

ACT-NOW

FACT SHEET 30

Using a Play Ideas Mat



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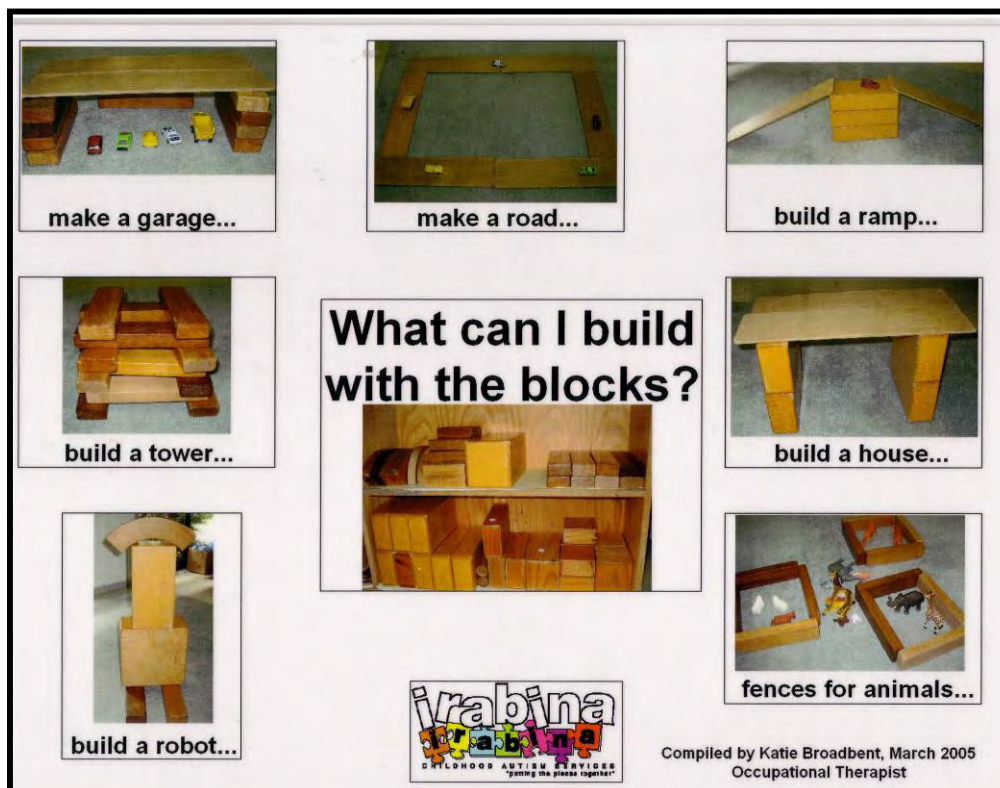
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Helping young children to communicate (Part 5)

What can I play with? Try a play ideas mat.

- Provide the child with a range of different options to choose from in open-ended activities
- To be used in open-ended activities with children who lack play ideas and become stressed and/or anxious as a result
- Can also increase the amount of time a child spends in open-ended activities, as a range of different ideas are presented to extend the child's play
- Can reduce the child's anxiety about not knowing what to do
- Can assist in the social inclusion of the child



How to use a Play Ideas Mat:

- Initially use each of the picture prompts individually, showing the child step-by-step how to create the image in the photo
- Once the child can copy several different images, place them on to a mat (laminated A4 or A3 sheet)
- Position the mat at the activity (on the wall near the block corner or at the painting easel, for example) for all children to see and use if they wish
- If observed unoccupied at the activity, remind the child about the different objects they have practiced creating, and prompt the child to choose one of the images from the play ideas mat to create if they wish

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