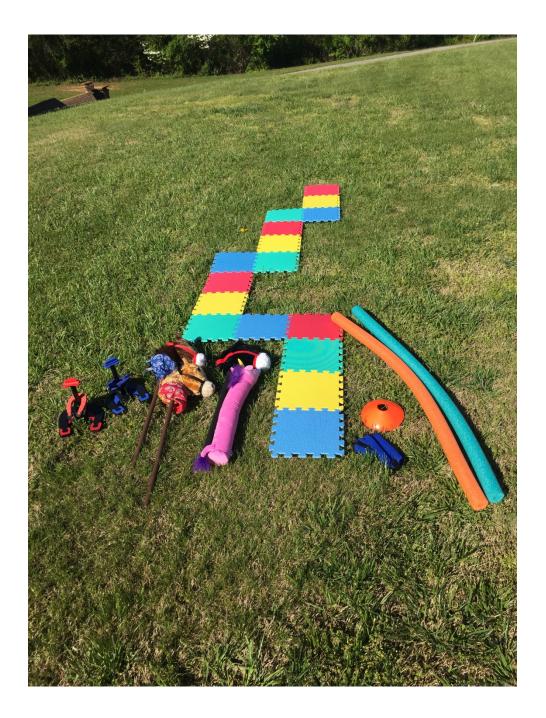


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### Purpose

The intent of this game is for children with Sensory Processing Disorder (SPD) to have a fun and creative way to meet their sensory needs. Occupational therapists may decide, or have the children choose, a stick horse to ride throughout the activities that will best address their sensory needs. The horses have a variety of weights and textures to provide proprioceptive and tactile input. The main activity is a life-size game board that includes 16 interlocking tiles that work as game pieces, in addition to 10 "mini games" that can be adjusted to fit the child's needs. These games stipulate sensory needs, as well as a variety of performance components listed below. Most games can be played individually or with multiple participants. Games can be set-up in a variety of settings dependent upon space including outpatient, inpatient, and home health. All activities can be played inside or outside and adapted to fit into available space.

### **Materials**

stick horses (varying weights and	textures)
colored paper for printing cards	wrist/ankle weights
laminator for cards	foam horse shoes
interlocking foam tiles	dice
cones	pool noodles



**Choosing a Horse** 

The stick horses included in this game set vary in weight, size, and texture. When picking one for a child to use, tactile and proprioceptive needs must be assessed. There are three different weights for the horses pictured below; the pink is the lightest, the black is a medium weight, and the wooden one is the heaviest. The more weight a child is given, the more proprioceptive input they will receive. The three horses also have varying textures; the pink is soft and furry, the black is a medium soft and covered with nylon\*\*\*material, and the wooden one is hard and smooth. Also pictured below are wrist/ankle weights. A child may prefer the texture of a lighter horse, but still needs to have proprioceptive input. The weights can be added to the child's wrists or ankles to increase proprioceptive input, and meet their tactile needs as well.









### **Performance Components**

There are a variety of performance components addressed in the activities listed below. While the games were designed to address sensory components including tactile, vestibular, and proprioception, various other areas of physical, psychosocial, and cognition are involved as well. This is not an exhaustive list of components as the games can be graded and adapted to address other areas of need.

- Gait patterns Level of arousal Vestibular Touch Spatial relations Eye-foot coordination Gross motor movements Joint stability Coordination Eye-hand coordination Social interaction Impulse control
- Sequencing Vision Proprioception Pressure discrimination Depth perception In-hand manipulation Joint mobility Postural alignment Following directions Attention Role performance Grip strength

