

## Sensory Play

**Make a hiding hat!** It's great for children who like visual stimulation.

### Resources

Card/ paper, tape and toys

### Method

Cut a piece of card of paper, that when rolled would make large cylinder for your head, a bit like a tall crown.

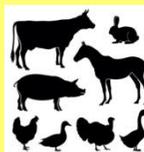
### How to play

- hide something/ lots of things in your hat (A toy that your child likes or fill it with balls, scrunched up paper, ribbons)
- Sing a song, give a countdown, 54321, or wait until your child is looking at you.
- Tip your head forward and let all the contents fall out.



Also great for a hide and seek guessing game.

## Rhyme of the Week Old McDonald Had a Farm



### Supporting ideas:

- As you are singing, occasionally pause before the last 'o' in the chorus and see if your child hums or fills in the missing letter.
- If you have animals at home. Offer a choice of two animals saying 'what's next?' then sing about that song.
- order animals in song either by drawing or using figures so your child knows the order eg 'First cow, then pig, then hors. 'Let's sing!'

<https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-old-macdonald-had-a-farm/zn9vhbk>

## Physical Play

Some ideas to try out if your children are full of energy.

- Wet sponges to throw at an outside wall
- A pile of cardboard boxes to knock down
- Wearing a heavy backpack
- Tapping a balloon to keep it up in the air

## Makaton symbols and signs of the week



More

### 'More'

This is such a useful sign to learn. Look out for adaptations as it's tricky to perform at first. Why not try modelling 'more' after you've played the 'hiding hat' game or sung 'Old McDonald?'

<https://www.youtube.com/watch?v=eTn9FmmpwU>

## Breathing Exercises

Why not carry on with deep breathing exercises.

You could learn about 'belly breathing.' This video from Rostia from Sesame Street shows you how. Alternatively place your hand on your belly, a big breath in through your nose and a slow, big breath out through your mouth. Ahhhhhh

[https://www.google.com/search?client=safari&rls=en&q=breathing+exercises+rosita&ie=UTF-8&oe=UTF-8#kpvbvx=\\_AnD6XqySJca4qQb-8ZaIBw12](https://www.google.com/search?client=safari&rls=en&q=breathing+exercises+rosita&ie=UTF-8&oe=UTF-8#kpvbvx=_AnD6XqySJca4qQb-8ZaIBw12)

As always, these ideas are just suggestions. We hope all our families are keeping well and we would like you to stay in touch.

We understand that it is difficult juggling home life. Remember our school communities still exist and we are all at the end of the phone or email.