

## Sensory - messy play

Fluffy bubble foam

2 parts bubble bath (\*use tear free if possible)  
1 part water

Place in bowl and whisk a lot until it forms 'soft peaks.'

Now you're ready to play, just roll up your sleeves and decide what to put in. Here's some ideas.

Add diggers or cars- for a slippery car park or building site.

Add teaspoons and bottles to develop pouring skills.

Add smooth plastic toys to enhance the slippery feeling.

Challenge: hide a toy or penny at the bottom of the bowl, count how many seconds it takes to find it.

Try again, will you beat your last score?

### Supportive language

'dig' 'pour'



## Let's Move

April 29<sup>th</sup> was the **International Dance Day 2020**

Turn up the music.

Try different styles of music and see how your child responds. Join in, copy movements.

Variations:

-Play musical statues

-use twirling objects, eg shoe laces, strips of paper, lengths of bubble wrap, ribbon to enhance the movement. If you're feeling creative, ribbon twirling wands.

### Supportive language



'stop' 'go'

**Sensory Bottle- can be used as a calming activity.**

### Equipment

Small clear plastic bottle

Water

Oil

Food colouring

Glitter/Beads/sequins/buttons/Scrunched up silver foil

**[All optional]**

### Directions

Half fill the bottle with coloured water

top up with coloured oil

replace the lid & shake

<https://preschoolinspirations.com/how-to-make-a-perfect-sensory-bottle/>

## Rhyme of the week Five Little Ducks

Five little ducks went swimming one day,  
Over the hills and far away.

Mummy duck said, 'Quack, quack, quack quack.'  
And only four little ducks came back.....

Please see this link for the song using Makaton

<https://www.youtube.com/watch?v=ltqg0eYosOU>

You can use little toys to represent the ducks.

Read along!

If you have access to the internet, BBC radio has lots of lovely animated rhymes and songs. There's a reggae version of Humpty and lots of other songs you might be familiar with.

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-a-to-z-index/z4ddgwx>

## Makaton signs of the week

'Mummy' 'Daddy'



Please remember, these are just ideas. Look after yourselves, have fun and stay safe. Don't hesitate to get in touch with us.