

## Sensory exploration activities

**Sensory tray**—add sensory items to a tray for your child to explore—you can hide items in there for them to find. You could hide numbers, objects (buttons, stones etc)

Things you could use:

- Rice (add food colouring to make coloured rice for a visual effect)
- Pasta (add food colouring/paint the pasta for visual effect)
  - Flour
  - Custard
  - Sand

### **Spice paint/playdoh**

Follow the link to make your own spice playdoh

<https://craftulate.com/homemade-herb-and-spice-play-dough>

You can also add spices/scent to your paint to give a sensory experience when painting.

## Self help and independence

**Brushing teeth**—allow students to explore the smell of the toothpaste, the feel of the brush on the backs of their hands, their cheeks, in their mouth. Encourage them to brush their teeth as independently as possible.

**Washing face**—allow students to explore the feel and smells of face washes, make a choice of which they would like to use. Complete face washing routine as independently as possible.

**Brushing Hair**—allow students to explore the feel of the brush on their hands/ arms. Let them experience the feel on the brush on their hair. Encourage them to brush their own hair independently, students can progress to brushing someone else's hair

**Getting dressed**—allow students to help with getting dressed, offering limbs, putting on/removing items independently where possible. Encourage students to carry out the process independently where possible.

## Fine Motor Activities

**Whilst the weather is nice why not try some of these fine motor activities outside—all you need is a spray bottle!**

**Fill your bottle with water—your child may need some support to press the spray trigger. Here are some ideas:**

- Water the plants
- Add food colouring to the water to spray on paper and make pictures
- Using just water—spray the paving outside to make a pattern on the floor

**We would love to see pictures/videos of your son/daughter having fun at home and taking part in different activities. Please send any photos or videos you may take to [a.mills@wilsonstuart.co.uk](mailto:a.mills@wilsonstuart.co.uk)**

## Sensory Stories

Open the link below to gain access to sensory stories you can read to/with your child—use the props to create a sensory experience as you read the story.

<http://www.greenside.herts.sch.uk/Creative/SensoryStories/SensoryStories.html>

## Music

Follow the link below to access Signing hands page. They are running live Zoom sessions you can join in and have a sing-along with!

You could video yourself singing and signing and send it in to us to share with your class friends!

[https://singinghands.co.uk/what-we-do/forthcoming-events/?](https://singinghands.co.uk/what-we-do/forthcoming-events/?fbclid=IwAR0MIMCRpa2IKUk768QJcWY2FwYURFlIo7oRVfM)

[fbclid=IwAR0MIMCRpa2IKUk768QJcWY2FwYURFlIo7oRVfM](https://singinghands.co.uk/what-we-do/forthcoming-events/?fbclid=IwAR0MIMCRpa2IKUk768QJcWY2FwYURFlIo7oRVfM)  
[MPMUoIdJ54bzsV5NieRE](https://singinghands.co.uk/what-we-do/forthcoming-events/?fbclid=IwAR0MIMCRpa2IKUk768QJcWY2FwYURFlIo7oRVfM)

## Art

Make your own bird feeder using an empty milk bottle!

Decorate it how every you want, then fill with bird seed and hang in your garden