## **Instructions for Recreating**

- Purchase stick horses of varying weights and textures for the child to hold while participating in activities. These can be found at Walmart, Toys R Us, Target, and online websites such as Amazon.
   Prices range from \$8-20 depending on the size, weight, and quality.
- The colored foam tiles can be purchased online from Walmart, Toys R Us, Amazon, etc. The average price is 4 tiles for \$15-25 or 8 tiles for \$35-50. I purchased 16 tiles from Amazon for \$40. These can also be purchased in bulk from online tile websites depending on need. The interlocking tiles can be arranged in various formats depending on number of players and desired function.
- Playing cards were typed on a word document, printed on color paper to match the tiles, and laminated for durability.
- The last component of the large game is dice. These can be purchased online for a few dollars or taken from old games. A wooden block could also be numbered for customization of numbers or colors.
- For the mini game "Barrel Racing" use sports cones to set up as "barrels" to race around. Cones can be purchased at sporting goods stores or Walmart for \$8-20 dollars depending on size and amount.
- The yoga mini game uses laminated cards of one color.
- Tape of varying colors and sizes can be used for the horse jumping mini game. Prices range from \$2-10 and can be purchased from grocery, hardware, and arts & crafts stores, or online.
- Use pool noodles or other soft, bendable items for the mini game of jousting. Pool noodles range in price from \$5-15 and can be purchased from Walmart, Target, Online, pool stores, etc.

- For the mini game of horseshoes, it is suggested to use foam horseshoes which can be purchased from Walmart or online for around \$15. Games such as ring toss could also be used.
- The obstacle course mini game can incorporate items found around the therapy gym, or combine items from the mini games including tape, cones, colored tiles, etc.
- Items for the treasure hunt can vary. Horse related items such as apples, hay, brush, reigns, etc. are one option, but everyday items can be used as well. A list is suggested to help the child remember what they are looking for.

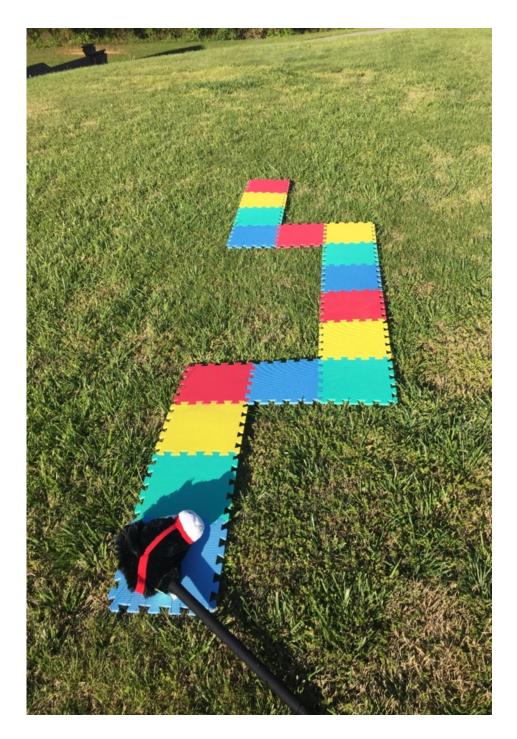
### How to Play

Full Size Game:
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Description	Colored tiles can be interlocked
	randomly or in a chosen pattern.
	Cards should be separated into
	colored stacks. Allow players to
	pick a horse to ride for the game.
	Start game by each player rolling
	the dice. Player with the highest
	roll goes first. Player 1 will roll the
	dice again and move the number
	of spaces rolled. Player will draw
	a card that corresponds with the
	color tile they are standing on and
	do what the card instructs. The
	player with the second highest
	roll will take their turn. The game
	will continue in the same order of
	players until one reaches the last
	tile, winning the game.

Materials	• 16 colored tiles
	<ul> <li>Colored cards to match tiles</li> </ul>
	Horses
	• Dice
Grading	<ul> <li>If numbers on the dice are</li> </ul>
	too advanced, a dice with
	the four colors of tile could
	be used instead
	<ul> <li>If the player is unable to</li> </ul>
	read the cards, pictures of
	the motion could be placed
	on the card instead of words
Performance Components	• Utilizes <b>vestibular</b>
	movements through actions
	on cards
	<ul> <li>Provides proprioception</li> </ul>
	through actions on cards
	and weight from horses or
	wrist/ankle weights
	<ul> <li>Improves following</li> </ul>
	directions by obeying one
	and two-step directions for
	playing game
	• Works on tactile <b>touch</b>
	provided by varying textures
	of horses
	<ul> <li>Improves grip strength</li> </ul>
	through holding on to the
	horse throughout the game
	Coordination improved by
	performing movements
	while holding horse

