

Barnaby Suggested Weekly Plan

Every Day- Physio plans/changes of positions, Daily songs e.g. Days of the Week/Weather from the Website/Youtube, Work towards individual targets

Monday-

Creative activity- Painting with hands/feet- experiment with different colours. Start with blues for stormy water

Tuesday-

Sensory Poem resources on distance learning page. Online video done to support this.

Sensory exploration of cooking ingredients- this can be what you are making for dinner/tea for your child/you/siblings. Smell, touch and where possible, taste.

Wednesday-

Work on suitable apps/switch work if you have a switch at home class do individual ICT work on Weds am.

Massage story- Massage songs provided via YouTube link for playlist plus instructions on what the massages are for each section. Instructions can be found on the distance learning page.

Thursday-

Repeat of sensory poem from Tuesday. Big focus on physical skills- gross and fine motor. You could make playdough and explore that, make cornflour gloop, encourage reaching for favoured toys, working through physio programmes

Friday-

Action songs available on the website/other favoured songs encourage any vocalisations/tapping.

Repeat of massage story from Wednesday