

Dear Parents and Carers,



Here are some sessions for you to try with your child at home.

The poem is the same as what we are doing in class over the next month and we will be looking for consistency of response to the sensory stimulus. You can adapt and change the story to suit, finding whatever works for you and what you have at home.

Repeat each phrase x3		
The night was dark	Large black sheet/black card/ turn the lights out	Lift slowly over heads (parachute style)
The wind blew	Fan	Turn fan on to level 1 then increase with each repetition.
The leaves crunched	Dry leaves	Take to individuals. Crunch slowly. Throw in air.
A new smell – a fire	Burnt wood scent (party popper or a match that has been blown out recently)	Present to individuals – not too close!
The fire crackled	Space sheet/tin foil+ cellophane in fire colours	Slowly crackle foil in centre of the group then take to individuals
The marshmallows toasted	Vanilla scent / bag of marsh- mallows	Present to individuals
The fireworks started	Coloured ribbons on sticks	Swirl and lift etc.
The crowd cheered	Everyone	All staff to cheer- cheer on Big Mac
	Silence	
The leaves crunched	Dry leaves	As before
The wind blew but it faded away	Large fan	Start at 3, reduce to off
The night was dark again	Black sheet/black card/turn the lights out	As before

Our massage story this term is related to the different festivities that some people celebrate during this time of year and the abundance of light. This can be done multiple times a week, looking for preferences for movements over time.

The link to the You Tube playlist is below.

<http://shorturl.at/JRYO2>

Find a comfortable position for your child and work generally on the back if possible. If not stomach or a preferred limb, unless specifically instructed otherwise.

Halloween– Make the shape of a pumpkin and then draw a face.

Bonfire Night/Diwali– Fireworks– Create firework patterns e.g. spatter out with finger tips/Catherine wheel spirals.

Fire– Make flickering flames, slide up from base to shoulders, always keeping contact with at least 1 finger.

Candlelight– Enclose 1 finger at a time and make a gentle twisting action towards finger tips. Repeat with other fingers.

Christmas– Make tree shape, can add baubles/tinsel with dots/lines.

Lights– Enjoy relaxing time. May wrap in a blanket, tap out the beat of the music,



Soundabout are running online music sessions which are fantastic. They have a mix of Facebook, Youtube and Zoom sessions that you can get involved with. Have a look at their website for more information on timings etc. <https://www.soundabout.org.uk/autumn-winter-schedule/>

This time of the year gives so many great sensory experiences for our children. If you go out for a walk, enjoy listening to the leaves crunching as you roll the chair over them, collect some, take them home, dry them out and explore again. If your child enjoys paint then you could add leaves in to paint and explore the prints they make.

If you need anything further for your child, please do get in touch via email.

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