

Encourage Interaction by Playing People Games

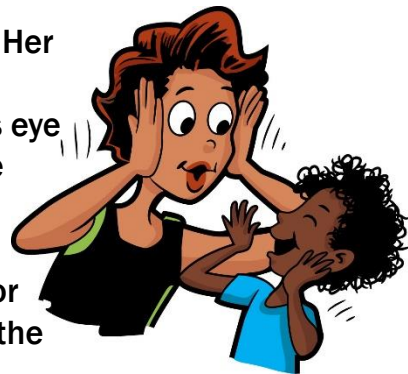
What are people games?

People games are repetitive and engaging actions performed by two people, without toys. As people games are repetitive actions, they are predictable and helps children to learn to:

- ✓ engage others
- ✓ pay attention
- ✓ take turns
- ✓ keep the interaction going

Example: Peek-a-boo

Sharon loves to touch plastic bags and pull out tissue paper. Her mother, Amy always covers her face with the plastic bag or tissue paper. She starts the game by going down to Sharon's eye level and slowly covers her face with the plastic bag or tissue paper, then says "Peek...a...boo!". The Peek-a-boo starts and ends with Amy saying, "Peek...a...boo!" followed by unveiling Sharon's face. This game is very repetitive and predictable for Sharon. She has even learned to cover her own face to start the game again.



How to choose people games to play with your child?

To choose the best people game for your child, you will first need to observe what your child enjoys doing the most. Then join in with your child and turn it onto a game.

If your child enjoys...	You might want to try...
Running	Chase and catch
Spinning	Spinning on office chair or in a box with wheel, "Ring Around the Rosie"
Jumping	Jump with child while singing "Five Little Monkeys Jumping on The Bed"
Feel or touch textures	Peek-a-boo with different textured cloth/material (e.g. blanket, pillow, towel or their own clothes!)
Deep pressure	Chase and give child a big hug
Sound or music	Singing songs or dancing to music, then pause and repeat

Reference

The Hanen Centre. (2018). *Playing people games* [Handout].
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