

Fine Motor Activities

Collect some empty bottles and use them as skittles. See how many you can knock over each time. Even have a game of bowling with your family.

Potato stamping

Cut a shape into a potato and dip in some paint. Stamp the shape onto paper to create a nice pattern.

The potato creates a grip for the student to control.



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.

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>

<http://frozenlighttheatre.com/sensory-resource-kits/>

Music

<https://www.kellysurette.com/awesomeathomemusicactivitiesforyourchildwithspecialneeds.html#/>

Sing and sign along with some of your favourite songs

<https://www.youtube.com/user/SingingHandsUK>

Art

Smile stones

Have a look around your garden and see if you can find a nice big stone to paint. You could paint your favourite animal, a pretty pattern or even the NHS rainbow. Place your stone in the garden somewhere nice to look at.

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

Practice your Makaton signing by watching the youtube videos

<https://www.youtube.com/channel/UCKVXkfPQceP9thH1k8FRZsg>