

<p><i>*Activities to be delivered daily</i></p> <p><i>*All sessions should last at least 16 mins (4 mins per activity)</i></p>	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<ul style="list-style-type: none"> ○ Finger Painting ○ Singing ○ Smell herbs ○ Glow sticks 	<ul style="list-style-type: none"> ○ Sand Play ○ Blow a whistle ○ Smelly tissue ○ Sensory bottles 	<ul style="list-style-type: none"> ○ Water play ○ Sound bottles ○ Scented Playdough ○ Timers 	<ul style="list-style-type: none"> ○ Shaving foam ○ Bang drum/pans ○ Draw with scented pen ○ Blow bubbles 	<ul style="list-style-type: none"> ○ Playdough ○ Listen Bingo ○ Scented hand/foot massage ○ Torches
Week Two	<ul style="list-style-type: none"> ○ Corn-starch and water ○ Nature sounds ○ Cheese shapes ○ Light projectors 	<ul style="list-style-type: none"> ○ Pop bubbles ○ Hands sounds ○ Crunchy food ○ Picture books 	<ul style="list-style-type: none"> ○ Rice and beans ○ Feet sounds ○ Drink a smoothie through a straw ○ Sensory bottles 	<ul style="list-style-type: none"> ○ Feet trek ○ Bubble wrap pop ○ Soft food ○ Coloured scarfs 	<ul style="list-style-type: none"> ○ Touch and feel book ○ Rain sticks ○ Jelly play ○ Kaleidoscope
Week Three	<ul style="list-style-type: none"> ○ Brushes on the body ○ Listen Bingo ○ Ping-pong play ○ Glow sticks 	<ul style="list-style-type: none"> ○ Vibrations on hands and legs ○ Echo me ○ Smelly Tissue ○ Sensory bottles 	<ul style="list-style-type: none"> ○ Finger Painting ○ Singing ○ Scented playdough ○ Timers 	<ul style="list-style-type: none"> ○ Playdough ○ Sound bottles ○ Facemasks ○ Blow bubbles 	<ul style="list-style-type: none"> ○ Rice and beans ○ Nature Sounds ○ Scented hand/foot massage ○ Torches

Week Four	<ul style="list-style-type: none"> ○ Water play ○ Blow whistles ○ Cheese shapes ○ Light projectors 	<ul style="list-style-type: none"> ○ Pop bubbles ○ Hand sounds ○ Crunchy food ○ Picture books 	<ul style="list-style-type: none"> ○ Shaving Foam ○ Bubble wrap pop ○ Drink a smoothie through a straw ○ Sensory bottles 	<ul style="list-style-type: none"> ○ Feet Trek ○ Rain sticks ○ Soft food ○ Coloured scarf 	<ul style="list-style-type: none"> ○ Sand play ○ Sound bottles ○ Jelly Play ○ Kaleidoscope
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<i>Tactile</i>	<i>Auditory</i>	<i>Olfactory</i>	<i>Visual</i>
<p><u>Sand play</u> Place some sand in a container (coloured sand if available). Allow the child to draw with their finger, use different containers to pour sand from one to the other, build sandcastles, bury objects or allow child to place their feet in the sand</p>	<p><u>Singing</u> Sing a selection of short songs, some soft and quiet, some loud, some that build or sing the pupils favourite songs</p>	<p><u>Scented Playdough</u> Purchase scented playdough or alternatively use normal playdough and add a few drops of essential oils, pupils could even create their own scented playdough through the scent of their choice</p>	<p><u>Torches</u> In a dark space, project light using torches. You can use a single torch and add more in, or use torches with different shapes at the end. You can use the torches to project shadow puppets using hands on the wall</p>

<p><u>Water play</u> Place some water in a container You may want to add some food colouring to colour the water, or some glitter. Allow to use different containers to pour water from one to the other, splash their hands in the water, float objects on the water or allow child to place their feet in the water</p>	<p><u>Hands sounds</u> Using hands and some everyday objects/objects in the classroom/outside and experiment on what sounds can be made- How loud can they go? How quiet can they go? How long can the sound be? Can they copy a short rhythm or beat?</p>	<p><u>Drink a smoothie through a straw</u> Create a thick smoothie or milkshake with fruits of preference, and drink through a straw</p>	<p><u>Kaleidoscope</u> Using purchased kaleidoscopes or creating your own using toilet rolls (lots of ideas for this are online), allow children to experiment with light and colour using the kaleidoscope</p>
<p><u>Play dough</u> Encourage pupils to squish, pull, roll, stretch, press, slap, and knead the playdough. Allow pupils to create shapes and mix colours, and see if they can</p>	<p><u>Echo me</u> Create sounds with your voice, short phrases or tongue twisters, and see if the pupil can echo it back to you. Allow pupils to create a sound and repeat it back to them.</p>	<p><u>Scented hand/foot massage</u> Using scented moisturiser or massage oils, add a small amount on the hand or foot and gently rub</p>	<p><u>Timers</u> Using sand timers, or liquid timers, allow pupils to experiment turning the timers over and watching the timer run through. Allow pupils to</p>
<p>copy your shapes too. Can they create a playdough person, animal, object of interest?</p>			<p>turn the timer before it has finished if they wish</p>
<p><u>Rice and Beans</u> In a container place rice, beans, dried pea, lentils, pasta shapes, etc. Allow pupils to feel with their hands and feet</p>	<p><u>Sound bottles</u> Pour different objects into an empty bottle (rice, beads, gravel, water, sand, pasta, etc). Allow pupils to experiment with sound by tipping or shaking and listening. Maybe the pupils can create their own sound bottle</p>	<p><u>Smell herbs</u> In small bowls, place either fresh or dried herbs. You may want to place a thin cloth over the top and secure with an elastic band to make the smell less overpowering. Allow pupils to experiment with the smells</p>	<p><u>Coloured scarf</u> Using coloured strips of material or chiffon, or coloured scarfs, allow pupils to look through them, throw them up in the air, or if it is a larger piece of material lay under it and float the material down onto them</p>

