

# Isolation Learning



# Woodlands

# Sensory Activities

-Any heavy work or play activity which provides resistance – could they order the tins in the cupboard?

-A child can be a “helper” by carrying or putting away shopping and washing? Can they wash the dishes?

-Feel different temperatures/textures – what does the window feel like in comparison to the carpet? Can they find anything that is smooth and cold like the door handle?

-Play push and pull games e.g. tug of war, playfully trying to push the wall down or parents over, pulling box filled with toys.

-Activities which require putting weight on arms, such as wheelbarrow walking, playing in the hands and knees position, animal walks etc.

-Squeezing playdough, silly putty, wet sponges, clay, kneading dough (if you would like to make your own playdough please follow this link <https://www.howweelearn.com/the-best-easy-no-cook-play-doh-recipe/>)

-Bouncing on space hopper or small trampoline or therapy ball or spinning around on a kitchen stool or desk chair.

-Throwing and catching heavy balls or beanbags – can they aim at the side of the house/garage etc.



# Sensory Activities

**5 star jumps**



**run**



**10 hops**



**10 toe touches**



**5 sit ups**



**10 press ups**



## Gross Motor Activity Cards



Gross Motor Activity Cards

### Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?



Gross Motor Activity Cards

### Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



Gross Motor Activity Cards

### Shoulder Spirals

Hold out both your arms at shoulder height. From your fingertips, make small circle shapes, starting small and getting bigger until you can make big spiral shapes!



# Sensory Activities

Gross Motor Activity Cards

## Wonderful Walking

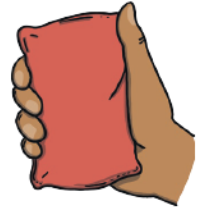
Walk forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel to toe and then take giant steps.



Gross Motor Activity Cards

## Bean Bag Challenge

How many bean bags can you throw in a hoop, a bucket or at a target? Can you change the distance you throw from?



Gross Motor Activity Cards

## Marvellous Mats

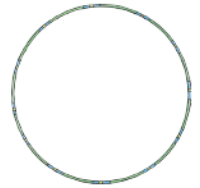
Lay out a PE mat. How many different ways can you move across the mat? Can you jump, skip, roll, crawl or slide?



Gross Motor Activity Cards

## Happy Hoops

Use a hoop. See how many ways you can use the hoop to jump in, hop, skip, spin, throw, crawl, catch, hula-hoop!

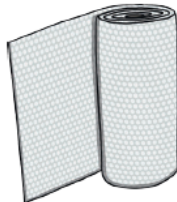


Gross Motor Activity Cards

## Bubble It!

Use a piece of bubble wrap to:

- Walk, hop, crawl or roll along.
- Use a roll of bubble wrap to roll it backwards and forwards.
- Lie on top of a thick roll. Can you move forwards and backwards?



Gross Motor Activity Cards

## Whirl and Twirl

Use ribbons on sticks to make different patterns in the air.

Can you write letters, numbers, make shapes?



Gross Motor Activity Cards

## Chalk It!

In an outdoor space, use chalk to make big patterns! Chalk wavy, curly, zig zag lines, numbers or letters. Can you then hop, walk or skip over the lines you have chalked?



Gross Motor Activity Cards

## Chair Aerobics

At your chair or desk, stand up and see if you can do the following exercises:

- Stretch both hands above your head. Press your palms together for 10 seconds.
- Stretch out your legs in front of you. Place your heel on the ground and lift each leg 10 times.
- Raise your right hand and touch your left shoulder. Repeat 10 times.

# Sensory Activities



Sensory Activity Cards

## Bubble Fun

### You will need:

- $\frac{1}{2}$  cup washing up liquid
- 5 cups water
- 1 teaspoon of sugar
- 2 tablespoons of glycerine

### Tips:

- Microwave in a large tub for 10 seconds for better bubbles.
- Other things to blow out of:
  - funnels
  - plastic tubes
  - rope tied in a hoop
  - tennis racquet
  - plastic netting

Sensory Activity Cards

## Finger Paints

### You will need:

- 2 cups white flour
- 2 cups cold water
- Food colouring

### Tips:

- Add other materials to make different sensory experience.
- Instead of food colouring, use powered jelly for a colour and scent.
- Children to play on a plastic surface then take a print.
- Out paint onto a plastic mirror to get a nice reflection back when playing, again take a print.
- Warm in microwave just prior to use.
- Put in shallow tray and use feet.



Sensory Activity Cards

## Flax Fun

### You will need:

- Packet of flax
- Water

### Tips:

- Give to children to play with dry.
- It is very silky and slides between fingers.
- Add water and boil to make a very glutinous mixture.



