

Bucket time Intervention

Bucket time aims to support children's attention skills, helping children to develop and maintain focus for longer periods of time.

What you will need

1 coloured plastic bucket with a lid (not see through)

A whiteboard and pen or a piece of paper and pen

A variety of toys such as spinning tops, bouncing balls that flash, slinkies, light up and wind up toys, bubbles and balloons. Generally toys which you would find in children's party bags.



And begin....

Sit on the floor with the child in front of you, but away from you so they can't touch the bucket. This is really important they can watch but not touch. Use the whiteboard or paper to draw a bucket on it and say "Bucket time"

You need to pick an item from the bucket and close the lid so the child can't see what else is inside. Show the child what the toy can do and use lots of facial expressions surprise, excitement etc but remember the child should remain sitting and not touching the toy. Model some keywords while you show your child the toys such as "wind, wind" or "flashing, flashing" You can encourage your child to say the words with you. When you have finished with the toy say "finished" and put the toy back in the bucket.

If your child gets up to get the toy, put the toy back in the bucket and encourage them to sit again. Once they have sat again then get the toy out again, you may have to do this several times in the beginning.

Show your child 2-3 toys from the bucket using the same routine as above, show them the toys, be excited, use the words and then when you have finished, say "finished"

To end the session put a cross through the bucket you drew on the whiteboard or paper and say "bucket time finished" and put the bucket with the toys in away. The bucket and toys should only be used for bucket time.

