

Week beginning the 15th June is Learning Disability Week. This year's theme is the importance of friendship during lockdown.

Sensory Bag

You need:

- A zip lock or sealable freezer or sandwich bag.
- Something to put in the bag. This could be water and little toys, shaving foam, paint, hair gel, baby oil, cornflour and water, beads etc.

Instructions: Place your items in the bag and seal.

Here's a guide:

<https://www.youtube.com/watch?v=be35JR7kEhc>

Some children might be very interested in trying to open the bag. One thing you could consider is using heat to seal. There's lots of videos online about using irons or hair straighteners. We don't know if this works though, please protect your iron!

Rhyme of the Week **You've got a Friend in Me**



This is a long song, so please don't feel you have to sing all of it. The chorus is the important bit!

Supporting ideas:

- Use Makaton, in particular, for the words *you*, *me* and *friend*.
- Exaggerate swaying to the music

Link to Toy Story characters singing the song:

<https://www.youtube.com/watch?v=CNi02qxTI1M>

Link to a Makaton signed version:

<https://www.youtube.com/watch?v=bb3xY1XJHj>

Physical Play

Make up your own physical exercise routine.

If you try and slot this into a daily routine, it will be easier to do. Maybe just after breakfast or just before lunch?

Any combination of stretching, spinning, wall pushes, balance, jumping would work is a good idea.

Eg 4 reach to the sky...stretch, stretch, stretch, stretch

4 jumps.....jump, jump, jump, jump

4 wiggleswiggle, wiggle, wiggle, wiggle

If you would like a personalised exercise routine written out with visual prompts, please contact Sue or Lisa with your preferred number of exercises and the order you would like them in and we can email this to you.

Makaton symbols and signs of the week

'Friend'



Lucinda signs 'friend.'

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

friend



Explore ways of looking at the world by making a cardboard frame

Use a piece of card, packaging or inlay from a box of chocolates. Cut a hole. It can be any shape or size. You could also turn this into a peeping game.



Alternatively cut a bigger hole to make a picture frame. Sprinkle in grass, twigs or leaves. Toyin has also been making transient art videos on our YouTube channel if you'd like to watch those!



As always, these ideas are just suggestions. We hope all our families are keeping well. We are welcoming some children back to School and understand that others will be continuing with their learning at home.

If there is anything you would particularly like to see on the Sensory Home Learning Sheets please contact Lisa or Sue.