Hello parents!

To help your child’s transition you can try the following sensory ideas at home during the summer holidays. This is to familiarize our pupils with the activities that we will do through the next academic year.

* *Touch and texture sensory ideas*

Get two bowls and a sponge to transfer the water from one bowl to the other. Squeeze the sponge to fill the second bowl.

Make play dough: in a bowl mix 8 tbsp plain flour, oil, 60 ml water and 2tbsp table salt (and food colour if you want). Encourage pupils to put the ingredients in the bowl and mix it. Your play dough is ready!

* *Body awareness activities*

Sensory Ball throw/roll: roll a ball to pupils and encourage them to catch it and throw/roll it back.

Head, shoulders, knees and toes: Listen to the song and copy the actions. Encourage pupils to copy.

* *Auditory sensory learning activities*

Listen and explore to different sounds:

Animals: <https://www.youtube.com/watch?v=5HgTgpqtwns>

Instruments: <https://www.youtube.com/watch?v=yh_gXf_VK9g>

Vehicles: <https://www.youtube.com/watch?v=tQ3eTieZi9o>

* *Art*

Cooking: Encourage pupils to help you with cooking at home such as mixing textures, putting the ingredients in a casserole when it’s safe etc.

Baking cookies: Encourage pupils to feel the textures and smell the smells of ingredients, use a spoon to mix it and cutter to shape it. You can use sprinkles to decorate your biscuits.

Painting: Encourage pupils to hand paint or use a brush to make marks on the paper. You can use glitters to decorate your painting.

I hope you are all staying safe and enjoy the summer holidays! I hope I will meet you all in person in September.

Kind Regards

Alexia Kyriakidou

Pink Class teacher