

MONDAY

<p>AM</p>	<div>Shredded paper (and fan)</div> <div>Bubbles (washing up liquid and water)</div> <div>Rice (cooked or uncooked)</div> <div>Shaving foam paint; recipe in HLP</div> <div>Cornflour and water (and scents, textures and different tools)</div> <div>Soapy Slime; recipe in HLP</div> <div>Jelly with toys. Sweet or fruit in to 'rescue'</div> <div>Use different tools and body parts, add different textures and scents, experiment and explore with what you can do!</div> <div>Home-made playdough (add scents and textures such as herbs or couscous)</div> <div>Jelly granules (add water slowly)</div> <div>Microwave puffy paint; recipe in HLP</div> <div>Lovely rainbow foam recipe here. Try whisking it by hand!</div> <div>Save coloured cellophane from sweets or coloured plastic bottles to experiment with coloured vision.</div> <div>Smelling station – gather together spices, shower gels and room sprays. Which ones do you like?</div>
<p>PM</p>	<div>Story afternoon – blankets, hot chocolate, favourite teddy and watch a story together.</div> <div>Watch a film and (both of you) use only/ mostly communication aids to talk about what you're watching.</div> <div>Read together! Do the funny voices, leave expectant pauses and talk about what you can see or hear.</div> <div>Don't be afraid to let your child 'interrupt.' Respond to what they're pointing to, let them have a go at turning the pages etc.</div> <div>Sensory stories: go on a scavenger hunt to find everything you need!</div> <div>Let your child 'read' you a story. They'll love the chance to role play as the adult!</div> <div>Role play favourite stories. Use clothes to dress up as the characters, 'go' on a bear hunt, use toys as different characters.</div> <div>Sensory stories: pause and have a go at the sensory actions. Make the most of communication opportunities and have fun!</div>

Sensory Play

Story

Tuesday

<h2>AM</h2>	<div data-bbox="389 315 620 517"> <p>'5 minute move' – workouts for kids by Joe Wicks on YouTube. Click here.</p> </div> <div data-bbox="668 333 892 479"> <p>Use a sheet or a duvet cover as a parachute.</p> </div> <div data-bbox="940 293 1155 490"> <p>Cosmic Kids Yoga. Yoga for kids through stories and songs.</p> </div> <div data-bbox="1203 327 1410 837"> <p>Build an obstacle course out of anything if your house or garden according to your child's ability. Some may navigate around objects, others may like an opportunity to climb and balance.</p> </div> <div data-bbox="389 551 608 752"> <p>'5 minute move' – workouts for kids by Joe Wicks on YouTube. Click here.</p> </div> <div data-bbox="389 770 608 1151"> <p>Use the activity cards in your pack to choose different movement styles for races. Hop for one round and crawl for another!</p> </div> <div data-bbox="860 714 1426 938"> <h3>Dance/Physical</h3> </div> <div data-bbox="628 882 1378 1151"> <p>Stop and Go: Turn your living room into a disco fun lights and loud music if you can. Use different actions for different songs: You can jump, twist, run (if you have room!), clap, kick your legs, slow dance or sway, bang on a 'drum', tiptoe, and more. Pause the music mid-way (and say 'stop!'). Can your child stop with the music, and can they communicate that they want it to 'go' again?</p> </div>
<h2>PM</h2>	<div data-bbox="389 1184 908 1346"> <p>For many of these recipes, food colouring, watercolour paints and diluted acrylic paints will all work as well, but be aware than some will stain!</p> </div> <div data-bbox="924 1211 1171 1420"> <p>Make your own dreamcatchers from collected sticks and wool/string. Click here.</p> </div> <div data-bbox="1203 1184 1410 1335"> <p>Make your own nature paintbrushes. Click here.</p> </div> <div data-bbox="389 1364 596 1693"> <p>Painting with ice. Freeze ice cubes with a good amount of food colouring, and experiment with melting around paper.</p> </div> <div data-bbox="876 1453 1426 1733"> <h3>Art</h3> </div> <div data-bbox="1203 1375 1410 2007"> <p>Raised salt painting. This could get very messy, but we do love to sprinkle! Click here. Alternatively, make your patterns and sprinkle with glitter, spice or old makeup from the back of the drawer! (No need to use water afterwards).</p> </div> <div data-bbox="389 1722 596 1984"> <p>Practice proprioceptive skills with water balloon painting. Best done outside! Click here.</p> </div> <div data-bbox="612 1812 900 1995"> <p>Washable pavement paint. Click here for recipe. (Cornstarch is the American term for cornflour).</p> </div> <div data-bbox="940 1756 1171 2007"> <p>Painting with mud will feel like a delightfully naughty way to get creative! Click here.</p> </div>

Wednesday

AM

Turn down the lights, stay in your PJs, light a scented candle (if safe!), and turn on some calm music. Have an indulgent morning together!

[Here](#) is a recipe to make your own coconut oil/ sugar scrub for textured massage.

Hand/ foot massage. Use a lotion or hand cream, use different pressures and pay attention to different parts, like taking time on each finger.

Relax on the sofa or a blanket on the floor and listen to a guided story meditation. [Click here](#) – this channel has lots of lovely children’s meditations. (Don’t write meditation off – even some of our most active kids have enjoyed guided meditations in class!)

Listen to a peaceful song and brush hair gently for the duration.