Sensory Activity Cards

## Ice Fun

### You will need:

Ice

### Tips:

- Put water into moulds with children.
- Freeze objects into ice.
- Grate to make snow.
- Provide salt to melt ice.
- Use range of moulds eg. small balloons and gloves.
- Add food colouring before freezing.
- Layer up different colours as they freeze.
- Put ice in water and add toy boats, penguins, etc.



Sensory Activity Cards

## Semolina

### You will need:

- 1 cup semolina
- $\frac{1}{2}$  cup corn flour
- $\frac{3}{4}$  cup hot water

### Tips:

- Use as alternative to sand, it has a lovely texture and is great for pouring.
- It forms little balls when wet.
- Allow children to mix with water to make a very sticky and grainy paste.



Sensory Activity Cards

## Tapioca

### You will need:

- Packet of tapioca
- Water
- Food colouring

### Tips:

- Allow children to explore dry tapioca as it is a great alternative to sand and feels great, but can become very static.
- Boil tapioca according to instructions using water instead of milk, add food colouring.



Sensory Activity Cards

## Cereal Fun

### Rice Crispies

- Add water and colouring, listen and squish.

### Oats

- Dry - avoid excessive eating.
- Add water to make squishing and silky.

### Wheat Biscuits

- Float on water.
- Mix with water.

### Cornflakes

- Mix with water and colour.

### Hoop Cereal

- Thread on to a string or make them float on water.



# Calming Activities



## Colour Breathing

This is done by initially focusing on the breathing. Using your imagination, imagine each breath in and out each breath out is a **colour**. This will be easier if you start your breathing concentrating on your area.

- o Lay on your back somewhere quiet and comfortable as possible. Stretch your arms straight out sideward from you body and let your legs relax falling slightly to the side.
- o On each breath in, imagine your breathing in a relaxing colour. **What colour makes you feel relaxed?**
- o Visualize your chosen colour of entering your body through your mouth and moving deep down into your stomach.
- o As you breathe out imagine another colour that represents your stress or anxious feelings. **What colour represents your stress or anxiety?** Now find this colour deep in your stomach and breathe it out colour.

# Calming Activities

- o Now take another long deep breath in of your relaxing colour, let it fill your lungs and travel into the pit of your stomach air in your lungs so you can take another breath.
- o Keep doing this until your stressful/anxious colour is been breathed out.
- o As you continue your colour breathing you will become aware that your chest feels as if it is full-not of air but of your relaxing colour. Now stop concentrating on your breathing and just think just about you're relaxing colour, and what this represents for you e.g. nice memories, warmth, calm.
- o In the beginning you should practice this for about 15-30 minutes once a day. As you become more skilful you can do this most anywhere for shorter periods at times when you just need to relax.



# Calming Activities

## BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

## SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

## TAKE 5 BREATHING



Sit comfortably, resting one hand in front of you with fingers outstretched like a star and the pointer finger of your other hand ready to trace your hand. Starting at the base of your thumb on the outside of your hand, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb. Breathe out slowly and slide your pointer finger down the inside of your thumb. Breathe in as you slide your finger up the next finger and out as you slide down. Continue breathing in and out as you trace your whole hand.

## BUMBLEBEE BREATHING



Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.



# Calming Activities

## BACK TO BACK BREATHING



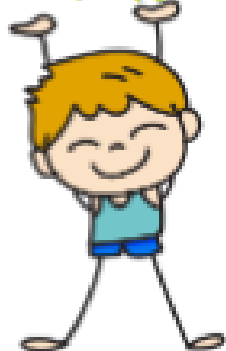
Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

## TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

## ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

# Calming and Mindfulness

Links to mindfulness music and calming videos.

[https://www.youtube.com/watch?v=Bk\\_qU7I-fcU](https://www.youtube.com/watch?v=Bk_qU7I-fcU)

<https://www.youtube.com/watch?v=R7ChMy3qROI>

<https://www.youtube.com/watch?v=R240eC5KTEA&t=1227s>

<https://www.bing.com/videos/search?q=mindfulness+for+kids&&view=detail&mid=BAE6C7850A66C451E834BAE6C7850A66C451E834&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmindfulness%2Bfor%2Bkids%26FORM%3DHDRSC4>

<https://www.bing.com/videos/search?q=Hand+Trace+Breathing&ru=%2Fvideos%2Fsearch%3Fq%3DHand%2bTrace%2bBreathing%26%3d0%26FORM%3dVDVVXX&view=detail&mid=9E8C6AE2696BC6F66A679E8C6AE2696BC6F66A67&&FORM=VDRVRV>



# Social skills

How to be a good listener

[https://www.youtube.com/watch?v=0nmJW\\_zExk0](https://www.youtube.com/watch?v=0nmJW_zExk0)

Trying not to interrupt

<https://www.youtube.com/watch?v=uo0doESIYN8>



How are you feeling?

