

# Bucket Time

'Bucket time' is time set aside everyday to spend 2-3 minutes focusing purely on your child's attention and listening skills.

During this time your child should have your undivided attention, away from any other distractions.

'Bucket time' helps to develop your child's attention to an adult led task. This is an essential skill for children as they go through nursery and school.

You will need:

- A bucket or box (anything with a lid)
- 2 or 3 exciting toys e.g. a slinky, wind up toys, bouncing toys, spinners, squeeze toys

It may be helpful to buy a number of different toys so you can keep the activity exciting!

You can find these kind of toys in super markets, toyshops or online.



How to have 'Bucket time' at home:

- ⇒ Turn off any distractions (TV, iPad, mobile phone)
- ⇒ Go to a quiet space
- ⇒ Bring out your bucket or box
- ⇒ Remember this is your bucket! Do not let your child touch the items inside!
- ⇒ Sing the song: *'I've got something in my bucket, in my bucket, in my bucket. I've got something in my bucket.. I wonder what it is'*
- ⇒ This will be modelled in group sessions
- ⇒ Take one item out of the box at a time
- ⇒ Show it to your child and wait
- ⇒ You may need help from another adult or sibling to support your child to watch and not touch
- ⇒ Look at the items first
- ⇒ Then add words
- ⇒ e.g. *'wow' 'slinky' 'pull' 'bounce' 'up' 'down'*
- ⇒ Put the item back in the bucket and take out the next one
- ⇒ After 2 or 3 items clearly say *'finished'*
- ⇒ Put the bucket away

Remember to:

- ☺ Use simple language
- ☺ **Have fun!**