

Isolation Learning



Sensory Activities

-Any heavy work or play activity which provides resistance.

-A child can be a "Mummy's helper" by carrying or putting away books, moving tables and chairs, and pushing heavy equipment e.g. sand tray, snack trolley, boxes.

-Have your child assist with carrying shopping, pushing wheelie bin, pulling and pushing Hoover, stacking heavy cans etc.

-Digging in sand or small gravel and carrying buckets of sand or gravel and any other gardening tasks.

-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.

-Fill the child's rucksack with heavy books or objects and have them wear this often.

-Squeezing playdough, silly putty, wet sponges, clay, kneading dough.

-Bouncing on space hopper or small trampoline or therapy ball.

-Chewing on "Gummy bears", bagels, raisins or anything chewy that is safe to chew.

-Sucking drink through a straw, especially thicker drinks, e.g. milkshake.

-Throwing and catching heavy balls or beanbags.

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

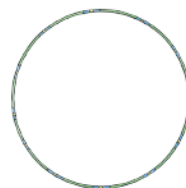
Lay out a PE mat. How many different ways can you move across the mat? Can you jump, skip, roll, crawl or slide?



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



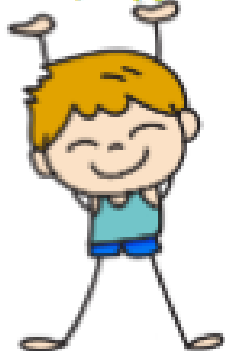
Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each 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_qU7l-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>

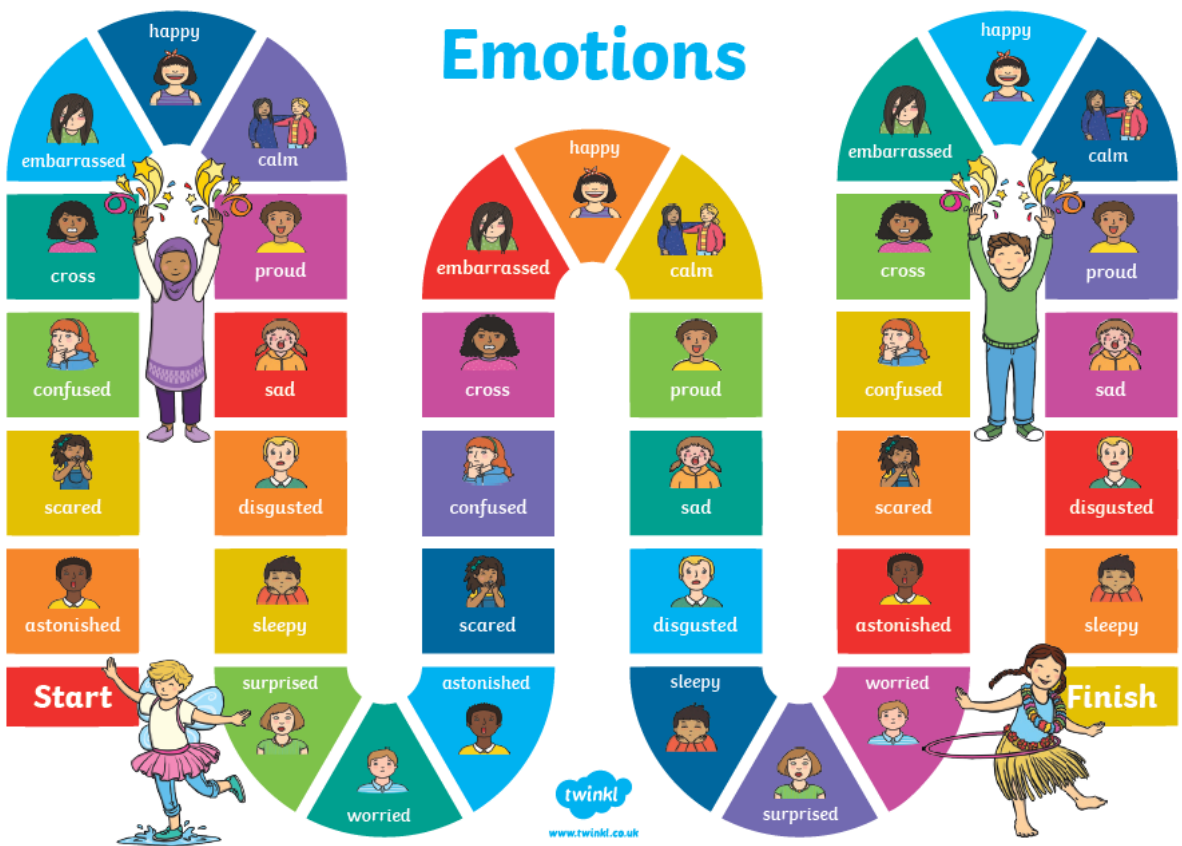
Social skills

Sesame Street - Resect

<https://www.youtube.com/watch?v=GOzrAK4gOSo>

Sesame Street - friends

<https://www.youtube.com/watch?v=shxYOwr7ZK8>

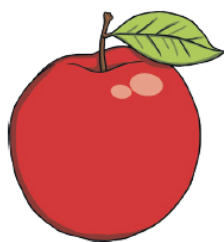


Speech and Language

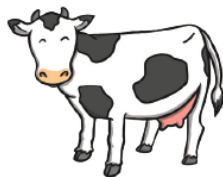
Name 5 things that can fly.



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.



Weather Idioms Meaning Cards



Weather Idioms Meaning Cards

Under the Weather

Meaning: To feel ill.

Example: I came home early, as I'm feeling a bit under the weather.



Weather Idioms Meaning Cards

Right as Rain

Meaning: To be fine/ to be healthy.

Examples: Robin broke his toe a few weeks ago, but now he's right as rain.

Trina was off school for a week, but now she's as right as rain.



Weather Idioms Meaning Cards

Every Cloud has a Silver Lining

Meaning: There is something good even in a bad situation.

Examples: The school trip was cancelled due to bad weather, but we ended up watching films instead! Every cloud has a silver lining.



Speech and Language

What am I?

I have four legs.
I am big and grey.
I have a trunk.

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What am I?

I have four legs.
I like to eat carrots.
I have two long ears.

twinkl.co.uk



What am I?

I have four legs.
My coat is used for wool.
I say 'baaaaaa'.

twinkl.co.uk



What am I?

I have four legs.
I look like a horse.
I have black and white stripes.

twinkl.co.uk



Life Skills

The Wurmstooth Crown



Lemon Drizzle Cake



Ingredients

225g self-raising flour

225g softened
unsalted butter

225g caster sugar

4 eggs

grated zest 1 lemon

For the drizzle topping

85g caster sugar

juice 1 $\frac{1}{2}$ lemons

Equipment

Mixing bowl

Wooden spoon

Loaf tin (8 × 21cm)

Greaseproof paper

Method

1. Preheat the oven to 180°C.
2. Mix the butter and caster sugar in a bowl and beat until creamy.
3. Add 4 eggs, one at a time and mix slowly.
4. Sift in 225g flour and add the lemon zest. Mix well.
5. Line the loaf tin with greaseproof paper, spoon in the mixture and level the top with your spoon.
6. Bake for 40-50 minutes, until a skewer inserted into the middle of the cake comes out clean. Leave the cake to cool in its tin.
7. Mix together the lemon juice and the caster sugar to make the drizzle.
8. Make holes in the top of the cake as evenly as you can and pour over the drizzle.
9. Leave the cake in the tin until completely cool. The cake will keep in an airtight container for 3 to 4 days.