### Full-size Game



### Mini Games:

## Hop Scotch

Description	Colored tiles are interlocked to form a hopscotch pattern, such as the one pictured below. The number of tiles used and the hopscotch patterns can be adjusted. The player(s) can participate with or without a horse. Occupational therapist may lead player in singing "Ole McDonald" as they go through
	the board if desired.
Materials	<ul> <li>Colored tiles</li> </ul>
	Horses
Grading	<ul> <li>Number of tiles</li> </ul>
	<ul> <li>Hopscotch patterns</li> </ul>
Performance Components	<ul> <li>Improves coordination by jumping through hopscotch pattern</li> <li>Sequencing is addressed through completing the pattern in the right order</li> <li>Vision is used to see the tiles in the hopscotch pattern</li> <li>Joint mobility is needed to jump through the pattern</li> <li>Addresses eye-foot coordination to correctly step on tiles</li> <li>Proprioception input through jumps on tiles</li> </ul>

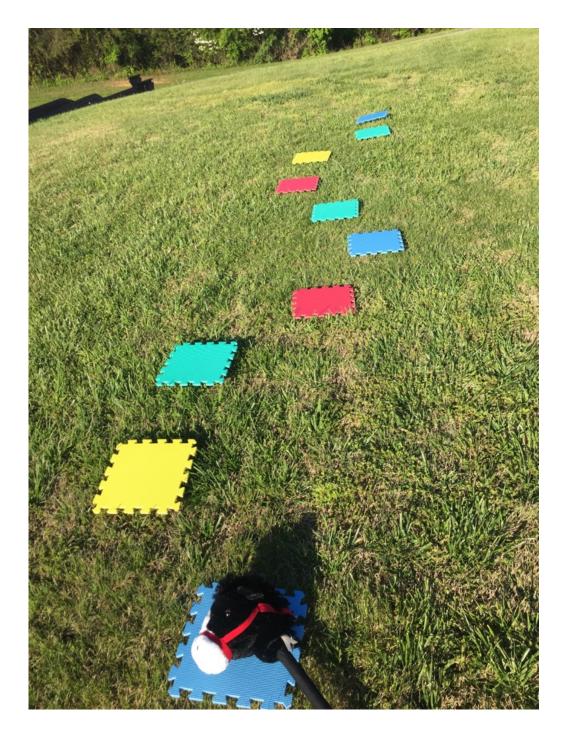
## Hopscotch



### Don't Touch the Lava

Description	Colored tiles are spread out at random (not touching). Player may go through the game with or without a horse. Player will just from tile to tile without touching the "lava", or space between tiles. Suggested to do "follow the leader" for multiple players. May select leader by rolling dice or taking
	turns.
Materials	<ul> <li>Colored tiles</li> <li>Horses</li> <li>Dice (optional)</li> </ul>
Grading	Number of tiles
	<ul> <li>Distance tiles are from one another</li> </ul>
Performance Components	<ul> <li>Depth perception needed to jump to tiles without touching the ground</li> <li>Vision used to see tiles</li> <li>Postural alignment needed to jump from tile to tile</li> <li>Proprioception input from jumping on tiles</li> <li>Spatial relations improved through seeing the tiles in space</li> <li>Impulse control addressed by following the leader and planning jumps</li> <li>Gross motor movements involved through jumping on tiles</li> </ul>

### Don't Touch the Lava



## **Barrel Racing**

Description	Colored tiles are interlocked in either a straight or staggered pattern, such as the ones pictured below. A cone (barrel) is placed at the end of "race track". Player(s) will stand in front of the first tile. When the OT says "GO", the player will race down the track, go around the cone, and race back to the start. This game is played with the horse.
Materials	<ul><li>Colored tiles</li><li>Horses</li></ul>
Grading	<ul> <li>Number of tiles</li> <li>Race track pattern</li> <li>Style of running- player can run, gallop, speed walk, skip, etc.</li> </ul>
Performance Components	<ul> <li>Gait patterns addressed by running with the horse</li> <li>Level of arousal increased by running with horse and racing when played with others</li> <li>Following directions by obeying one to two step commands for running around cone and back to start</li> <li>Social interaction involved when racing against other players</li> <li>Grip strength improved by holding onto horse while running</li> </ul>

