

Not every child is able to complete worksheets, or sit and read a book. Here are some ideas for activities that you can do at home with a child who accesses a more sensory and less academic curriculum at school.

Walking outside in the elements, when possible and allowed. Windy days are the best.

Turn taking games – building towers with blocks, dominos, snap, throw/catch

Counting activities – using items for 1:1 correspondence, matching photos or objects

Maths songs on YouTube. There are loads of counting songs on YouTube, your child's class teacher may recommend some familiar ones. Go Noodle and Jack Hartman videos are apparently quite popular in some classes.

Mindfulness/relaxation – Just type “mindfulness music” or relaxing music” into YouTube. Sit or lie on beanbags or cushions, with the lights down, curtains shut, deep breaths and relax. A similar idea is watching walking tours on YouTube. If you can't go out, watching a walking tour is relaxing as the camera moves around the streets. Believe it or not, many pupils seem to find these very calming. You also get to see what different cities look like. Put “Tokyo night walk” into YouTube, some of the videos are really cool.

Yoga – try some children's yoga videos on YouTube. There are too many to recommend, so have a search and see if there is one suitable for your child (and you – use this opportunity to improve your flexibility!).

Sensory activities – trays or bowls with shaving foam, rice, lentils, sand or other interesting materials. Pinterest has lots of ideas for sensory activities. There is a Facebook group called “sensory stuck at home”, it may be helpful.

Water play – soapy water, bubbles, water pistols (water play could be useful hygiene for those who don't like washing their hands)

Wake & Shake https://m.youtube.com/results?search_query=wake+and+shake+for+children

Movement songs - The Learning Station songs on YouTube are really good <https://m.youtube.com/watch?v=F2XVfTzel8E>

Sensory recipes, e.g. making play-doh, cloud dough, Happy Hooligans website has some really good ideas <https://happyhooligans.ca/>

Maths activities related to time, things like clapping/jogging/stamping etc. for 1 minute timers & sensory maths activities <https://family.co/blog/inspiration/10-creative-early-years-maths-activities/>

Scavenger hunts outside (whilst we are still allowed out!) <https://handsonaswegrow.com/32-ways-kids-can-go-on-scavenger-hunts/>

Simple recipes – baking is always popular: <https://www.eatsamazing.co.uk/family-friendly-recipes/dessert-sweet-treat-recipes/easy-2-ingredient-5-minute-fudge-recipe>