










Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' <i>Exercise Ideas</i> ' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.



1pm - 1:30pm	Exercise Time		See ' <i>Exercise Ideas</i> ' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.

Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk (£12 PA for single user / £120 PA for 35 users)
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources / TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- dtk-kids.com
- bigactivities.com
- thelittleactivitychest.com
- Activity Village (£12 PA for single user)
- Early Years Experience
- ichild.co.uk
- education.scholastic.co.uk (register to access free resources)
- senicsoftware.com
- CanTeach
- icanteach.co.uk (provides links to other websites)
- show.me.uk
- Go Noodle
- Twinkl – currently free

Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags etc
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities- <https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube.
- Jack Hartmann Kids Music Channel on YouTube.
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play Dough

Sensory Regulating activities

- Jump on a trampoline
- Running and jumping games
- Play in sand pit and with wet sand
- Bounce on a space hopper
- Skipping
- Jumping onto a crash mat
- Bouncing on an exercise ball.
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs.

Sensory Organizing activities

- Crab walking
- Press ups
- Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.
- Wheel barrow walk
- Play catch with a heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Play Ground equipment
- Swimming

Sensory Calming Activities

- Provide small box/ tent with blankets or cushion for the child to squeeze into to calm and quiet.
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow /weighted blanket etc on lap
- Fidget toys, have a selection in a box /basket
- Chewy tubes, chewing gum, gummy bears,
- Blowing bubbles
- Swing in a hammock...rhythmic pattern to calm
- Roll on an exercise ball/peanut 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.