



List of Materials for Real World Activities

TOBY Autism Therapy

In order to carry out the Real World Activities we are not suggesting that you have to go out and buy all of these items. Hopefully you will have many of these items around the house. If there are any items that you do not have, you may wish to source them from somewhere or use a substitute item.

Suggested Playtime items

Different types of toys:

- Animals e.g. stuffed teddy bears
- Animal pictures to match animal toys
- Bath toys, e.g. squeaky toys, wind-up toys
- Books e.g. with coloured photos or pictures of animals/vehicles
- Blocks e.g. wooden or duplo
- Dolls
- Hammer toys
- Nesting Cups
- Picture cards e.g. animal cards, early objects / word cards
- Puzzles
- Skipping rope / long rope
- Stacking rings
- Toy bed
- Vehicles e.g. Cars, buses, trains, trucks, fire engines

Different types of balls:

- Large – Basketball / Beach ball
- Small – Tennis / Squash
- Textured - Spiky / bumpy

Craft materials:

- Craft glue
- Crayons
- Glitter/Felt
- Junk mail catalogues e.g. food or toy
- Markers
- Paint – at least two different colours
- Paintbrushes
- Paper
- Pencils
- Play-doh
- Play-doh cutters

- Scissors
- Shape sorters
- Shapes
- Stickers
- Sticky tape

Other:

- Bubble mix with wand
- Counters
- Dried rice / pasta
- Pack away places e.g. toy box
- Sand
- Straws

Suggested Food items

- Apples
- Bananas
- Bread
- Butter
- Carrots
- Cheese
- Crackers
- Dried apricots
- Peas
- Sandwiches
- Strawberries
- Sultanas
- 100s & 1000s

NOTE: Your child is not required to eat these foods if they don't like them and if you need to you could use a substitute for any of these items

Suggested Household items

Bathroom:

- Bath
- Bubble bath
- Hand towel
- Flannel
- Shaving cream
- Soap
- Toothbrush & toothpaste

Kitchen:

- Bowls
- Cups

- Clear container / jar with tight fitting lid
- Cutlery
- Jugs
- Picnic Set e.g. Plastic spoons, cups, plates
- Placemats e.g. (for hiding cutlery under)
- Plates
- Rolling pins
- Straws
- Tea-towel
- Towels
- Tray
- Whisk
- Wooden spoons

Bedroom

- Bed
- Clothes
- Hairbrush
- Pillow
- Pillowcase
- Mirror
- Socks

Outside

- Bike
- Bucket
- Paddle pool
- Outdoor toys
- Ride-on bike
- Scooter
- Swing

Miscellaneous:

- Bags
- Blanket
- Bangles
- Hose / Rope
- Car keys
- Hats
- Shoes
- Shopping bags
- Sunglasses
- Washing basket

NOTE:

- Some activities will require multiple items in the same colour e.g. one blue cup and one blue spoon
- Some activities will require items in at least two different colours e.g. one blue cup plus one green cup
- Some activities will require items in a variety of different sizes e.g. big and small. It will be useful to have items that are visually quite different sizes.