

Odd Socks

Resources

lots of odd socks.

How to play

- Shake one in front of your child
- Throw them up all up the air
- Fill and bucket and throw
- Stuff socks inside each other until you make a soft ball
- Have a sock fight
- Play a tickling game. Fill each sock with the name of a body part where your child likes to be tickled e.g. feet, tummy. Encourage your child to choose a sock or you choose for them, then tickle!
- Play a hide and seek feely bag game. Hide little toys in the sock and see if your child can guess what it is.



Rhyme of the Week

Hello, Hello



Link to Mr Tumble singing 'Hello, Hello' Can you sing along with him?

https://www.youtube.com/watch?v=Rpv_GpSUqz8

Singing Hands, who are also performing a variation

<https://www.youtube.com/watch?v=x3buaKODVHs>

Bucket Time

Nicola from Cherry Garden School is showing her bucket time, see if you can join in!

Bucket time may well be part of your child's school routine. The song is a little different here but the sequence is the same.

<https://vimeo.com/402129854>



Breathing exercise....spooky cup game

Deep breathing is a really good way to calm an anxious child. You could try this fun activity if you have a paper cup.

- Place a paper cup inside a ceramic cup/ mug or glass. Ensure that the paper cup is bigger than the mug, rests inside it and doesn't fall inside.
- Blow hard to push the paper cup out!
- Blow softly, with a continuous long out breath, to try to make the paper cup hover!

https://www.youtube.com/watch?v=dZRczHhiy3o&feature=youtu.be&fbclid=IwAR26xdWfu5UBcru2mwQaaTIp1J3n7w9kTSJwv03e51x-66k_Z5G27sney4



Makaton symbols and signs of the week



Hello



To Help (1)



'Hello' and 'Help'

Sign for 'help'; link:

<https://www.youtube.com/watch?v=yAvkHt9mIT4>



Hello

To Help (2)



To Help (3)



Mental Health Awareness Week

The link below is to a range of free online courses which cover the subject of supporting your mental health during lockdown.

<https://www.futurelearn.com/courses/collections/support-mental-health-in-lockdown>

Southwark's Independent Voice are running courses for parents who have children with SEND. Week beginning 25th May's course is around depression and anxiety.

<https://www.southwarkiv.co.uk/>

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.