

Home activities for children in Sensory Classes, in the event of school closures.

Cognitive and Learning

There are a wide range of websites and resources online that are free to use. *See reverse for a list.* Twinkl is very popular and is offering parents a free month to access resources such as visual stories and work pages. Hyperlink on reverse.

SuperSimpleSongs on Youtube contains a variety of songs that your child may already know from school. Jigsaws, inset boards, Lego, Jenga can provide stimulating tasks.

Sensory and Play

Wheelbarrow walking, trampolining, using a scooter, swings, deep pressure with pillows/blankets, spinners/office chairs, playing with gym balls, slides, tug of war, obstacle courses, tunnels, balance beams, sleds are all good ways to provide stimulation. Also, raking leaves, helping push wheelie bins, carrying laundry are simple everyday jobs that would provide stimulation as well.

Sensory play is a great way for your child to safely explore different textures. Everyday items provide all the resources you need. Pouring a dry item into a basin and let your child just have fun. You could combine two of the wet items and see the results. Try:

Cornflour, porridge oats, cereals, pasta, rice, flour, sand, cotton wool balls, sponges, sticks, leaves, pebbles, popcorn

Water, food colouring, fairy liquid, soap, baby oil, ice, shaving foam, paints, fizzy tablets



See reverse for a list of Instagram accounts containing ideas.

Using sponges, brushes, hands, feet and natural resources is a great way to paint and be creative. Nature hunts, mud kitchens, water play etc

Fine Motor / Mark Making

- Threading Cheerios or pasta onto spaghetti/ string
- Punch a hole into a shoebox and post small items through
- Colour match various items around the house
- Clothes pegs, hang up washing etc
- Chalks on ground outside
- Drawing inside / outside cardboard boxes
- Push pipe cleaners / straws through colander holes



Calming Sensory Experiences

- Wearing heavy or tight clothing
- Walking
- Stretchy bands
- Hand/feet massages
- Relaxing music
- Watching slow moving visuals (fish tank, lava lamp etc)
- Downtime with ipad/Tv etc



Typical Attention Autism style activities



Personal Capabilities

We would encourage continuing to build on your child's personal skills regarding eating, changing and washing etc as outlined in their February IPPs.

Useful Websites / Apps

- Pinterest –fantastic website for many SEN play, art activities
- Instagram: @play.hooray @fiveminutemum @beckys_treasure_baskets
@the_play_at_home_mummas @tufflove_and_sensoryplay @sen_teacher_
@sensoryplay.uk @theearlyyearsoutdoor @sensoryideas
@peachyspeech @mouthercould @occupationaltherapyabc
- Twinkl - <https://www.twinkl.co.uk/blog/how-to-get-a-free-trial-of-twinkl-go>
- Helpkidzlearn – games for ipad
- Topmarks – games
- Visuals2Go, Card Talk apps – create images and cards for schedules which could be used at home.
- Youtube – Gonoodle, learningstation, singingwalrus
- The reading app 'Teach Your Monster to Read' has been made available for free for parents to download until 23rd March