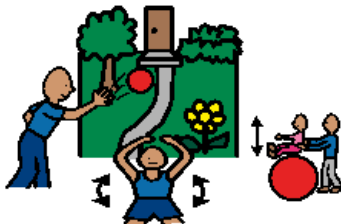
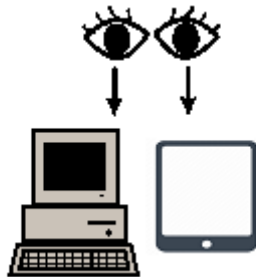


Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' Exercise Ideas ' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.

1pm - 1:30pm	Exercise Time		See ' <i>Exercise Ideas</i> ' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.

Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk (£12 PA for single user / £120 PA for 35 users)
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources / TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- dltk-kids.com
- bigactivities.com
- thelittleactivitychest.com
- Activity Village (£12 PA for single user)
- Early Years Experience
- ichild.co.uk
- education.scholastic.co.uk (register to access free resources)
- senictsoftware.com
- CanTeach
- icanteach.co.uk (provides links to other websites)
- show.me.uk
- Go Noodle
- Twinkl – currently free

Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags etc
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube.
- Jack Hartmann Kids Music Channel on YouTube.
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play Dough

Sensory Regulating activities.

Jump on a trampoline
Running and jumping games
Play in sand pit and with wet sand
Bounce on a space hopper
Skipping
Jumping onto a crash mat
Bouncing on a exercise ball.
Go for a run
Star jumps etc
Step ups: use bottom step on stairs.

Sensory Organising activities

Crab walking
Press ups
Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.
Wheel barrow walk
Play catch with a heavy ball
Unpack heavy groceries
Wear a heavy back pack for short periods of time
Riding a bike
Play Ground equipment
Swimming

Sensory Calming Activities

Provide small box/ tent with blankets or cushion for the child to squeeze into to calm and quiet .
Roll tightly in a towel or blanket
Bear hugs
Firm towel rub after bathing/swimming
Sit with pillow /weighted blanket etc on lap
Fidget toys, have a selection in a box /basket
Chewy tubes, chewing gum, gummy bears,
Blowing bubbles
Swing in a hammock...rhythmic pattern to calm
Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm.
Pilates plank
Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.