I felt annoyed when .....

When I am angry I .....

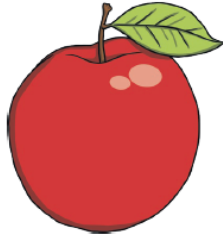
Sometimes I get sad because .....

# Speech and Language

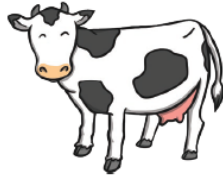
Name 5 things that can fly.



Name 5 fruits.



Name 5 farm animals.



Name 5 things that are sweet.



Name 5 animals.



Name 5 desserts.



Name 5 pets.



Name 5 modes of transport.



## People Idioms: Going Crazy

**Blow up**

Explode



**Go ape**

Express wild excitement or anger



**Go bananas**

To become irrational or crazy



**Go mental**

To suddenly become extremely angry



**Go nuts**

To become crazy



**Hit the roof**

To become very angry



**Pop one's cork**

To release one's anger; to blow one's top



**Go off the deep end**

To unexpectedly become very angry



**Fly off the handle**

Lose one's temper suddenly and unexpectedly



ESL.COM

# Speech and Language - Pobble 365

<https://www.pobble365.com/>



Have a look at the photo of the day .....

- \*What can you see?
- \*Is it an object or animal?
- \*What is happening in the picture?

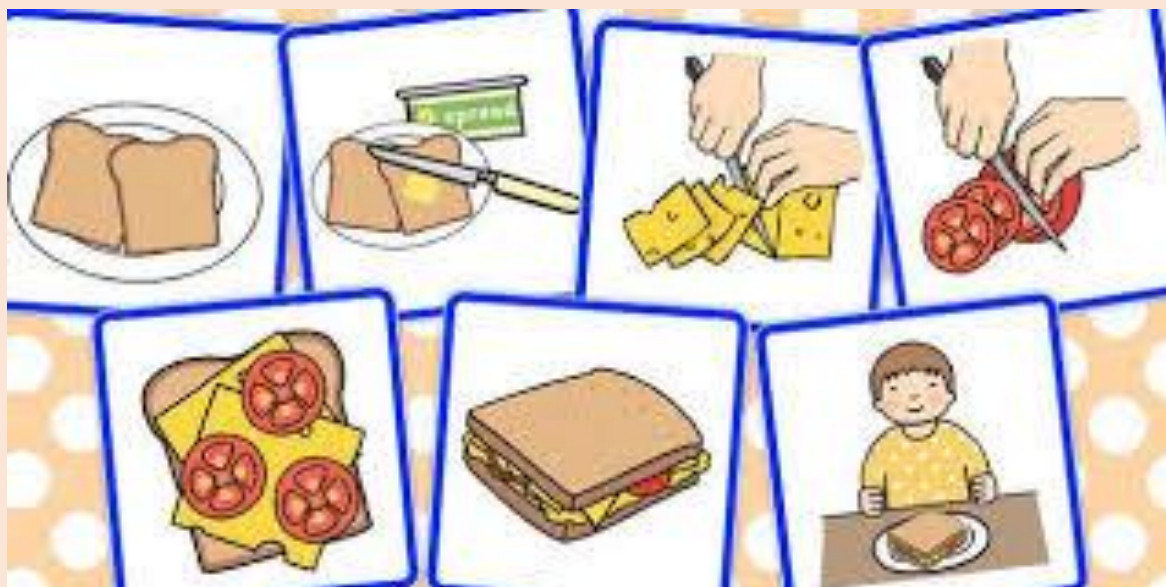
Can you write .....

The name of the picture? (This one is called Wide Eyed)

- \*A sentence about something in the picture that interested you
- \*3 questions linked to the picture (if you send them to me on seesaw I will see if I can answer them!)



# Life Skills



Could you help to make a sandwich for lunch? Maybe you could video it or take a photo of it and send it on seesaw. What do you need to do to keep safe when you are making your sandwich?

What fillings do you like in sandwiches?  
What don't you like in sandwiches?  
Can you ask your family what their favourite sandwiches are?

Watch the link below to see how bread is made

<https://www.youtube.com/watch?v=3Uc8h4T7GDo>