## **Barrel Racing**



### Yoga

Description	Colored tiles are interlocked to form a game board. To begin, player will roll dice and move the number of spaces rolled. Once on the tile, player will draw from the yoga card stack and do the move on it. Player will hold the pose for 10 seconds. If there are multiplayers, the highest roll will go first and continue in that order until one player reaches the end of the game board.
Materials	<ul><li>Colored tiles</li><li>Yoga cards</li><li>Dice</li></ul>
Grading	<ul> <li>Number of tiles</li> <li>Number of seconds pose is held</li> <li>Alternate form of dice (colored dice, lower numbers)</li> </ul>
Performance Components	<ul> <li>Address postural alignment by positioning in yoga pose</li> <li>Joint stability needed to maintain yoga pose</li> <li>Improves attention by focusing on balance and position of body</li> <li>Impulse control addressed through holding position when wanting to move</li> <li>Gross motor movements used to perform yoga pose</li> <li>Pressure discrimination addressed when determining and feeling where body pressure is distributed during pose</li> </ul>

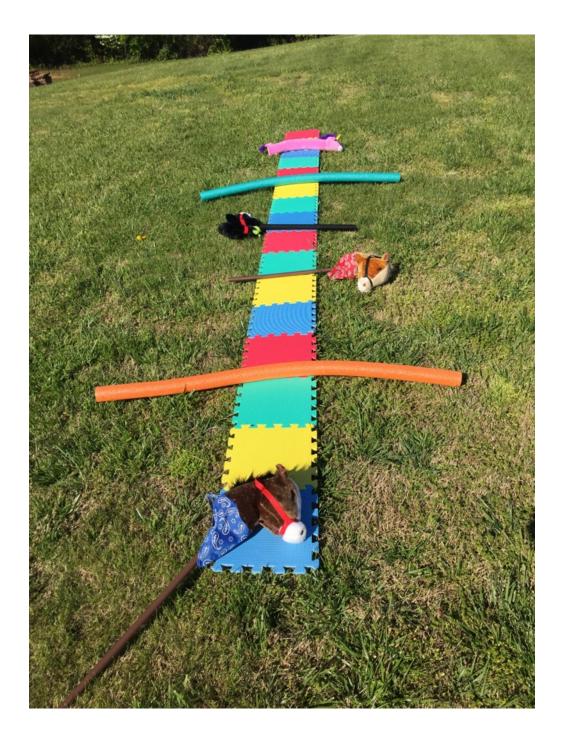




### Horse Jumps

Description	Colored tiles can be interlocked or
	spread out. Obstacles such as noodles
	and extra horses can be placed on
	floor between tiles or directly on the
	tiles if interlocked. Player(s) will begin
	at the first tile and gallop until they
	reach an obstacle. At the obstacle they
	will leap over it and continue until they
	have reached the last tile.
Materials	Colored tiles
	Horses
	<ul> <li>Obstacles (noodles, tape, etc.)</li> </ul>
Grading	Number of tiles
	Number of jumps
	Width of objects
	<ul> <li>Height of objects</li> </ul>
	<ul> <li>Style of running- player can run,</li> </ul>
	gallop, speed walk, skip, etc.
Performance Components	<ul> <li>Proprioception input from jumps</li> </ul>
	over tape
	Role performance addressed
	through pretending to be horse
	<ul> <li>Improves level of arousal by</li> </ul>
	focusing on when to jump and
	when to keep galloping
	<ul> <li>Addresses spatial relations</li> </ul>
	through identifying timing of
	when to jump
	Gait patterns addressed with
	style of running for jumps

