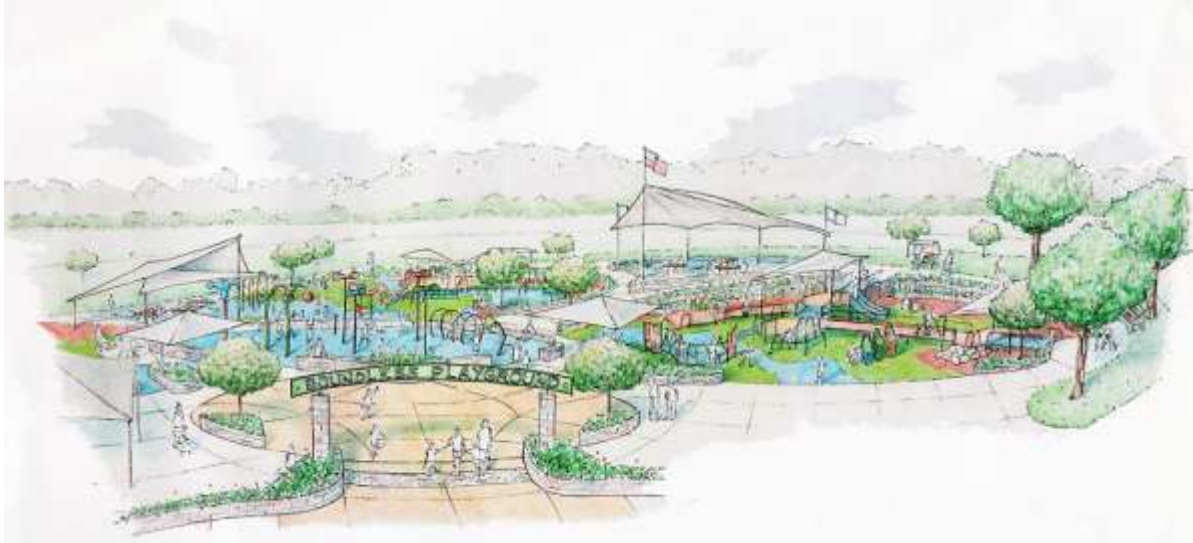


# ***Taylor's Dream Boundless Playground Therapy Guide***



## **Alpha Pod**

Boundless playgrounds are designed to support the way children develop skills. This is age-related but can vary by child, so new terms have been established. The ALPHA area is typically labeled for ages 2 – 5. Most often children will be seen playing individually or next to one another without much interaction. The environment should support two behaviors: repetitive (looping) activity for the development of physical skills; and gathering (branching out) practices for developing intellectual concepts by collecting, comparing, sorting and testing.

## RAMPS

Accessible ramps provide easy access to various levels for users of all abilities.



### Developmental Tasks

- Functional use of individual mobility equipment
- Upper body strength
- Walking/ Rolling up incline as resistance

Development may be encouraged by adults

### Cues

- Encouraging use with and without assistance from others
- Identifying other play equipment that is accessible after using ramps
- Physical movement and functioning

### Play Theme

- Cross the draw bridge to the castle
- Cross the bridge over the river

## **STATIONARY BUTTONS**

Stationary buttons set at multiple heights provide varying pathways and challenges for moving about the equipment.



### Developmental Tasks

- Observation point to engage in onlooker play, prior to solitary or parallel play.
- One or two foot balance
- Transition from individual mobility equipment to sitting or standing using a stationary support.
- Independent sitting
- Transition from sitting to ground and back
- Balance on knees
- Cruising (assisted walking) from one stationary support to another
- Pull from ground to standing position

Development may be encouraged by adults

### Cues

- Encouragement
- Use hands or feet to move along or around the buttons
- Encourage use as a place to sit and watch play if appropriate to child's activity level on that day.
- When sitting offer initial support and encouragement. Slowly withdraw according to child's development.

### Play Themes

- Avoid the crocodiles or sharks below by stepping from button to button. Other children could also be the crocodiles or sharks by crawling next to the buttons.

