

Bucket time parent pack

This pack is designed to give parents information about Bucket time and how to implement it at home.

What is Bucket time?

- Bucket time is part of the Attention Autism approach created by Gina Davies, with the aim of developing children's shared attention skills in a group setting. During bucket time, the children are provided with motivating and visually exciting experiences that encourage them to focus their attention for extended periods of time and to take part in an adult-led group activity.
- Although developed specifically with the needs of children on the Autistic spectrum in mind, Bucket Time can be a very useful tool for any children who struggle to engage with adult-led activities and to focus their attention.
- There are 4 stages to Bucket time :
- Stage 1: The bucket. The aim of the objects explored from within the bucket is to grab the attention of the child with visually motivating and stimulating items. The child will gradually learn to focus on the adult and the activity they have chosen, watching what they are doing more consistently.
- Stage 2: Attention builder. The aim in this stage is to extend the amount of time that the child is able to focus for, introducing activities that build anticipation. Stage 3 and 4 would be done in small groups.

At both of these stages:

- ❖ The adult is aiming to be the most motivating and interesting thing in the room. Try to remove other distractions and motivators where possible.
- ❖ The child is watching the adult, not carrying out the actions themselves. Only the adult touches the objects used. At later stages, turn-taking and independent exploration are introduced.
- ❖ Use minimal language, focusing on simple keywords which describe the current action you are carrying out.

The Aim:

- To engage attention
- To improve joint attention
- To develop shared enjoyment in group activities
- To increase attention in adult-led activities
- To encourage spontaneous interaction in a natural group setting
- To increase non-verbal and verbal communication through commenting
- To build a wealth and depth of vocabulary
- To have fun!

Stage 1- Attention Grabber

The aim of the objects explored from within the bucket is to grab the attention of the child with visually motivating and stimulating items. The child will gradually learn to focus on the adult and the activity they have chosen, watching what they are doing more consistently.

- Use bubbles to bring children to circle.
- Divide a small whiteboard into three sections and draw the bucket (“First we're doing bucket”) and the attention builder (“Then we're doing pizza kitchen”), then the turn taking phase (‘Then it’s time for star dust).
- Sing 'What's in the bucket?' song and pull out 3 items one at a time from the bucket- visually exciting for the children. Play with and then put back in.

Stage 2 – Attention Builder

Same attention builder every day for a week. This is something that should hold the children's attention for a longer period of time. This part should be visually stimulating activities that are shown to the group by the adult leader, aiming to sustain attention for a longer period. The activities are fun, visually engaging and can often involve delightful mess!

- Glitter Tea cups – Shaving foam cakes, spray food colour, pebble on top for cherry and SPLAT!
- Sand storm – Have a bucket or container with coloured sand in and let it pour into a container.
- Foam Squish – Have a large ziplock bag and spray in shaving foam. Then add different colour paint and mix them together between your hands.
- Space Splat – Pour water into shot glasses and add some food colouring. Dip cotton wool into the water and throw them onto white paper!
- Growing flowers – Place a flower pot down on its side and then get some green paint and squeeze it to make the flower stem grow! Then at the top place a fake flower or some tissue tied to make a flower!
- Stacking Cups – Use the paper cups and stack them up counting out to 10 and then say 'ready steady GO' and knock them down!
- Bubble Sock Have an bottle ready made with the end cut off, attach a j-cloth to the cut end with an elastic band then dip this part into soapy water and blow through the top of the bottle to make the bubbles come out!

Bucket Idea's



All objects can be found on Amazon or by searching Sensory toys.