

Sibling Play Ideas

Below are examples of play activities to help your child engage with a sibling or another similar-aged peer. These activities are meant to be supported and facilitated by an adult to help your child understand the activity and remain engaged.

Play Activities	Description
Hide and Seek	You can make this predictable by labeling the roles as a "hider" and a "seeker". To adapt the seeker role, help your child count to 10 (or higher!) and model "here I come". You can search different hiding spots and ask "yes/no" questions to finding the sibling. To modify the hider role, give your child 2-3 choices of where to hide. He can point, gesture, say yes/no, verbally communicate, or use a device. His sibling can help model these roles too!
Play Doh	You child and his sibling can take turns using cookie cutters to make shapes out of play-doh. His sibling can comment on how cool he thinks the shapes are or help apply the right amount of pressure to make the shape.
Pretend Play with Costumes	Your child's sibling can be a great model to help build imagination. A sibling can help with pretend play by setting up a scene (e.g., cowboy play, knights and dragons, farmers and animals) and being the director. He can also help by giving your child choices within the play schema of what role to play, what costume to wear, where to go, and what to say.
Relay Races	When the weather is nice, all you need is some chalk and fast feet! Your child's sibling can draw lines on the driveway or in the neighborhood street (please be safe!). They can take turns deciding to run, do animal walks, bike races, kicking a ball, skips, or whatever kind of funny movement they like.
Movement Breaks	YouTube has some great videos that kids can do together on rainy or colder days. They involve silly movements but can help get some energy out while having fun with a brother or sister. A sibling can help keep your child engaged or on track with a couple of videos. Just type in "movement breaks" and find some favorites!

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Build an Obstacle Course	Each child can pick different parts that they want to include. It's important to try to find a way to include what your child with autism selected (you can give choices) as a way to honor their selection and presume competence. This will give your other child an opportunity to be extra creative and find a way to perhaps include something unique!
Hot and Cold	This is similar to Hide and Seek but instead of hiding themselves they can hide an item. The kids can pick a fun item, such as a toy or a snack, and practice teaching what "hot" and "cold" will mean during this game. It will be so much fun when they find the hidden item!
Pictionary	For kids who love drawing! This will be a great guessing game and a great way for our kiddos to build their expressive language skills! They can be supported by using a graphic organizer to help outline the questions they can ask and see all the clues that they have in order to make a smart guess!
Scavenger Hunt	Create a list for each kiddo of items within or outside of the house to find. It can include items that they have to help each other find or items that they have to work together to find or communicate with each other to find. It can be as long or as short as you want, picture-based, word-based, or both!
Acting out a Book	Pick a favorite book and have the kids take turns acting out familiar scenes. They can signal turns to each other, model the scene for each other, and laugh about how silly it looks!
Make a Book about Favorites	A great way to compare and contrast and find similarities and differences. Your kids can take pictures of their favorite snacks, toys, movies, shoes, etc., and compile it into a book. They can take pictures of themselves with those items as well! Once finished they can sit together and talk about if they like each other's' items!

This is by no means an exhaustive list but meant to be a guidance. These are suggested activities for your children. You know your child best and if the activities do not match your child's skill level or interest it is our recommendation that you do not do the activities. Your child should be supervised by a responsible adult for all activities to ensure their safety.