

10US - Being Aware

Enabling your child to become aware of how they can interact with the environment around them

To continue with this terms theme 'Being Aware', I thought engaging with activities centred on '**Holidays**' would be fun! Hope that you enjoy exploring lots of different things associated with holidays over the next few weeks. Each week will have a focus on a different type of holiday or a different holiday destination, I have included some ideas, but you could add your own, perhaps change the destination to somewhere your child can relate to! Some activities will carry over the weeks (Sensory story, Tac Pac and story massage) and others will change with the theme of the week (art, sensory exploration). As well as these activities.

The holiday experiences include Camping, Florida (Disney) The Seaside, The Fair, City Breaks and The Caribbean. Please feel free to change some of the destinations to make it appropriate for your child, you may want to include what you know will motivate them, they may have a particular passion about somewhere! – I have included a range to give you some guidance and ideas. For instance I know Disney isn't for everyone and neither is camping! So please use whichever you think your child will engage in, it is more about creating experiences that will encourage your child to **explore**, be **curious**, **initiate**, **anticipate**, and show **persistence** and the **realisation** that they can interact with the environment around them.

Remember when you are doing art and craft activities, the end product is not important, it doesn't matter if what you make doesn't look like it should. What is important is what your child **does**, **learns** and **explores** during the process. Have fun, get messy and get creative!

Also, I appreciate that resources may be limited, and I don't know what each family has in their store cupboard, so please be creative, and feel free to use something else, I have just offered you a guide.

Would love to see some photos of you and the children enjoying some of the activities.

Touch and Communication (You can use the actions previously proved to you, Please refer to demonstration on Website, in **Home Learning, Subject, Sensory Learning (PMLD)**)

Play the songs in order. Use the resources from the table below in the way shown. You can develop 2 different things during these sessions.

1. Showing signs of **anticipation**: Pause during the songs, wait for a few seconds and then give them a prompt (tap on the body part you are going to touch **or** count 1,2,3 look for signs that your child knows that you are going to continue.
2. Asking for **more**: Pause during the songs and wait for your child to ask for more in their own way (vocalising, touching you, looking at or touching the more symbol)

Song	What you will need	What to do
Sunny Afternoon – The Kinks	Hand warmers/wheat bags/hot water bottle	Press the warmer up and down arms
Summer Holiday – Cliff Richard	Towel	Rub over body with towel
Surfin' USA – Beach Boys	Sit behind your child Water spray	Rock from side to side Spray the water to make a mist over you
Island in the Sun – Weezer	Sand (or similar consistency ie salt)	Pour/sprinkle sand over hands and feet
Summer Breeze – Isely Brothers	A fan (Could be made by folding paper if you don't have a fan)	Fan your child's face
Come fly with me – Frank Sinatra		Lay with your child, make eye contact, copy their movements and sounds, take turns making sounds with them

Movement to Music

As with **Touch and Communication**, play the songs in order. Do the actions below during each song. Adapt the actions to suit your child. Again you can develop different things in this session.

1. Asking for **more**: Pause the movements during the song, encourage your child to either show that they want you to continue (vocalising, using the more symbol, making eye contact)
2. Making **independent** movements: Stop supporting your child to make the movements. Encourage your child to make the movement themselves.
3. Showing signs of **anticipation**: During the song, stop the movements, wait for a few seconds and then give your child a prompt (tap on the body part you are going to touch **or** count 1,2,3, look for signs that your child knows that you are going to continue.

Song	What to do
Fly Away – Lenny Kravitz	Arms out to sides and rock like a plane
Wipe Out - The Surfaris	Knees bending up and down
Club Tropicana- Wham	Rolling from back to side to back on the floor
Livin' La Vida Loca – Ricky Martin	Supported sitting or lying on the floor and stamping feet on the floor
Holiday – Madonna	Put arms up in the air 1 at a time
Summer Time – Ella Fitzgerald	Lay with your child and relax together

Story Massage (Refer to Once Upon a Touch)

Under the Sea

Imagine a magical lagoon (The Circle)

Blue and sparkling in the sun (The Bounce)

Deep in this lagoon lived a little lost fish (The Calm)

Darting and diving around (The Wave)

One day while swimming through the seaweed (The Fan)

He spotted a jellyfish floating calmly in the water (The Calm)

As he watched the jellyfish rise and fall (The Fan and The Downwards Fan)

He realised that he could do the same (The Fan and The Downwards Fan)

As he breathed in he floated up like the jellyfish (The Fan)

As he breathed out he relaxed down like the jellyfish (The Downwards Fan)

(repeat several times)

What fun he thought! I've found a friend. (The Circle)

And together they relaxed in their magical lagoon. (The Calm)

Week	Sensory Exploration	Cookery	Music	Explore
1 –Camping	Sticks and twigs Leaves Grass Flowers	Smores (melt a marshmallow, use whatever heat source you have, ie fire pit, chiminea, disposable bbq) and squash between chocolate biscuits)	Sing and play along to campfire songs on youtube	Make a den or tent in the garden to play in. Have a campfire - or improvise as best you can!
2 – Florida (Disney)	Disney toys Airplane toys Suitcases Oranges Warm heat bags	Mickey cupcakes Add red buttercream icing and use Oreos to make Mickey ears	Sing and play along to Disney songs	Watch some Disney films Watch Disney parades on youtube
3 – The seaside	Sand Bucket and spade Towel Sunshine pictures Sun Glasses Beach balls Sun Cream	Ice creams – Make ice cream sundaes, add sprinkles and sauce (if you child is able to, taste the ice cream, or dab around mouth for an oral sensation)	Sing and play along to seaside songs	Make sand castles Paddle feet in water Make a puppet show with Punch and Judy

