# Sitting still games to try at home

## Musical Spots

| You will need: | • Music  
|               | • Paper to make sitting spots |

- Try this activity in a small group with other family members
- Put sheets of paper out in a circle – one for each person playing
- Everyone walks or dances around the sitting spots while the music is playing
- When the music stops, they can sit down on a spot, trying to keep still
- Count to three before the music starts again and give praise for good keeping still
- Try to very gradually increase the amount of time they have to sit still

## Traffic light waiting

| You will need: | • Toy cars  
|               | • Stop/go signs  
|               | • Toy cones (or another object to mark start and finish points) |

- Set out the cones at either end of the room.
- Encourage your child to choose a car and try to keep it still at the start cone.
- They need to wait for you to turn the sign to “go” and they can then push the car as fast as they can to the finish cone.
- Try to gradually increase the amount of time they have to wait before they can start their car.

Adapted for Worcestershire Speech and Language Therapy with permission from “Teaching children to listen in the Early Years” Spooner & Woodcock

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