Big Path Adventure

PACK 1 / Dyspraxia (DCD)

INSTRUCTIONS & ADAPTATIONS FOR ADULTS



Short, supported play for children aged 3-5. Model, pause and let the child choose how to join in.

What you need

Wide floor markers or cushions; optionally a toy or paper path.

Getting started

Make a wide route on a clear floor, with spaces for pausing.

Try it together

1. Invite the child to choose a starting point.
2. Model one easy step or movement.
3. Follow the route in any comfortable way, or move a finger or toy along a tabletop path.

Choices and adaptations

- Walk, crawl, reach or move a toy instead.
- Use a seated finger path or adult-assisted route.
- Use larger markers and plenty of room.
- Stop or change the path whenever needed.

How to keep it playful

Offer choices without checking for a correct response. Point, demonstrate, wait and follow the child. A little play is enough.

Safety: Keep routes clear, flat and free from trip hazards. Support balance if requested.