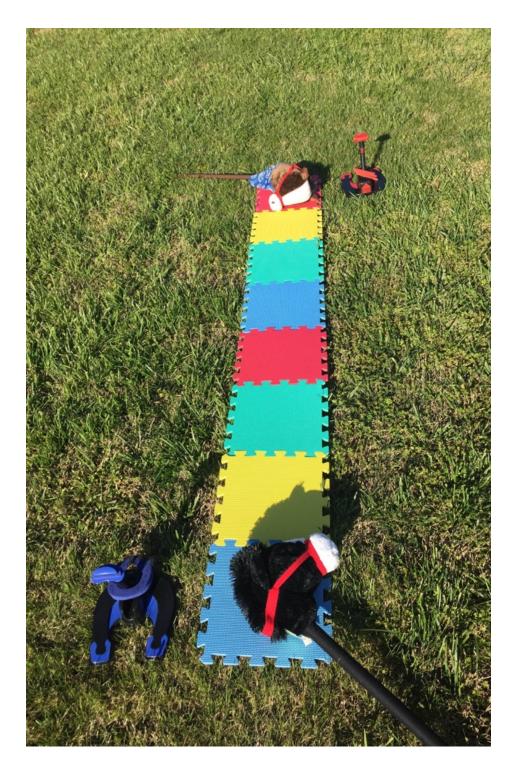
## Horse Jumps



### Horseshoes

Description	OT will set up distance for the player to stand to throw the horseshoes. To keep score and increase socialization OT or a second player can join. Standard horseshoe rules will be followed to play game. Horseshoe game can be substituted for similar games such as ring toss, corn hole, etc.
Materials	<ul><li>Tiles</li><li>Horses</li><li>Horseshoes</li></ul>
Grading	<ul> <li>Distance of horseshoes</li> <li>Weight of horseshoes</li> <li>Number of players</li> </ul>
Performance Components	<ul> <li>In-hand manipulation addressed when preparing horseshoe in hand for throwing</li> <li>Improved depth perception by trying to get horseshoe around stick</li> <li>Socialization involved through competing and playing with another person</li> <li>Spatial relations improved through determining where sticks are in space</li> <li>Eye-hand coordination addressed through trying to throw horseshoe onto stick</li> </ul>

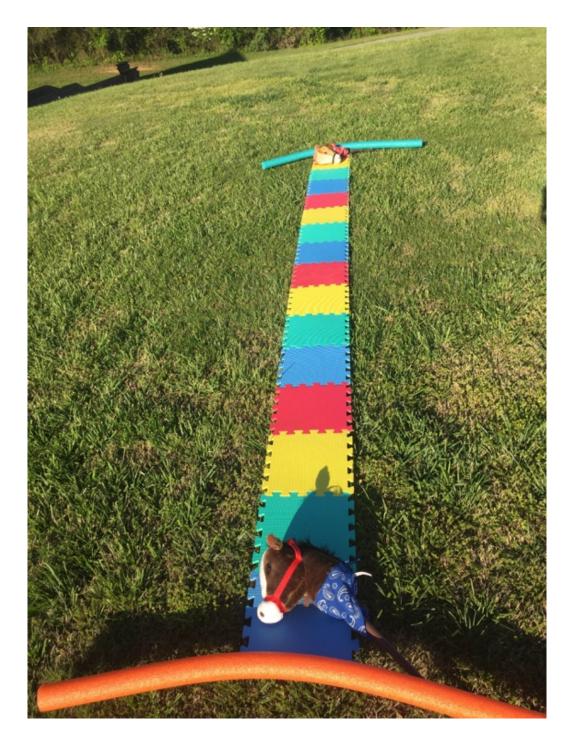
### Horseshoes



## Jousting

Description	OT will interlead tiles in a straight line
Description	OT will interlock tiles in a straight line
	and determine the appropriate
	distance. OT or a second player will line
	up on the opposite end from player
	one. Each player will be holding a pool
	noodle and a horse. Players will
	"charge" at each other and try to touch
	the other with their pool noodle.
Materials	Colored tiles
	Horses
	Pool noodles
	2 or more players
Grading	<ul> <li>Number of tiles (distance)</li> </ul>
	• Style of running- players can run,
	gallop, speed walk, skip, etc.
Performance Components	<ul> <li>In-hand manipulation through</li> </ul>
	holding horse and pool noodle
	while trying to joust at opponent
	Role performance addressed by
	pretending to be jouster on a
	horse
	<ul> <li>Socialization increased through</li> </ul>
	playing with an opponent
	Gait patterns addressed by type
	of running used to joust
	• Eye-hand coordination improved
	through aiming at opponent with
	pool noodle