## **BACKLESS BALANCE BENCH**



### Developmental Tasks

- Observation point to engage in onlooker play, prior to solitary or parallel play.
- Develop righting and equilibrium reactions
- Increase postural strength to promote balance while seated
- Encourage Independent sitting
- Pull from ground to standing or sitting position
- Transition from mobility equipment to sitting

Development may be encouraged by adults

### Cues

- Wider Surface may encourage comfort to try
- Encouragement
- Encourage use as a place to sit and watch play if appropriate to child's activity level on that day.
- When sitting offer initial support and encouragement. Slowly withdraw according to child's development.
- Sitting next to child for support
- Standing behind child for support
- Assist keeping feet on the ground

### Play Themes

- "Walk the Plank" –Walk along the bench maintaining balance, avoid the watery depths below
- "Olympic Gymnast" – Balance Beam Routine with dipping and twirling

## SOLAR CLIMBER



### Developmental Tasks

- Stepping up/ down using one hand on railing for support
- Gross motor climbing

Development may be encouraged by adults

### Cues

- Individual can help encourage while child moves up each step.
- Assist next to child for support

### Play Themes

- Individuals can describe emotions on each step- as steps progress emotions may change
- Name different items on each step- categories can be chosen at the start.

## **RIBBON CLIMBER**



### Developmental Tasks

- Stepping up/ down using one hand on railing for support
- Gross motor skills

Development may be encouraged by adults

### Cues

- Improved Balance
- Encouragement
- Provide any needed support of back
- Assist in foot placement

### Play Themes

- Escape the lava below by climbing to safety
- “Firefighter” or “Climbing onto pirate ship”

## **STAINLESS STEEL SLIDE**

Slides encourage Coordination, Upper Body Strength, Safe Risk Taking, Self Confidence, and Balance.



### Developmental Tasks

- Trunk stability while moving – developing righting and equilibrium reactions.
- Static free to accommodate tactile defensiveness and individuals with electronic medical devices.

Development may be encouraged by adults

### Cues

- Hold sides of slide with hands
- Provide hand on the back of the individual
- Place yourself in front of the individual at the bottom of the slide to catch them

### Play Themes

- Pretend you're a race car and need to get to the bottom fast
- Roller-Coaster, hands up with improved balance
- Climbing up the slide- will also aid in improving hand strength and Grip

## **DRIVE -AWAY HALF PANEL**

Choose your vehicle, grab the steering wheel and you're off! Jump in the car, hop on a train, climb into a fire truck, board the boat or blast off in the spaceship! The Drive-Away panel encourages imaginative play with interaction and sound effects that correspond with each vehicle. The panel is charged with each turn of the steering wheel. Other sound effects include a radio, security alarm, horn and ignition.



### Developmental Tasks

- Grasping knobs and turning
- Listening skills
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Development may be encouraged by adults

### Cues

- Use hands to turn wheel and hit buttons
- Let your imagination go
- Hand over hand

### Play Themes

- Experiences they've had in a car that they can Re-inact
- Race-Car
- Go to the Grocery store (Realistic Play)



## **POST MOUNT ANIMAL TUNES**

Animal Tunes is an interactive play panel offering fun and simple discoveries. Spin the knob to power-up and play 1 of 6 songs inspired by animals and featuring animal sounds. Spin in the reverse direction to hear a new song. Spin slow and the song plays slow. Spin fast and the song plays fast. You are the DJ!



### Developmental Tasks

- Grasping
- Animal sound recognition
- Fine motor skills grasping – pinching
- Listening skills

Development may be encouraged by adults

### Cues

- Prompt to go faster or slower
- Use hands to spin/ turn the knob
- Help physically turn the knob

### Play Themes

- “What animal do you hear?”
- “Is that your pet?”

## SPY GLASS



### Developmental Tasks

- Observation Skills
- Identifying: Color, Shapes, Size, Environmental Objects
- Use of descriptive words and phrases
- Use of location/spatial words and phrases

Development may be encouraged by adults

### Cues

- Prompting to locate items through the glass “What do you see?”
- Model phrases to use, and sentence structure “I-spy with my little eye something that is \_\_\_\_\_”
- Add unfamiliar vocabulary and descriptors

### Play Themes

- Play “I- Spy” and take turns locating and describing various items surrounding and within the play area.
- Pirate on the ship
- Look at people on the Rope Ladder

## **FROG MAZE** – Activity Panel



### Developmental Tasks

- Index finger isolation
- Directional concepts; forward/ backward, up/down, left/right

Development may be encouraged by adults

### Cues

- “Where do we go now?”
- Hand over hand

### Play Themes

- Time them to see if they improve cognitively
- Help the frog get home



## WHERE AM I FROM? – Activity Panel



### Developmental Tasks

- Directional Cues
- Motor Skills
- Hand-Eye Coordination

Development may be encouraged by adults

### Cues

- Hand-over-Hand
- Directional Cues

### Play Themes

- Make animal noises or act out
- Move like the animal

## **FLY THROUGH THE CLOUDS** – Activity Panel



### Developmental Tasks

- Pincher grasp/ Palmar grasp development
- Fine motor curved lines
- Fine motor rotation/ circular
- Problem solving
- Twisting at wrist??
- Increase range of arm motion

Development may be encouraged by adults

### Cues

- Hand-over-Hand
- Directional Cues

### Play Themes

- War Pilot
- Stunt Flyer

## MULTI-USER SOUND STATION

Musical panels and our Drum Kit are placed together to create a multiuser sound station. Social interaction combined with making music.

