

PEEK-A-BOO!

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this suggested play activity. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



STEM Concept(s): Patterns, Senses, Repetition & Looping

Peek-a-boo is a delightful form of play where one person hides from another person either by covering the face with their hands or with an object, such as a blanket, then peeking back into view with an enthusiastic "Peekaboo!"

Playing peek-a-boo supports concepts like object permanence and **predicting patterns**, as well as social exchanges and social-emotional development

STEM IDEAS/WORDS

- Explore with senses
- Object permanence
- Repetition
- Patterns

MATERIALS

- Something to hide behind (hands, blanket, hat)

OPEN-ENDED QUESTIONS

- *Where's _____ (person)?*
- *Where did the _____ (object) go?*
- *What happens next?*



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ADAPTATIONS

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ENVIRONMENT

- If possible, limit background noise & distractions
- Ensure the room is well-lit; if seated, use pillows to help position
- Keep your voice at a level that is comfortable for your child
- If you're using materials like blankets or towels, put them within view and reach

MATERIALS

- Have child's assistive technology ready and available, including augmentative & alternative communication (AAC) device
- For children with physical disabilities with fine motor/grasping needs, consider using a Velcro strap to help remove the blanket or clothes
- If using blankets/towels, make sure they are large enough for your child to reach and pull off

INSTRUCTION

- Use a variety of methods of communication (e.g., sign language, gestures) to meaningfully engage children
- Model and demonstrate how to play peek-a-boo
- Use hand-over-hand or hand-under-hand to help your child to play peek-a-boo
- Allow longer waiting time for child to respond and/or process this activity
- For children with blind/visual impairments, blow air on their face after removing the blanket
- Break the activity down into individual steps to help your child learn the routine



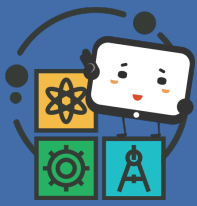
Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



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ADDITIONAL ACTIVITY IDEAS

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- Lay the peek-a-boo materials out and see if your child initiates the activity - consider acting like you don't know what to do to see how the child encourages you to play.
- Encourage your child to participate and lead the peek-a-boo game by giving them a familiar blanket and helping them hide and surprise you.
- Check out these great books about peek-a-boo:
 - *Peek-a-Boo, I Love You!* By Sandra Magsamen
 - *Perfect Pets Peek a Boo!* By Time Bugbird
 - *Peek-a-boo at the Zoo* by Fiona Watt



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