



PLAY

Marble Maze

What You Need:

- Empty Toilet Paper or Paper Towel Rolls
- Marbles*, Cotton Balls or Matchbox Cars

Directions:

- Tape toilet paper rolls to a wall in a “maze format”.
- Drop marbles into rolls to follow the maze. You can make multiple tracks to create a race.

**If marbles are a choking concern, use cotton balls or Matchbox cars.*

This fun activity is for the whole family. It enhances fine motor skills and promotes cause-and-effect understanding. Let the child's imagination run wild when setting up different mazes. To play on the floor or bed, tape rolls together to create tubes.

All activities should be supervised by an adult.

Note: This activity is not recommended for children under 3.



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Paper Toss

PLAY

What You Need:

- Sheets of Paper
- Pens or Pencils

Directions:

- Distribute one Paper Toss sheet (see next page) to each participant, along with a pen or pencil.
- Have each participant write three facts about himself or herself that the other members of the group might not know.
- Instruct the participants to not to write their names on the Paper Toss sheets.
- Have each participant crumple-up the Paper Toss sheet into a ball.
- On cue, have the participants toss the crumpled sheets into the center of the room, creating a pile.
- Ask each participant to find a Paper Toss sheet, uncrumple it, and read silently the three written facts.
- Instruct the participants to search-out the author of the written facts on their Paper Toss sheet by going from person to person and inquiring; the participants will be searching, as well as being asked questions at the same time.
- Once all of the authors have been identified, have each participant introduce the author of the facts on his or her Paper Toss sheet to the rest of the group by identifying the author by name ("This is Billy.") and reading out loud the three facts ("He is going on vacation to New York City. He doesn't like mashed potatoes. He can do a handstand in a pool.").

If you can't get outside, bring the fun indoors with this engaging activity for either a group or just a few people. Surprise notes inside allow for socialization and self-esteem building. It promotes gross motor skills, whether on the floor or playing from bed or a wheelchair.

All activities should be supervised by an adult.



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3 Cool Things about Me:

1.

2.

3.





Snowball Fight

What You Need:

- Snowball Fight Sheets
- Pens or Pencils

Directions:

- Distribute one Snowball Fight sheet (see next page) to each participant, along with a pen or pencil.
- Have each participant write three facts about himself or herself that the other members of the group might not know.
- Instruct the participants to not to write their names on the Snowball Fight sheets.
- Have each participant crumple the Snowball Fight sheet up into a ball.
- On cue, have the participants toss the crumpled sheets into the center of the room, creating snowball-like chaos.
- Ask each participant to find a “snowball” or crumpled-up sheet, uncrumple it, and read silently the three written facts.
- Instruct the participants to search-out the author of the written facts on their “snowball” by going from person to person and inquiring; the participants will be searching, as well as being asked questions at the same time.
- Once all of the authors have been identified, have each participant introduce the author of the facts on his or her “snowball” to the rest of the group by identifying the author by name (“This is Billy.”) and reading out loud the three facts (“He is going on vacation to New York City. He doesn’t like mashed potatoes. He can do a handstand in a pool.”).

If you can’t get outside, bring the fun indoors with this engaging activity for either a group or just a few people. Surprise notes inside allow for socialization and self-esteem building. It promotes gross motor skills, whether on the floor or playing from bed or a wheelchair.

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3 Cool Things about Me:

1.

2.

3.





PLAY

GAK!

What You Need:

- Corn Starch
- Water
- Large Bowl
- Food Coloring
- Add-Ins*

Directions:

- Pour 1 box of cornstarch into large bowl.
- Slowly add water (with food coloring, if wanted) and mix with hands until “liquid solid”. You should be able to squeeze it and form a ball for a second before it “melts away”.

**Add-ins are optional and may include LEGOs, plastic animals, blocks, etc. Be creative!*

GAK! is a perfect sensory activity for kids of all ages and abilities. When stored in an airtight container, the fun can keep rolling indefinitely. Mix it up with lots of different add-ins. This diversion activity promotes fine motor enhancement.

All activities should be supervised by an adult.



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PLAY

Sensory Bags

What You Need:

- 1 Large Ziploc® Bag
- Body Wash
- Confetti
- Packaging Tape
- Food Coloring

Directions:

- Squeeze body wash into the bag, add food coloring and confetti.
- Get out as much air as possible, then seal bag tightly with tape.
- Bag can be used for children to explore and feel different sensations.

