

# Shoudt & Reilly Psychological Services, LLC.

6720 E. Perkiomen Avenue, Birdsboro, PA 19508  
Telephone #: 610-404-1726  
Fax #: 610-404-1734  
shoudtreillypsychologicalservices.com

BethAnn Shoudt, Psy.D.

Melissa E. D. Reilly, Psy.D.

Katie Castille Nerney, Psy.D.

Janine S. York, Psy.D., RPT-S

Julienne Balestrier, Psy.D.

---

## Homing Families Activities

- Get outside, Hide and Seek, walk the dog or a neighbor's dog, go to the park, frisbee, etc.
- Make a mural of a family event with crayons, colored pencils, paints, finger paints,
- Board games, Twister, or physically interactive games, homemade puppets/puppet show (paper lunch sacks can be decorated to make quick/ease puppets)
- Movement Mimic – each member takes a turn imitating an animal with movements, other family members mimic the leader
- Freeze Dance – someone plays music, then stops it, everyone freezes
- Mad Mound – empty boxes (can be taped with packing tape for reinforcement), cartons, plastic jugs, crumpled paper balls, nerf balls, foam noodles: stack items as desired into a mound; knock it down by throwing balls, hitting it with a noodle, stomping or kicking, follow up with Scissor Breathing and snipping clouds
- Scissor Breathing: standing or sitting with arms at your sides, pretend there are clouds above you, while taking a deep breath, raise your arms bringing hands together as scissors to snip a piece of the cloud that is just above your head; exhale as arms come back down to your sides, repeat 3 times
- Musical Chairs/Pillows
- Create a family skit about a funny or positive memory/event; kids create a performance for parents
- Crafts
- Draw each other without looking at your paper while you are drawing (Good for laughs)
- Start an indoor garden in small boxes or plastic food containers
- Trying new things to cook/bake or no bake treats
- Relaxing Meditations for Kids and Adults <https://free.healthjourneys.com/>
- What Do You Think? – magazines, books with photos, optional: paper/pencils/markers: everyone takes a book or magazine, then 1 person picks a photo/picture from a page in the book/magazine and shows it to everyone, taking turns, each tells what he/she thinks is going on in the photo/picture including the person who selected it OR after the picture/photo is shown to all, everyone writes what they think is going on in the picture/photo, then each reads what he/she wrote including the person who selected it; each person gets a turn to pick the photo/picture to share with others – *There is no right or wrong answer!*

## Therapeutic Playdough Using Essential Oils

Thursday, February 19, 2015 / By [Arena Blake](#)

**Therapeutic Playdough Using Essential Oils** is one of our favorite ways to play. Your kids can reap the aromatic benefits of the oils just by playing with the playdough! I added a different oil to each color for a different benefit. We can just pull out the tub and play!

**Frankincense** for focus.

**Peppermint** for energy.

**Lemon** for clarity.

**Citrus Fresh** for creativity.

**Lavender** for comfort.

What you need to make Therapeutic Playdough Using Essential Oils:

1 cup flour

1/2 cup salt

2 Tbsp cream of tartar

1 Tbsp vegetable oil

1 cup water

Food coloring

Essential oils

Mix together the flour, salt, cream of tartar, oil, and water in a medium saucepan. Stir in the food coloring and cook on medium-low heat until the dough starts to harden and come together.

Set on wax paper and allow to cool for a bit.

To add the oils, roll the playdough into a ball and make a well in the center. Add 10 drops of essential oils and knead it into the playdough to spread it out within in.

Store in an airtight container until ready to play.