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Read the descriptions below of the various sensory preferences to identify your child's preferences. Once you know what he likes, try to include these sensations in your people games. For example, if you observe that he often runs, rocks or spins, include movement in your game. If you notice that he likes to fit himself into tight little spots, such as between the couch and the wall, include big hugs and strong squeezes.

Choosing People Games by Sensory Preference

Your child may have a preference for one or more of the following sensations:

- **Movement**—likes running, jumping, rocking and spinning
- **Touch**—likes deep body pressure or pressure on his hands
- **Sounds**—likes music, toys that make sounds, rhymes and songs
- **Sight**—likes fluctuating visual stimuli like lights on and off, moving fans, lining up toys, books and videos
- **Stillness**—likes quiet games without a lot of movement

Since Luke likes the sensation of having someone press down on his chest, Dad makes sure he includes lots of tickles in the games they play together.

Observe your child to see what his sensory preferences are. Then look for examples of people games that accommodate those preferences (see pages 39 – 47). Your child will enjoy these games and be motivated to interact with you in order keep them going.

Sensory preference: Movement

Your child will show you that he has a sensory preference for movement by running, jumping, spinning, rocking or doing any other “large” movement. In this case, your child will likely enjoy many of the games in this section.

Running: Early people games

- **Chase:** You can chase your child and catch him with a big hug.
- **Block the Way:** As your child is running, block his way by standing in front of him. Then wait for him to tell you in some way that he wants you to move.

Running: Later people games

- **Tag:** You and your child take turns being “it”—the one to touch or tag the other as he runs away. When the runner is touched, it's his turn to be “it” and do the chasing.
- **Freeze Tag:** This is a variation of regular Tag but played with at least three people. Once a person has been touched and tagged, that person must stop running and remain in the position they were in when they were tagged; in other words, they have to “freeze.” “Frozen” players can be unfrozen by anyone who is not “it,” by touching them as they run by.
- **Freeze Dancing:** Play recorded music and have your child and his friend(s) dance any way they like. When you stop the music, everyone has to stop moving and stand frozen in their spots.



People Game Plan for Sawyer (see page 29)

My child's sensory preference is: for movement – he runs a lot

I will play the following people game with my child: Chase

I have chosen this game because: he likes running

Right now my child does these things when we play (refer to checklist on page 13)
He runs all by himself from room to room (he doesn't play with me right now)

The next interaction step/s for my child is to look at me during the game
I'm going to call this his "opportunity."

Here's how I will R.O.C.K. my child's play:

R

I will play this game 3 times every day.

O

I will offer my child the opportunity to (what is the interaction step?) look back at me to see if I am going to catch him.

I will offer my child this opportunity (when in the game?):
after I have chased him a few times.

C

I will cue my child by slowing down, not catching him and waiting for him to look at me.

If that doesn't work then I will move towards him with my arms outstretched as if I am going to catch him.

K

I will keep the game fun by: being playful and making my voice animated.

I will keep the game going when my child is ready by (adding new games, new interaction steps or new people): getting his brother

Mark to play the game with him; then I can change who does what in the game by helping Sawyer become the "Chaser."