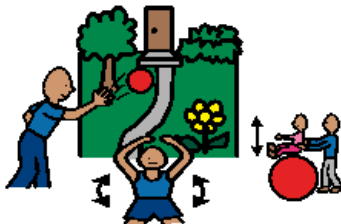
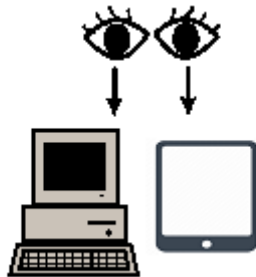


Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' Exercise Ideas ' on page 3.
10 – 11am	Academic Time		<u>No Electronics</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.

