

### 3Marble Run/ Tube Tunnels

#### Resources

Cardboard tubes, tape, paper, boxes.

#### Suggestion

Attach tubes to the side of a cupboard or inside a larger box. Either cut tubes in half or keep whole. If you don't have tape, support the tops of tubes onto something higher e.g. a pile of books.

If you don't have a ball, you can make one from elastic bands and a plastic bag, hair bobbles or scrunched up paper.

A quick video:

<https://www.youtube.com/watch?v=RwZz0hHGLzw>

**Alternatives:** making a marble run with a ruler and clothes pegs

<https://www.youtube.com/watch?v=jRE3OqDVjSE>

**Please post you pictures to Twitter, we'd love to see them**



We hope you've saved some tubes!

### Rhyme of the Week

#### Twinkle, Twinkle, Little Star



Supporting ideas:

- If you have a baby or younger child in your family, sing this to them at nap time
- sing to a dolly or teddy who you are pretending to rock to sleep
- Use soft material to wave in time to the music

Link to Mr Tumble singing 'Twinkle, Twinkle'  
[https://www.youtube.com/watch?v=wah6\\_bc9bk](https://www.youtube.com/watch?v=wah6_bc9bk)



### Physical Play

Some ideas to try out if your children are full of energy indoors and needs to 'let off some steam.'

- Hang up an old sheet and let your child run through it.
- Hold up a large cushion for children to run into.
- Find some wet towels to twist and squeeze.
- If you get a chance to go outside, maybe take a spray or squezy bottle full of water now that the weather is getting warmer.

### Makaton symbols and signs of the week



**YES**



**NO**

**'Yes' and 'No'**

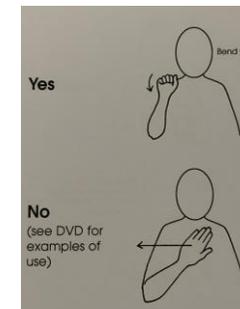
<https://www.youtube.com/watch?v=8u6cDkylXU8>

If your child isn't saying these words, you could try asking a simple question that could be accepted or rejected e.g. "Do you want cookies?"

Begin by asking your child, "Do you want \_\_\_?" while offering an item.

Model "yes" if they show interest or take the item. Model "no" if they refuse it, or take it but appear dissatisfied.

Use the single word combined with the Makaton sign



### Hand Washing

Some tips you could try if your child is finding this difficult.

- Try a different soap, scented/unscented or block/liquid.
- Use a 20 second timer (phone app) or play a song that is 20 seconds long.
- Some children find it easier to copy. Copy adult/sibling or try the video below

NHS 'Happy Birthday' hand washing link: <https://www.youtube.com/watch?v=aGJNsPLRdrc>



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.