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|  | **Session 1:**  **10.15 – 10.30** | **Session 2:**  **11.30 – 12.30** | **Session 3:**  **1.30 – 2.30** |
| **Monday** | **Music with Vicky**  **Live on Teams** | **Let’s get Physical**  During this time each day, practice physical skills as appropriate for your child. This might be floor time, stretches, or active physical movement.  Your child may have a Physiotherapy plan. Please get in touch with us if you would like need a copy of this | **Sensory Mark Making**  Explore ways to make marks using your hands. Get messy!  *This week, you will need paints and tin foil. Explore making marks on the tin foil using the paints with your hands or a brush. If you don’t have access to paints you can use anything messy you have at home such as body wash, shaving foam, flour.* |
| **Tuesday** | **Pre-recorded video** | **Story time**  Explore reading and sharing books with your child. What are their favourites? Can they help to turn the pages?  *This week, you could join the Story Massage group on Facebook. They are doing a live Facebook story session at 2pm. Please get in touch if you would like support to access this.* |
| **Wednesday** | **Music with Vicky**  **Live on Teams** | **Body Awareness**  Practice your independence skills and keeping clean.  *This week, explore hand washing. You will need a bowl of warm water to explore. Try different scented soaps or body washes to wash your child’s hands. Dry their hands and use hand cream for a hand massage.* |
| **Thursday** | **Pre-recorded video** | **Technology**  If you have access to a tablet or iPad, explore ‘Cause and Effect’ apps. If you don’t have access to a tablet, explore electronic toys with your child, such as toys with buttons, musical toys or anything where your child can make something happen. |
| **Friday** | **Music with Vicky**  **Live on Teams** | **Calm and Relax**  Spend some quiet time with your child. Make the room dark and play some relaxing music. If you have any sensory lights then you can use these to make a nice quiet atmosphere.  Practice your child’s visual skills of looking, tracking and fixing their gaze on to a bright object. Encourage their communication – how do they show what they liked best, can they ask for more or let you know they have finished? |