



Mayfield
School

Spring Sensory Pack for Home Learning



Introduction

This pack has a number of activities for your child to carry out when they are not at school. This pack can be used if the child is at home and if they are at any time in hospital (if they are well enough).

The pack provides you with activities for the spring topic that your child is or would be pursuing at school.

We have included:

- Sensory music activities
- Sensory art activities
- Sensory cooking activities
- Sensory story activities
- Sensory massage activities

All of the activities that we have provided are easy to do and do not require many resources.

To help your child understand what they will be doing we have provided pictures of their objects of reference that we use throughout the day. These are easy and cheap to purchase.

We have also provided some links to you tube so that you can help your child to take part in routines that they normally would do at school and so they have music cues for activities that they can take part in. Simply press on or type the link in your browser.

Your child has some targets that they are working on. These can be practised as part of these activities. If you need a copy of your child's targets please contact your child's teacher or keyworker.

We hope you enjoy taking part and exploring the activities with your child. Please do not feel pressured to carry out the activities and if you need support with any of the activities, please do feel free to contact your child's teacher or keyworker.

Many best wishes

PMLD Team

*This pack has been created for parents of children who attend Mayfield School (Birmingham). The authors of this pack do not claim to author the contents. Please do not copy and distribute.

10 Top Tips for Engaging your Child in Activities

- 1. Use cues** to help your child know that something is going to happen. We use sound, smell, body sign, taste cues and objects of reference at the beginning of each activity.
- 2. Give me an alert signal** when you start to work with me and a finished signal to let me know we have completed the activity
- 3. Repeat, Repeat, Repeat.** Use consistent and familiar activities that your child knows so that they can take part more and more
- 4. Burst - Pause.** Do a bit and then pause to see if your child responds. Can they show you they want more?
- 5. Mirror** what I do and my vocalisations. I like it when we can do something that I like together.
- 6. Communicate with me.** Talk with me using simple words so I know what is going on. Tell me what you are going to do and give me a time to show how I feel
- 7. Give your child time to explore the stimuli/interaction.** Don't rush. Let them be involved as they can with as much support as they need.
- 8. Give me opportunities to say 'yes' and 'no'** to what is going on and what is going to happen. Give me opportunities to show like, dislike, more, stop, no
- 9. Give me choices** by holding two objects within my eye line or notice preferences by giving me one stimuli at a time so you can see how I respond
- 10. Actively involve me by letting me do as much as I can.** This might be by letting me touch, look, listen help as much as I can when we are doing something together.

Have Fun Together!

Morning Routine

Good Morning (from Singing in the Rain)

Make sounds , shake hands , wave hello to the pupil. Interact and have a dance with them.

<https://www.youtube.com/watch?v=GB2yiloEtXw>

Good Morning

Give an alert cue and sing the good morning song to the pupil. Sing close to the pupil so they know you are saying hello to them. Use touch on their arms and hands by stroking them or moving them.

Good Morning Star shine

Using your hands or a piece of fabric place them at eye height in different positions i.e.: directly in front of them, left hand side, right hand side. If the pupil does not see pat their body on different sides

<https://www.youtube.com/watch?v=paMdd65jnHA>

Day of the Week (Happy days)

Pupils to smell and Touch cue for the day of the week.

Monday: Lavender (Purple smooth felt)

Tuesday: Lemon (Yellow brisk felt)

Wednesday: Cinnamon (Very small brown granules)

Thursday: Orange (Orange netting)

Friday: Mint (Green Brillo Pad)

<https://www.youtube.com/watch?v=slvGKU7HF6M>

Afternoon Routine

Good Afternoon (In the summertime- Kinks)

Greet your child by saying hello to them. Shake hands, fist pump, hug your child. If you have one, use a big mac to let them say hello to you. See if your child will respond to your interactions or interact with you.

https://www.youtube.com/watch?v=-TY1l6n_SRCI

Lets Go Fly a Kite (Mary Poppins)

Waft a piece of netting or fabric over and in front of your child. Try different paces. Make a big thing of going high with the fabric when you hear 'lets go fly a kite' and the word 'up'. Place a piece of fabric on your child's lap and see if your child makes movements with their arms or hands. Sing and enjoy the movements with your child.

