



(Week 3)



Sensory activities to try at home with your child



- We have 8 senses: touch, taste, sight, smell, hearing, proprioception, vestibular and interoception.
- Activities which promote these senses can help your child to process the world around them and can also help to build their fine or gross motor skills.
- The activities below can be created using items that you may have in your home and many can be adapted to suit whatever resources you can find!



Why not have a go at one activity this week?



Digging for worms



You will need:

- ❖ Wet sand/soil from garden
- ❖ A Large container or tray
- ❖ Cooked spaghetti
- ❖ Jar
- ❖ Tweezers for added fun and development of fine motor skills (optional)

How to make it:

1. Slightly hide the spaghetti worms on the top layer of sand/soil.
2. Use your hands to squeeze, squish and dig out the spaghetti worms.
3. Use the tweezers to ~~to~~ catch the worms and place them into a jar.
4. Count out loud as each worm is caught and placed into the jar.
5. Measure the different lengths of the worms such as "this worm is the longest" or "this worm is shorter than the last one".

Leaf counting



You will need:

- ❖ Leaves
- ❖ Clothes pegs
- ❖ Marker pen/felt tip

How to make it:

1. Write one number onto each leaf.
2. Your child's challenge is to peg the correct number of pegs onto the edge of each leaf.

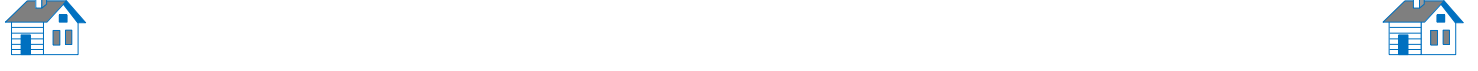
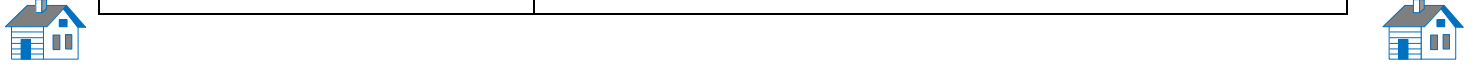
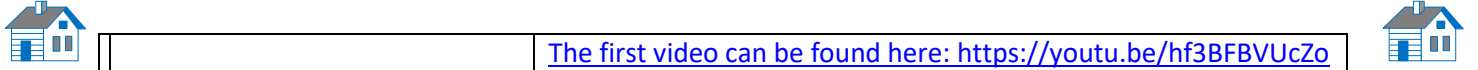
Music making



Leicester-Shire Schools Music Service are running 10 online music sessions for children with special educational needs. These are released every Friday onto their YouTube channel. Why not jam along with Carrie & Mowkee using your voice or items you can find in the home?

~~Leicestershire Schools Music Service are running a 10-week scheme of videos aimed at helping children with special educational needs with music making. Here's a link to the first~~





	The first video can be found here: https://youtu.be/hf3BFBVUcZo
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