## Jousting



### **Treasure Hunt**

Description	This game can be played with or without the tiles. If the OT would like to draw out a "treasure map" they could do so with the tiles being the path. OT will scatter the "treasure" around the room/gym. Player will ride on horse and search for
	the items. OT may provide written list, or verbalize the list. Once player finds all of
	the items the game is over.
Materials	<ul> <li>Colored tiles</li> <li>Horses</li> <li>"Treasure"</li> </ul>
Grading	<ul> <li>With or without tiles</li> <li>Number of items to find</li> <li>With or without list</li> <li>With or without treasure map</li> </ul>
	<ul> <li>Style of running to find treasure- players can run, gallop, speed walk, skip, etc.</li> </ul>
Performance Components	<ul> <li>Attention addressed by knowing what items have been found and are left to find</li> <li>Socialization involved when working with others to find objects</li> <li>Following directions by finding all items on the list</li> <li>Vision used to find items</li> <li>Level of arousal increased by searching for items, especially with time limit</li> </ul>

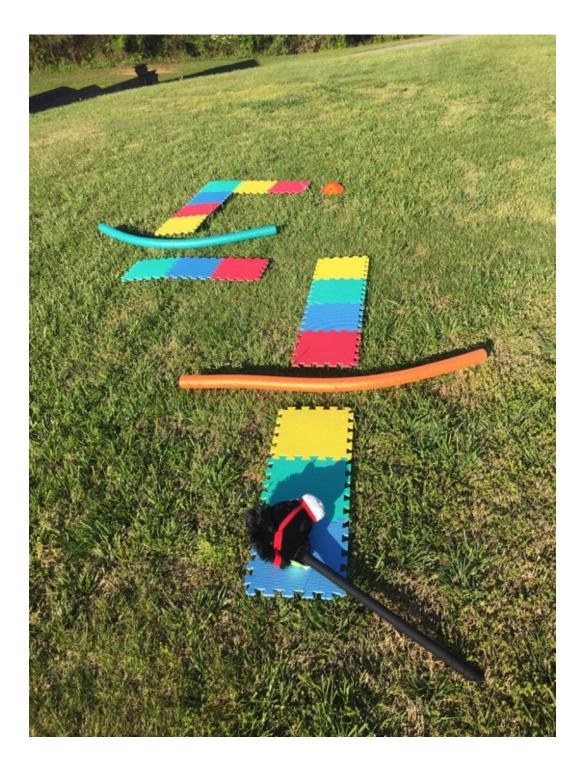
### Treasure Hunt



### **Obstacle Course**

Description	OT will set-up obstacle using items from other games (tape, cones, tiles, etc.) or items in their therapy gym (ball pit, swing, etc). OT will guide player(s) through obstacle course using the tiles to form a path. Player will begin at first tile and
	continue through obstacle course until it is complete. Obstacle course can be
	completed with or without horse
	depending on obstacles.
Materials	Colored tiles
	Horses
	Obstacles
Grading	Number of tiles
	<ul> <li>Number of obstacles</li> </ul>
	Difficulty of obstacles
Performance Components	<ul> <li>Sequencing involved to complete</li> </ul>
	obstacle course in the correct order
	Gross motor movement needed to
	complete components of obstacle course
	• Spatial relations used to determine
	which obstacle is coming up next
	Social interaction involved when
	completing course with others or
	playing follow the leader through
	the course
	<ul> <li>Improved joint mobility when</li> </ul>
	moving through the obstacle course

### **Obstacle Course**



## Spin and Run

a straight or staggered pattern. Player will spin on their horse the allotted amount of spins provided by the OT. When spins are completed, player will run the tiles, go around the cone, and back to the start. For socialization and competition OT can add players and make it a race.Materials• Colored tiles • Horses • ConesGrading• Number of tiles (distance) • Number of spins • Style of running- player can run, gallop, speed walk, skip, etc. • Number of players (racing)Performance Components• Vestibular input provided by spinning in circles and running • Depth perception needed to run around cone and back to start • Spatial relations involved by knowing where cone is in space after spinning and running to it	Description	Colored tiles are interlocked in either
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knowing where cone is in space after spinning and running to it		Spatial relations involved by
after spinning and running to it		-
and back		and back
<ul> <li>Following directions by spinning</li> </ul>		Following directions by spinning
the allotted number of times		

# Spin and Run