### BELLS (4) – Activity Panel



#### Developmental Tasks

- Repetition of sounds
- Musical expression
- Verbal communication – direction, spatial words: high/low, above/ below, beside, right/left.
- Hand or finger manipulation
- Tempo – fast/ slow
- Tone – loud/ quiet
- Force – hard/ soft

Development may be encouraged by adults

#### Cues

- Use hands to make sound
- Help child make sounds

#### Play Themes

- Individual makes a sound and see's if it can be matched by another child
- Make a band
- Sing Songs
- Dance (One person plays while others dance)

## CHIMES – Activity Panel



### Developmental Tasks

- Repetition of sounds
- Musical expression
- Verbal communication – direction, spatial words: high/low, above/ below, beside, right/left.
- Hand or finger manipulation
- Tempo – fast/ slow
- Tone – loud/ quiet
- Force – hard/ soft

Development may be encouraged by adults

### Cues

- Use hands to make sounds
- Encouragement
- Help child make sounds

### Play Themes

- Make a band
- Sing Songs
- Dance (One person plays while others dance)



## RED AND BLUE HORNS – Activity Panel



### Developmental Tasks

- Repetition of sounds
- Musical expression
- Hand or finger manipulation
- Tempo – fast/ slow
- Tone – loud/ quiet
- Force – hard/ soft

Development may be encouraged by adults

### Cues

- Use hands to make sounds
- Encouragement
- Help child make sounds

### Play Themes

- Make a band
- Sing Songs
- Dance

## KETTLE DRUMS



### Developmental Tasks

- Repetition of sounds
- Musical expression
- Verbal communication – direction, spatial words: high/low, above/ below, beside, right/left.
- Hand or finger manipulation
- Tempo – fast/ slow
- Tone – loud/ quiet
- Force – hard/ soft

Development may be encouraged by adults

### Cues

- Use of hands
- Encouragement to let loose
- Help child initiate sounds

### Play Themes

- Make a band
- Rock star
- Dancing
- Sing Songs

## ACCESSIBLE SWINGS (2)



### Developmental Tasks

- Strength
- Ability to risk

Development may be encouraged by adults

### Cues

- “kick forward, swing back” leg pattern needed to propel self
- Encourage to push with legs when feet touch adults hands

### Play Themes

- Superman

## **BELT SWINGS (2)**



### Developmental Tasks

- Grasping

Development may be encouraged by adults

### Cues

- Assist with balance
- Hold On
- Help Child stay on

### Play Themes

- Fly like Super man
- Jumping off, twirling, on stomach, grasping

## INFANT SWINGS (2)



### Developmental Tasks

- Grasping
- Strength

Development may be encouraged by adults

### Cues

- Hold On
- Help Child gain balance
- Help Child stay on

### Play Themes

- Fly like a plane
- Fly like Superman

## **CRAWL TUBE**

Crawl tubes provide multiple opportunities for interactive play as children discover new ways over, through and around them. Our unique interior shape provides additional challenge as it is crawled through.



### Developmental Tasks

- Directional vocabulary; under/ over, in/out

Development may be encouraged by adults

### Cues

- Encouragement
- Hand-over-Hand
- Use of knee movement
- Crawling/ Quiet Places
- Help Child gain comfort
- Help Child stay safe

### Play Themes

- Climbing on top
- “Play king of the mountain”
- Straddle the Crawl Tube
- “Riding the vine”

## **ROCKBLOCK CLIMBING TUNNEL**

Climb over, under and through. Provides a “hide out” and “hang out”.



### Developmental Tasks

- Directional vocabulary; under/ over, in/out

Development may be encouraged by adults

### Cues

- Encouragement
- Hand-over-Hand
- Use of knee movement
- Crawling/ Quiet Places
- Help Child climb

### Play Themes

- Climbing on top
- Play king of the mountain