This is a fun activity to make at home and take on the run whenever a visual distraction is needed. Allow the child to choose colors and shapes to promote sense of control and self-esteem. Different bags can be made to match different moods.

All activities should be supervised by an adult.



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PLAY

Fall Scavenger Hunt

What You Need:

- Pen/Pencil/Crayon
- Tracking Sheet
- Brown Paper Bag

Directions:

- Using the tracking sheet, go outside and start exploring! Can you find everything on this list? Check off what you find using the pen/pencil/crayon.
- Use the brown paper bag to collect some of the treasures you find.

This scavenger hunt is fun and can bring family and friends together for an outdoor adventure. This activity will promote following directions and freedom of choice.

All activities should be supervised by an adult.



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PLAY

Fall Scavenger Hunt

Tracking Sheet

- ☐ Acorn
- ☐ Pinecone
- ☐ Twig
- ☐ Pumpkin
- ☐ Spider
- ☐ Corn Stalk
- ☐ Hay Bale
- ☐ Red Leaf
- ☐ Brown Leaf
- ☐ Yellow Leaf
- ☐ Orange Leaf
- ☐ Scarecrow
- ☐ Worm
- ☐ Apple





PLAY

Pumpkin Slime

What You Need:

- Small Pumpkin
- ½ Cup Liquid Starch
- ½ Cup Clear Elmers Glue
- ½ Cup Water
- Measuring Cups, Spoon, Knife (for the adults)

Directions:

- Cut the top off of the pumpkin
- Make room in the pumpkin by loosening up all the seeds and guts.
(Note: You can take some out to make room, but the whole idea is to incorporate the parts of the pumpkin into the slime.)
- Mix 1/2 cup room temperature water with 1/2 cup of clear Elmers Washable School Glue. (Note: Other brands of glue do not work well. You can use white, but you won't see as much of the pumpkin). Stir to fully incorporate.
- Measure 1/2 cup liquid starch and pour directly into pumpkin.
- Pour glue and water mixture into pumpkin.
- Get your hands in there and mix.

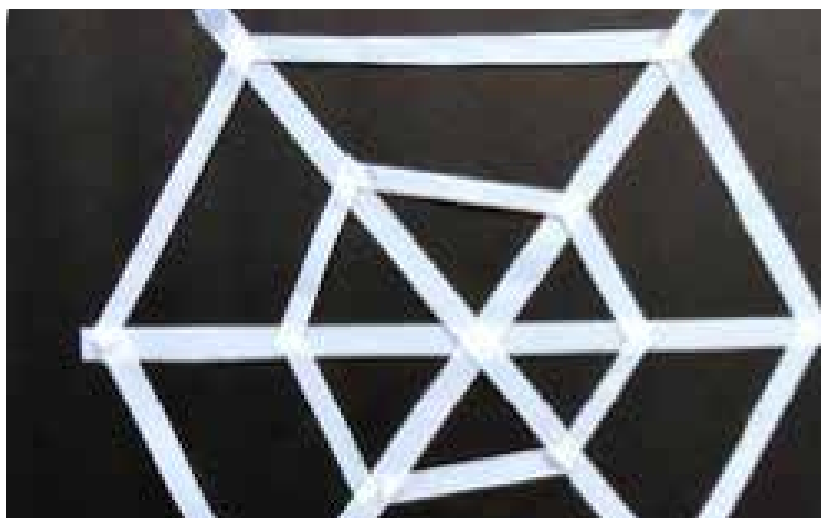
This activity is fun, perfect for the holiday and can promote bonding with family and friends. This activity will promote following directions and increasing fine motor skills.

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PLAY

Pin the Spider on the Web

What You Need:

- Black or White Streamers
- Sticky Tack (or something to make streamer stick to your surface)
- Spider Pictures
- Blindfold

Directions:

- Create a spider web on the wall using streamers and Sticky Tack.
- Trim out spiders from the next page.

The idea of this game is essentially the same as *Pin The Tail On The Donkey*, but using a web and spiders instead.

This game is easy and uses easy-to-find materials. It can promote creativity, following directions and dexterity skills.

All activities should be supervised by an adult.



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Spiders