<p><u>Feet Trek</u> In several small containers (trays, small padding pools, tuff trays) place a variety of textures in each one (shaving foam, feathers, sand, water, rice, etc) and allow the pupil to walk through them</p>	<p><u>Bang drum/pans</u> Using either small drums, pans, or homemade drums (lots of ideas on the internet), allow the pupil to bang on the drum- How loud can they go? How quiet can they go? How long can the sound be? Can they copy a short rhythm or beat?</p>	<p><u>Crunchy food</u> In a few small bowls, or a divided plate, place a variety of crunchy foods. Try to range from slightly crunchy such as cornflakes, cucumbers, quavers crisp; to harder crunchy food such as carrots, pretzels and ice-pops</p>	<p><u>Sensory bottles</u> Pour different objects into an empty bottle (glitter, feathers, sticks, stones, rice, beads, gravel, water, sand, pasta, etc). Allow pupils to experiment with the bottles by tipping or shaking. Maybe the pupils can create their own sensory bottle</p>
<p><u>Vibrations on hands and legs</u> Using either specific vibrating massage aids or an electric toothbrush, and move it up and down the pupils' arms, hands, legs and if they accept feet. Some vibrating massage aids can also be used on the head (not all pupils will enjoy this)</p>	<p><u>Listen Bingo</u> Using a computer, iPad or CD play, play sound bites. These can be of animals, nature, vehicles, weather, or a mix. Using pre-made bingo cards, see if the pupils can identify the sound and fill their bingo card</p>	<p><u>Draw with scented pen</u> Using either scented pens or pencils, allow pupils to draw a picture of choice</p>	<p><u>Blow bubbles</u> With the adult blowing bubbles or using a bubble machine, allow pupils to watch and play with the bubbles, they may let them land on them or pop them. Try using different coloured lights/torches to shine on them as they fall</p>
<p><u>Finger Painting</u> Using non-toxic, no-stain paints, allow pupils to paint a picture of choice using fingers and hands or toes and feet- or all four!</p>	<p><u>Nature sounds</u> Either using a soundscape, YouTube nature video or going outside- listen to nature sounds. Experiment with different sounds from whale singing to monkey noises</p>	<p><u>Soft food</u> In a few small bowls, or a divided plate, place a variety of soft foods such as banana, yogurt, marshmallows, Weetabix etc</p>	<p><u>Glow sticks</u> Using glow sticks, glow bracelets or finger lights, allow pupils to experiment in the dark with different lights</p>

<p><u>Shaving foam</u> Squirt some shaving foam into a container. You may choose to add different colours or glitter. Allow pupils to experiment touching, wiping, and moulding the foam</p>	<p><u>Feet sounds</u> Using feet and some everyday objects/objects in the classroom/outside and experiment on what sounds can be made- How loud can they go? How quiet can they go? How long can the sound be? Can they copy a short rhythm or beat?</p>	<p><u>Jelly Play</u> In a container, use different flavoured jelly (and coloured), and allow pupils to feel with their hands, smell the jelly and even taste the jelly</p>	<p><u>Picture books</u> Allow pupils to look through several picture books (specifically those with no or few words- including comics). Try and have a variety, with some that have shiny pictures, simple pictures, busy pictures (such as where's Walley) and photos</p>
<p><u>Brushes on the body</u> Using make-up brushes, nail brushes, soft hairbrushes, etc – brush them up and down the arms and hands, legs, and feet and if they accept, face (careful of the eyes) and the scalp</p>	<p><u>Bubble wrap pop</u> Place a sheet of bubble wrap on the floor. Allow the pupil to either lay down and pop the bubble wrap, walk/run/stomp on the bubble wrap or roll over the bubble wrap</p>	<p><u>Smelly tissue</u> Place a small amount of essential oils on a tissue. Have a variety of scents and allow the pupil to experiment and smell them. Maybe the pupil can create their own with the scent of choice</p>	<p><u>Light projectors</u> Create a dark space and allow pupils to watch the lights from either a light projector (stars, aurora light, etc) or different projecting torches.</p>
<p><u>Pop bubbles</u> With the adult blowing bubbles or using a bubble machine, encourage the pupil to pop the bubbles as they float down. Some pupils may wish to blow bubbles for other pupils to pop</p>	<p><u>Rain sticks</u> Using either purchased or homemade (lots of ideas on the internet) rain sticks, allow the pupils to listen to the rain fall</p>	<p><u>Cheese shapes</u> Using small cookie cutters, cut shapes out of cheese slices. Allow pupils to try different shapes and eat if they wish</p>	

<p><u>Touch and feel books</u> Allow pupils to look through several touch and feel books (specifically those with no or few words). Try and have a variety, with some that have shiny, rough, fluffy, bumpy, etc textures</p>	<p><u>Blow a whistle</u> Using whistles, kazoos or party blowers, allow the pupil to experiment with the pitches and volume</p>	<p><u>Facemasks</u> Either using purchased scented facemasks or create your own using food (banana and oats, avocado and mint, etc) – place the facemask on either the face, hands, or feet</p>	
<p><u>Corn-starch and water</u> Using corn-starch and water mix in a container, allow pupil to experiment with the liquid and then slap/hit the mixture and feel its hardness</p>		<p><u>Ping-pong play</u> Using two ping-pongs and two straws, blow the balls across a surface or on top of water</p>	