<https://www.youtube.com/watch?v=-IXH9O94jak>

Shake your Sillies Out

Join in the actions and sing with this song. If they find it hard to do the actions do it with them by holding their hands, using your fingers on their arms. Here are some examples:

- Jump crazies out: use two fingers up and down
- Stretch: take their hands see if they can move their hands towards yours

https://www.youtube.com/watch?v=-NwT5oX_mqS0

Spring Sensory Art



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a paintbrush.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=odpFrgR5UwA>

Spring Sensory Art

Here are some ideas for Art for you to do at home with your child-related to Spring

Give your child opportunities to make choices within their activities e.g. choice of colour, items, brush or sponge. If possible and appropriate you can extend their learning by offering symbols with colours or match the same colour.



Cherry Blossom Art

Print the whole hand then use cotton buds and paint to make a cherry blossom tree.



Toilet Roll Flowers

Here are some ways you can use the toilet/kitchen roll to make spring flowers and plants. Using the toilet roll cut some shapes from the bottom end and then help your child to press in paint and then on paper



Spring Sensory Exploration

Provide your child children with various sensory items to feel and explore with their hands and feet.

Items can be placed on a table with cling film and then taped up or using a laminate bag iron three sides, place items within and then seal up. Alternatively if safe let your child freely explore the spring objects with support.

Spring Sensory Art



Silver foil painting

Using silver foil give your child the opportunity to freely use their hands, fingers or a paintbrush on silver foil. Try using different colours such as reds, greens, orange, yellow to represent spring.

Spring Handprint & Footprint Art

www.astepinthejourney.com

Why not try some of these spring themed hand and footprint art ideas? Remember to date it, so in time you can look back and see how their hands and feet have grown.

Some top tips:

1. Cover your table/craft space with newspaper
2. Let the kids wear dad's old shirts to protect their clothes
3. Use washable paints
4. Sponge brushes work best
5. Footprints are easier - particularly if your child struggles to open their hand fully or to keep it flat.
6. Keep wipes or a bowl of water handy to wash off their hands
7. Embrace the chaos!
8. Hand and footprint crafts make nice cards and gifts for loved ones.



Spring Sensory Music



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a maraca

This is the sound cue that we use to let the child know that they will be doing the activity

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

Sensory Music

Woodland musical sound story



Repeat each sound and actions lots of time. Does your child notice the sound? Do they notice when it starts and stops? Do they want more? What sounds do they seem to like and how do they show that?

- One day we went for a walk. (Bubble wrap crunching)
- It was a little windy. (Plastic bags rustling)
- It started to rain. (Rain maker, water, rain massage)
- We touched a big tall tree. It made a sound (wooden tube and beater, piece of bark)
- We heard a bird. It made a sound. (Bird whistles, bird massage: using hands make a pincer and pretend that you are nibbling on skin)
- We saw some butterflies. (Triangles sustaining sounds, butterfly massage: *Place your hands lightly on the outside of the student's shoulders. Move your hand slightly across the shoulders towards the neck and continue slightly up the neck to just under the ears and then back again to the shoulders repeat*)
- We saw a lake. We heard frogs. (Wood scraper sound, frog massage: *With one hand, clench and lightly grab arms of student; jumping from one area to another*)
- We saw a field. We heard lambs (bah sounds, lamb massage: *With both hands, lightly tap up the students arms and legs as if lambs are frolicking in the fields. Move in all different directions.*)
- In the field, there was also bunny rabbits. (Tutting with front teeth sound and rabbit massage with two fingers leaping).
- The children sat down and listened to the sounds (spring awakening and wafting fabric.)

Sensory Music

Wood Sounds

Explore wooden sounding instruments with your child to see if they listen and respond to wooden sounds.

