

<u>Websites and apps</u> <ul style="list-style-type: none"> • Barefoot.org.uk • Communication4all • Woodlands resources • BBC Bitesie • BBC Teach • Letters-and-sounds.com • Phonicsplay • Ictgames • Topmarks • Nrich.maths.org • Science kids • Sciencebob • Stem.org • Primaryresources • Teaching ideas • The teaching corner • Kidzone • Twinkl • Oxfordowls • Ichild.co.uk • Dltk-kids • Early years experience • Education city • athletics 	<u>Sensory Processing and Exercise Ideas</u> <ul style="list-style-type: none"> • jump on the trampoline • climbing activities • ride scooter/bike/go-kart • running/jumping games • wear a heavy back pack • carry shopping bags • Use www.gonoodle.com • Dance along to just dance on Youtube • Jack Hartmann Kids Music Channel on Youtube • Cosmic Yoga on Youtube • Play dough 	<u>Sensory organizing activities</u> <ul style="list-style-type: none"> • Crab walk • Press ups • Rolling on tummy on exercise ball, walk hands out for as far as possible without falling off • Wheel barrow walk • Play catch with a ball • Unpack heavy groceries • Wear a heavy back pack for short periods of time • Ride a bike • Playground equipment
	<u>Sensory Regulating Activities</u> <ul style="list-style-type: none"> • Jump on the trampoline • Running and jumping games • Play in sand pit • Bounce on space hopper • Skipping • Jumping onto a crash mat • Bouncing on an exercise ball • Go for a run • Star jumps • Step ups using bottom step of stairs 	<u>Sensory Calming Activities</u> <ul style="list-style-type: none"> • Provide small box/tent with blankets or cushions for the child to squeeze into for calm and quiet • Roll tightly in a towel or blanket • Bear hugs • Firm towel rub after bathing • Sit with pillow/weighted blanket on lap • Fidget toys (have a selection in a box) • Blowing bubbles • Swing in a hammock • Roll on an exercise ball backwards and forwards in a rhythmic pattern to calm • Pilates plank • Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.