle time'. Pause to give your child an opportunity to respond. Then tickle the child playfully; repeat 'tickle, tickle, tickle'. After a few tickles, stop, and wait for your child to show you they want you to do it again. Respond immediately to any clues your child gives you indicating they want more, like putting your hands on their body to continue tickling.

#### Jumping



If your child enjoys jumping, you can either stand facing them, hold both of their hands, and jump together, or, do a jumping race game. Try jumping fast, then stopping. Try jumping into piles of cushions, if your child enjoys that sensory feedback.

**Action Songs** Sing action songs and rhymes. Pause during the song and wait to see how your child will continue the song or communicate that they want more. This may be by moving closer to you or looking / reaching. Remember to respond to all forms of communication!

