

Dear Parents,

Below we have included some activities for your children during the half term break.

Life skills activities

Washing hands and face & brushing teeth (sequencing instructions), to help children in their daily routine.

Colouring pages: Washing face, washing hands and dental health

Washing our hands

<https://www.youtube.com/watch?v=dDHJW4r3eIE>

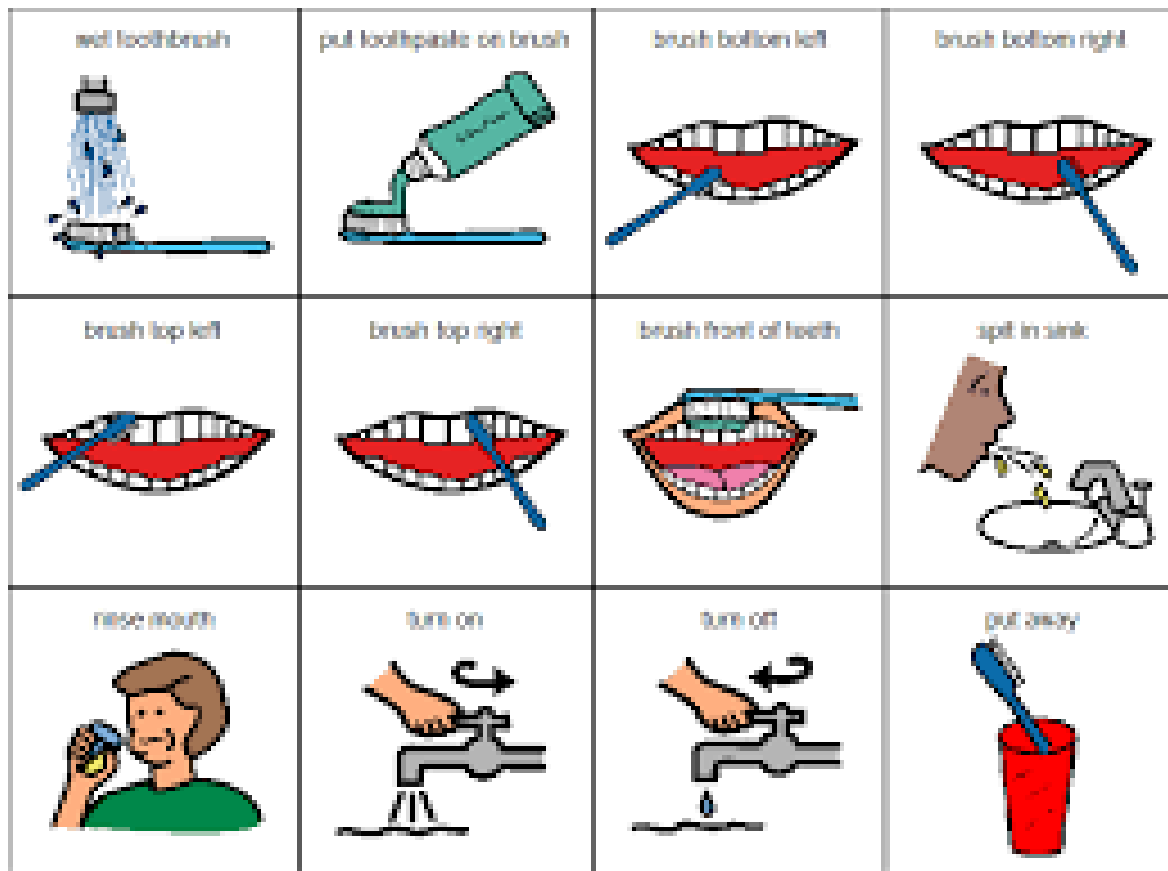


Washing our face

<https://www.youtube.com/watch?v=LLVZXZCU5ss>



Brushing our Teeth



This Is The Way We Brush Our Teeth

Link : <https://youtu.be/Pd4WnsXwdqw>

Colouring pages







Sensory Circuit / Brain activity:

Exercise



5 Minute Move work out

<https://youtu.be/14ou-fplEi4>










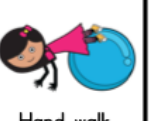









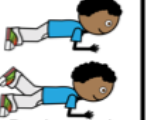




Brain break


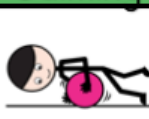





Time for a brain break!

15 star jumps. 	Touch your nose, then touch your right ear, then touch your nose, then touch your left ear. Repeat 15 times. 	Do 15 twists.
Touch your right ear with your left hand and touch your left ear with your right hand. Swap hands. Repeat 15 times. 	Touch your toes on your right foot and then your toes on your left foot. Repeat 15 times. 	Sing a song and dance.
Circle your arms 15 times. 	Hop on each leg 15 times. 	Take 10 deep breaths.

Sensory Circuit

Choose an activity from each section to make a mini Sensory obstacle course. You can use items from home and change the activities a few times to create a brand new course each time.

Alerting			Organising		
 Skipping	 Star jump	 Cone to cone	 Walk along a bench	 Crawl along a bench	 Walk backwards in a line
 Hula hoop	 Bench step	 Animal walks	 Hand walk on ball	 Ball sit and throw	 Stand on one foot
 Hula hoop jumping	 Squat jumps	 Jump on trampoline	 Scooter board	 Blow bubbles	 Simon Says
 Jump up and down	 Donkey kick	 High knees	 Walk forwards in a line	 Blow paper ball at target	 Throw beanbags

Calming		
 Crab walk	 Peanut ball roll	 Pass the beanbag
 Plank	 Bear walk	 Seal pose
 Bridge	 Superman	 Give yourself a hug
 Peanut ball activity	 Wall press	 Chair push up