MAKE ACTIVITIES FIT YOUR STAR

Home Activity Adaptation Planner

Flexible ideas for play, learning and discovery at home



The activity can change. Your child does not have to.

Build, notice, sort, listen, experiment or follow an interest. Joining in, watching, doing one step or stopping early can all count.

Start with your Star, then the activity

Before you begin, consider what may make the experience feel inviting, manageable and safe. There is no need to complete every prompt.

Name or idea:

A favourite topic, material, movement or question:

What could feel tricky today?

- ■ Noise
- ■ Waiting
- ■ Bright light
- ■ Fine-motor effort
- ■ Other / not sure
- ■ Mess or texture
- ■ Unclear steps
- ■ Change of plan
- ■ Too many choices

Invite, do not require. Ask whether your Star would like to try, watch, help choose, or leave it for another time.

Change the activity, keep the curiosity

Try one adjustment at a time. If it still does not feel right, stop or choose another route.

If it feels…	You could try…
Too long	Try a one-minute version, one step, or a clear stopping point.
Too noisy	Move to a quieter space, use silent materials, or watch from farther away.
Too messy	Use tools instead of hands, place a tray underneath, wear gloves, or choose a dry version.
Too uncertain	Show a finished example, use a short visual sequence, or explain what will stay the same.
Too difficult	Make the materials bigger, offer help with one step, or change the task.
Too many choices	Offer two options and allow “something else” or “not today”.
Not accessible today	Let your child direct you, observe, take photos, use AAC, or choose a different activity.

A break is part of a good plan. You can pause, return later or decide the activity is finished.

Plan one small discovery

Use this page as a flexible plan. Write, draw, stick on a picture or ask your Star to help choose.

Activity / question we are curious about:

We could…

- ■ Build or make
- ■ Listen
- ■ Move or test
- ■ Read or imagine
- ■ Look closely
- ■ Sort or compare
- ■ Draw or photograph
- ■ Something else

Materials we may need (keep it simple):

Our first tiny step:

Choice of break or stopping signal:

How my Star can join (including watching or passing):

Safety check

Choose child-safe materials, supervise activities as needed, and follow age guidance. Avoid small parts for children who may mouth objects. Keep water, heat, sharp tools and household products under adult control.

Afterwards: notice, do not score

A quick reflection can help you adapt the next activity. There is no pass mark and no need to compare days.

What caught my Star's attention?

How did they choose to take part?

What helped the activity feel more manageable?

What might we change, repeat or leave next time?

The most useful discovery may be a new interest, a helpful adjustment, or knowing when to pause.

This planner supports home play and learning. It is not a test or assessment. Adapt ideas to your child and household.