Can your child use their communication systems to choose where they want their massage? For some, narrow the choice down to two and watch to see if they show more interest in one option.

Make your own footspa with a tub, and some smelly shower gel. Add a whisk for your child to make some bubbles!

Paint your child’s nails. Can they choose the colour? What do they think?

Spa session

PM

If you have plastic cups (!) see how high you can stack them in a tower. Can you knock them over?

Pair and unpair socks together. Hang some string and play at pegging clothes on the 'washing line.'

Turn a colander upside-down and try threading straws or spaghetti through the holes.

Cutting tray – fill a box with different textures (paper, material, foam, card) to cut.

Poke, pinch, squeeze, roll and push with dough disco. Try some ready-made ones [here](#), or make up your own to favourite songs.

Create tracks for toy cars that curve, dot and zigzag, using electrical or duct tape.

[This](#) 'egg rescue' game could easily be done with satsumas or any toys you have.

Sensory bins are wonderful ways to get hands moving. Try filling tubs with rice, shower gel, shaving foam and more ideas [here](#).

Make a sensory bottle, filled with whatever treasure you can find. The narrower the opening, the harder your child will have to work to post, slot, push and pour things in. Find some ideas [here](#), [here](#) and [here](#).

Finger painting. Add petals to a flower, or rain to a cloud.

Fine motor

Thursday

AM

Use chalk to make a pavement trail. Spin, jump, balance, run, crawl and hop. There are some ideas [here](#).

Go on a scavenger hunt. Can you find something for each colour of the rainbow? Things that smell? Different animals?

Nature potion making. Use flowers, fruit, citrus and anything you can find.

Don't have any chalks? Make your own pavement paint with this recipe: [here](#).

Water balloons! Can you push them off a surface to make them pop?

Water fight. Save squeezey bottles to use as pistols

Make a dinosaur hunt! Hide dinosaurs (or any other toys) around the garden and see how many your child can find.

Camping experience: use long sticks or skewers to roast marshmallows over a disposable barbecue.

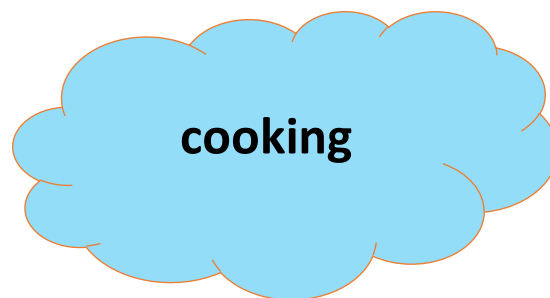
Make a den! Bring out old sheets, picnic blankets, use trees, trampolines or bamboo canes. Incorporate tents, cushions, chairs etc. Can also be done inside on rainy days.

Plant flowers or herbs. Watch them grow, and water them yourself.

Outdoor activity

PM	<p>Make your own ice cream in a sandwich bag. Or, depending on your child, you might like to use something more secure like screw-lid Tupperware. Click here.</p>	<p>Even if you only have one tablespoon of flour left, you can make this microwave cake in a mug!</p>	<p>Cool down with these fun banana yogurt pops. Have a go at peeling your own banana.</p>	<p>How can your child help with cooking at home? Can they help to mix, spoon out, mash, roll, and listen for the timer?</p>
	<p>Squeeze your own orange juice</p>			<p>Practice colours, patters and choosing by making fruit kebabs.</p>
		<p>Make your own pizza. There's so many opportunities for using all sorts of maths, listening and communication, and fine motor skills, and you end up with pizza! There's a recipe for pizza dough here, but use a packet mix or even a slice of bread if you struggle to find flour. Why not use your communication strategies to choose your toppings?</p>		<p>Experiment with strong flavours, different textures and temperatures. Have fun modelling and using different communication strategies comment and ask for more!</p>

Friday



AM

Story afternoon – blankets, hot chocolate, favourite teddy and watch a story together.

Watch a film and (both of you) use only/ mostly communication aids to talk about what you're watching.

Read together! Do the funny voices, leave expectant pauses and talk about what you can see or hear.

Don't be afraid to let your child 'interrupt.'
Respond to what they're pointing to, let them have a go at turning the pages etc.

Sensory stories: go on a scavenger hunt to find everything you need!

Let your child 'read' you a story. They'll love the chance to role play as the adult!

Role play favourite stories. Use clothes to dress up as the characters, 'go' on a bear hunt, use toys as different characters.

Sensory stories: pause and have a go at the sensory actions. Make the most of communication opportunities and have fun!

PM

Practice pouring, colours, music and cause and effect with this colourful DIY xylophone: [here](#).

Make a homemade percussion band, using tubs, pans and shakers to get noisy!

Soundabout (an inclusive music group) are running live sessions [here](#) every Tuesday and Saturday at 2pm. Their videos are available on YouTube afterwards.

There are lots of instruments you can try making at home, including [maracas](#) (these work fine without a handle), [drums](#), [shakers](#), ['cymbals'](#), and [elastic band guitars](#).

The super-easy [castanets](#) are really effective and easy to play, even with limited movement.

Try some 'on body rhymes' by acting out parts of familiar songs on your child's body. E.g. The sun has got his **hat** on (touch head), and he's coming out to **play** (tickle)

Try some musical interaction – grab an instrument each and let your child lead by copying their actions and sounds. Develop turn taking and experiment with different sounds, techniques and volumes.