4 –The Fair	Candy floss, popcorn, popping candy Light up toys	Make hotdogs for your family (if your child is able to, taste the sauce and mustard)	Sing and play along to fairground music	Make fairground games like tin can ally and hoopla
5 – City Breaks (Paris, Barcelona and Milan)	Garlic Onions Spaghetti (wet and dry) Tomatoes Cheese Herbs Footballs	Make your favourite French, Spanish or Italian meal together	Listen to traditional flamenco music, stamp your feet along to the music	Get dressed up as footballers and have a game of football in the garden together
6 – The Caribbean	Sand Water Fans Feathers Tropical fruits Warm heat bags	Make fruit smoothies or Mocktails If your child is able to, taste the different fruits, or dab onto the lips to allow them to experience oral sensation	Listen to Caribbean music Make shakers (bottles and dried foods) and steel drums (pans and wooden spoons)	If the weather is nice, get the paddling pool or bowls of water out to paddle and splash Have a water fight Make sand castles

Art and Craft Activities

Week 1 Camping Natural Art pictures

Collect twigs, leaves and grass from your garden or a local park if you are able to go out. Explore them and then use them to make pictures. You could make a face, a tree, a campfire, a snail or a butterfly. Take a picture of your masterpieces!



Natural Painting

Use some of the natural things you have found to print and paint.



Worm Pictures

Cut different lengths of string or wet cooked spaghetti. Dip the string in paint, press them between 2 pieces of paper and see what patterns you can make.



Week 2 Disney

The Up House

Make an outline of a house. (Talk to them about what their own house looks like) Add lines going up from the roof, use finger paints to add finger print balloons.



Fairy Godmother's magic wand

Make a collage star, make it shiny with things like glitter, tinfoil and sequins. Add some ribbon or painted string, and a stick.



Disney hand and footprint characters

Use different coloured paints, paint your child (and the rest of the families) hands and feet and then turn them into Disney characters.



Week 3 The seaside

Under the sea scenes

Make an under the sea picture using collage materials. You could use string, ribbon or green paper for the seaweed, sand and stones for the sea floor and make painted fish to add in too.



Water bubble pictures

Add some paint or food colouring to a tray of water, add a little bit of washing up liquid. Use a straw to blow the water mixture to make lots of bubbles. Press a piece of paper onto the bubbles and then lift off to see the result.



Sand patterns

Put some sand in a tray. Support your child to explore the sand, moving it around with their hands or a brush or stick. When they have made some marks in the sand, add glue to a whole piece of paper. Press the paper on the sand and lift it off. You should be able to see the patterns you have made in the sand.

Week 4 The Fair

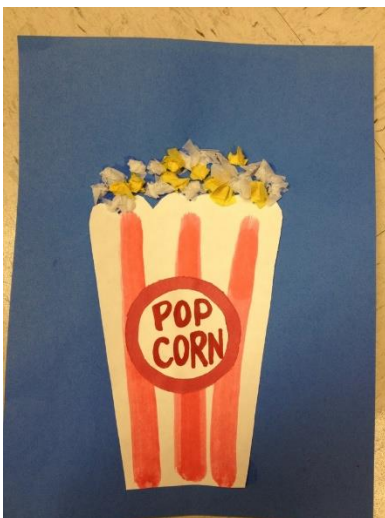
Shaving foam candy floss

Mix together shaving foam and PVA glue (Half and half) Add drops of paint or food colouring to shaving foam. Use a brush or stick to mix the colours in. Support your child to add the foam paint to a candyfloss shape. Leave it to dry overnight. (It should stay puffy for a few days)



Popcorn

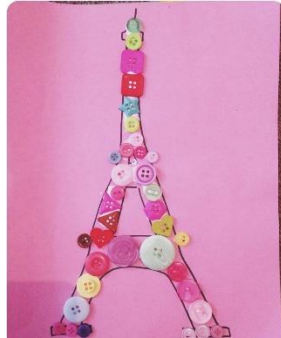
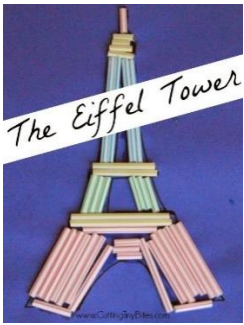
Support your child to make a picture of a popcorn box, you could use paint, coloured paper or felt tips. You can add popcorn to the top using anything you want. You could use cotton wool balls and paint them yellow and brown, actual popcorn, crumpled up paper painted yellow and brown.



Week 5 City Breaks

The Eiffel Tower

Use any craft materials you have around the house to make an Eiffel Tower. You could use buttons, string, straws, spaghetti or sticks.



Spanish Castanets

Decorate a paper plate (however you like) Fold the plate in half. On the insides glue some pennies (glue them opposite each other so that they touch when you close the plate). You can squeeze the plate to make the pennies hit and make a sound.



Paper plate pizzas

Use paint and paper to decorate some paper plates to look like pizza. Support your child to rip, press and scrunch up the paper to make the toppings. If you wanted to get really creative, you could try to recreate your pizza in real life!



Week 6 The Caribbean

Tropical fish collages

Use any collage materials you have in the house to make some lovely colourful tropical fish. Here are some ideas



Flags

Try and create some flags from the Caribbean. You could use paints, paper or fabric.

Caribbean Set

