

**Communication:** Sensory stories with props are great for children who don't yet engage in a typical way with books. Try these examples:

[Click here](#) or [Click here](#)

Massage stories can be very relaxing and help children to engage in story time. They are also good if you have a child with additional sensory needs. You can make up your own or try this:

[Click here](#)

Have a go at practising some Makaton signs - a great one to start with is 'more'. A nice time to start this is during snack time

[Click here](#)

Mark making can be a great way to develop writing skills. Consider using 'messy play' to engage your child in making vertical, horizontal and circular lines, or just have fun exploring!

[Click here](#)

**Cognition:** water play can be really motivating - if you can play outside that is perfect - fill tubs, boxes, buckets and pour from different heights. If you have limited space or very excitable water babies, then why not add an extra bath time, put swimming costumes on and have some fun!

If you have a garden space, it is a great time of the year for playing with mud! Fill pots with compost and pour it out again, compare sizes and use different spoons and utensils for filling.

Shape sorters, inset puzzles and posting activities are great for working on early thinking skills. You could even build your own post box to post some letters!

Counting songs are a good way to familiarise children with number names - try 5 little monkeys or 5 little men in a flying saucer!

## #SENDathome

The activities featured here are intended for very young children, or for those who have additional needs.

**PSED:** Having more time at home, without the need for rushing to be ready for a certain time, lends itself to practising self-care skills. You could draw up a routine with pictures for things like brushing teeth, or washing your face.

If you have dolls, children often love brushing their hair, or their teeth, or giving them a wash. If you have a baby's bath you could give dolly a proper wash!

Use mirrors to look at yourselves and pull funny faces. Talk about happy and sad faces. Get dressed up in silly clothes and look again; put face paints on top if you have them! Getting dressed up can also be helpful for practising skills like pulling up trousers independently, or pulling a t-shirt over your head.

Involve your child in 'cooking' activities, let them help with preparing their meal, or give them real pans and utensils to pretend play.

**Physical Development:** Try to start the day with some physical activity. There are lots of options currently for online workouts - Jump Start Jonny is very popular:

[Click here](#)

Take opportunities to play outside where possible, if not have a disco where you listen to your favourite music and dance around the living room! Make musical instruments to shake or bang at the same time.

Make pasta jewellery to improve fine motor skills. You can even dye the pasta with food colouring to give choice. Rigatoni works well - the smaller the pasta, the more the challenge - Macaroni is tricky!

Use scissors to cut along lines or around shapes. If you have mini hole punches, these can be fun too.