

A PROGRAM OF UNITED DISABILITY SERVICES



## TOY & RESOURCE CENTER BUILDING BLOCKS

ONE ITEM ONE SITE ONE IDEA

Take a walk on the wild side with this month's item: **stepping stones**. Little ones will engage their body and mind as they build coordination skills, core strength and motor planning!

**Bend and Reach.** While moving from disc to disc on our **River Stones**, kids can crouch down to pick up an item placed strategically near the disc, maintain balance and then name the item for a cross-curricular experience (e.g., number, letter, object).

**Play a game of HOT LAVA!** Someone calls out "HOT LAVA" and little ones try to make it across all the stones without falling to get to the "safe" side of the floor. Kids could also remain standing on each stone until directed to perform a certain action or jump off.

**Let's Go Fishing.** Use magnetic fishing rods to pick up items on the floor while maintaining balance on the stones. We have **fishing rods** and **magnetic letters** to borrow too.

**Catch Me If You Can.** Use balls or beanbags for a game of catch while on the stone! For a challenging version, balance a beanbag on body parts while moving from stone to stone.

Our **Squeaky Spot Discs** contain squeakers and kids can create music as they jump up and down on them. **Tactile Step-N-Stones Squishy Steps** have a nubby texture for bare feet to feel as they step on each one. Both provide a super-sensory way to play.

Check out our **Tactile Discs**. They are so much fun when used with a blindfold! Children hold the small disc in their hands to feel the form, then crawl and feel to find the large disc with the same tactile structure.

**This item is sure to  
rock your world!**



## ONE SITE

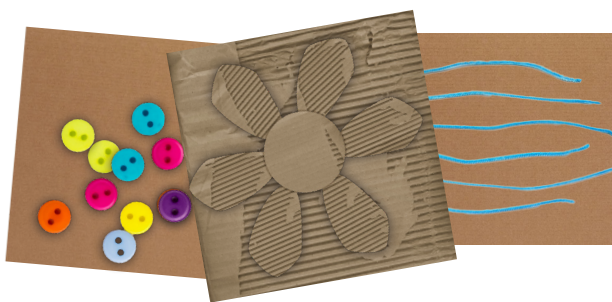
This site offers educators and families additional information about motor planning, how to identify whether a child is having trouble with this skill and tips to help! One idea includes doing yoga poses (we have **yoga cards** at the TRC). Namaste.

[theautismhelper.com/all-about-motor-planning/](http://theautismhelper.com/all-about-motor-planning/)

## ONE IDEA

### Create Your Own Sensory Discs

With strong glue or a hot glue gun adults can adhere various objects and textures to cardboard cutouts. Attach pipe cleaners, artificial grass, sandpaper, cotton balls, blobs of hot glue, buttons or whatever else you can find! Let your imagination go wild! Once completed, prepare an obstacle course. Your knee-high ninja warriors can jump from disc to disc and their little feet can feel the different textures. Add sofa cushions to jump on, swimming noodles to jump over, boxes to crawl through, tables to crawl under or duct tape to walk across—the possibilities are endless!



Stepping stones are a must-have to help kids sky-rock-et to success and the TRC is here to help you blast off!

**Bonus Tip:** Tree trunks can serve as nature's stepping stones and they are FREE!



**Why buy toys when you can borrow them?** United Disability Services' toy lending library loans developmental toys and resource materials to its members. Stop by and see us!

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**[www.udsakron.org](http://www.udsakron.org)**

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