

Holiday Homework October Half Term - RP and pupils with SEND

Sensory Circuit

This is the best way to get our bodies ready for the day.

Try to set up a sensory circuit every morning to start the day.

Sensory circuit is split into 3 parts:

1. Alerting section

The aim of this section is to provide vestibular (sense of balance) and proprioceptive stimulation within a controlled setting. This prepares the brain for learning.

Activities can include such activities as:

- bouncing on a mini trampoline, space hopper or gym ball.
- spinning a hoop
- bunny hops / crab walks / frog jumping/squat jumps
 - Gym ball for rolling over and bouncing on
 - skipping
- action rhymes – row row row your boat, heads and shoulders etc.

2. Organising section

This section includes activities that require motor (muscle) sensory processing, balance and timing. The child/young person needs to organise their body, plan their approach and do more than one thing at a time in a sequential order (one after the other).

Activities include tasks such as:

- balancing on a beam / walking along a straight line (e.g. coloured tape on the floor)
- log rolling

- climbing wall bars
 - throwing bean bags into a target or small balls/scrunched up paper into a bin.
 - arm push ups against the wall
 - squats (no jump), shallow lunge steps
 - blowing bubbles or blowing a paper ball to a target
 - Skipping and jumping over a moving rope
- These are skills that may increase a child/young person's focus, attention span and performance

3. Calming section

The calming activities are very important as they provide input to ensure that your child/young person leaves the circuit and engages in their activities calm, centred and ready for the day ahead.

Activities include proprioceptive or deep pressure activities such as:

- placing feet or hands in weighted bean bags (wheat bags also work)
 - having balls rolled over their backs (ideally medium/large gym ball as demonstrated in picture below)
- hot-dogs (rolling child/young person up tightly in a blanket)
 - Massaging hands, feet, arms or legs

SENSORY CIRCUITS

For HOME

First make the space safe. Remove any hard objects in the area.

START the sensory circuit with **ALERTING** activities ...



Jumping on the bed or soft cushions placed on the floor.



Spinning around.



Bouncing on cushions.

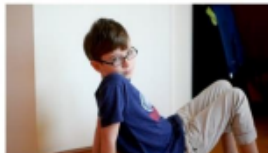


Blowing and popping bubbles

THEN add **ORGANISING** activities ...



The Frog



The Crab



The Bear

Animal Walks



Wheelbarrow Walks



Bouncing & catching a ball – either standing still, ...



Drink cold drink through a straw

END with CALMING activities ...



Wrap up in a blanket like a fajita & then wriggle free

Long, slow low level swinging with child lying or sitting in a sheet or blanket. After 3 -5 swings (or end of a song verse), collapse the sheet into the 'crash mat'.

Long, slow squashing between two pillows as if you're adding favourite ingredients to a sandwich, one at a time. Ask the child to choose the ingredient that is added.



Tie a sheet to trees, bottom stair newel posts. Make sure its low lying.



Duvet on top of cushions & pillows



Always end with a calming activity, but complete the circuit 3 or 4 times, in any order, 2 or 3 times a day.

Add songs or music to make it more fun.

October Half Term Homework

This half term we have been focusing on teaching the children different 'life skills.'

We have been focusing on **washing our hands, brushing our teeth, dressing and undressing ourselves (using buttons and zips), eating healthily, doing exercise and crossing the road safely.**

Read on to find out what you can do over half term with your children for their homework.

Washing our Hands

We have been learning and practising how to properly wash our hands.

Watch this song from the NHS on youTube to remind your children how to properly wash their hands.

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

Use this poster also to remind your children how to do this and **practise doing this as much as possible at home.**



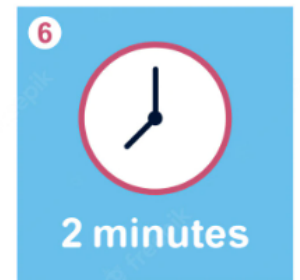
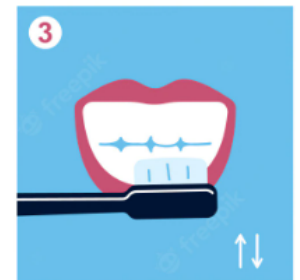
Brushing our teeth.

We have also been practising brushing our teeth. We watched videos then practised using a large set of teeth and toothbrush. We looked at using the brush to brush up and down, left to right, round and round, top and bottom teeth and the inside and outside of the teeth.

Watch this video with your children to remind them how to brush their teeth properly.

https://www.youtube.com/watch?v=wCio_xVlgQ0

Now also use this poster for your children to be able to practise brushing their own teeth independently. Encourage them to brush their teeth twice a day when at home.



Dressing and undressing ourselves (using buttons and zips.)

We have also been teaching/practising with the children how to do-up/undo buttons and zips. This may be quite tricky for some children and require some practise. Be patient with them and set aside some quiet, focused time on it. Watch this video for some great tips.

<https://www.youtube.com/watch?v=tY4VNAXu3k4>

Storytime

From Head to Toe By Eric Carle

This book names different animals and the actions they make.
It also names the actions for the pupils to copy.

Read the book with your child or play the song version to copy.
Take part in the actions with your child.
Can they remember which animal carried out each of the actions?
What action could you make up of your own?
Which was your favourite animal? Action?

<https://www.youtube.com/watch?v=9xxyZSdYEmM>