- Does your child notice the sound starting and stopping?
- Does your child respond to different tempos?
- Do they respond to different pitch (high sound, low sound?) Do they respond to different volumes (loud, soft)?
- Does your child respond to different patterns of sound?

Let your child touch and feel the wooden objects.

Can your child reach, grasp manipulate wooden instruments?

If your child finds it difficult to touch or hold objects you can play the instrument and use it as a way of interacting with them

Using wooden spoons, students to play along with opening of the woodcutter story

Students to explore 2/4 pattern (1-2,1-2)

Explore patterns of 3 in music by playing wooden based instruments

Can you play - We will rock you (Boom-Boom-Cha)

Can you Waltz (123, 123)



Fairy Sounds

Explore mystical sounds that exist in the woods such as metal sounds, chimes, bells

- Does your child notice the sound starting and stopping?
- Does your child respond to different tempos?
- Do they respond to different pitch (high sound, low sound?) Do they respond to different volumes (loud, soft)?
- Does your child respond to different patterns of sound?

Let your child touch and feel the instruments. Can your child reach, grasp manipulate the instruments?

If your child finds it difficult to touch or hold objects you can play the instrument and use it as a way of interacting with them

Let the sound resonate – can they hear the sound when it strikes and fades away

Play the sounds quickly and slowly

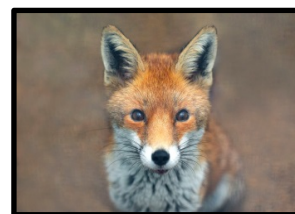


Sensory Music

Making the fire

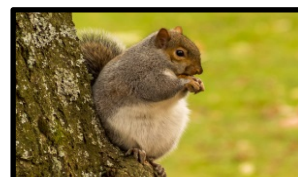
To the tune 'in the jungle'

In the darkness, the forest darkness
The fox said 'I'll try'
In the darkness, the forest darkness
The fox said 'I'll try'



Aaah ooh ooooh wayumamaway
Aaah ooh ooooh wayumamaway

Then the squirrel, the sneaky squirrel
Said 'I will find the fire'
Then the squirrel, the sneaky squirrel
Said 'I will find the fire'



Then the Rabbit said
'while your all in bed, I'll bring you back the fire'
Then the Rabbit said
'while your all in bed, I'll bring you back the fire'



Then the bird said, the colorful bird said:
Said 'I would like to try'
Because the fires hot, I'll make a small pot
And bring you home the fire



Make a fire out of driftwood and red, yellow, feathers

Around the Fire Scene

To the tune of 'Row, row, row your boat'

Warm, warm warm your hands
Round the lovely fire
Flickering, flickering, flickering, flickering
See the flames grow higher

Warm, warm, warm your hands
Round the lovely fire
If you want to keep cosy
Make sure the woods stacked high



Spring Sensory Cooking



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a wooden spoon.

This is the sound cue that we use to let the child know that they will be doing the activity

https://www.youtube.com/watch?v=fEb2aLa_gNA

Spring Sensory Cooking

Here are some cooking activities that you can do with your child.

For each activity you can give your child ingredients to explore on separate trays and then together in a mixing bowl.

Let your child smell, touch, taste (if appropriate) ingredients that are used. In your child's mixing bowl you can let them help pour, mix items together.

Let your child explore the food at different stages so that they can see/feel/smell the differences.

Easter egg rocky road

<https://www.bbcgoodfood.com/recipes/easter-egg-rocky-road>

Ingredients

- 225g [dark chocolate](#)
- 100g unsalted butter, cubed
- 2 tbsp cocoa powder
- 2 tbsp [golden syrup](#)
- 100g rich tea biscuits
- 50g mini marshmallows
- 50g dried cranberries
- 200g chocolate mini eggs



Method

1. Line a 20 x 30cm traybake tin with 2 sheets of cling film (in a criss-cross pattern). Put the chocolate and butter in a large bowl set over a saucepan of gently simmering water, and melt until smooth and glossy.
2. Remove from the heat and add the cocoa powder and golden syrup. Mix together until fully combined and leave to cool at room temperature for about 15 mins.
3. Put the biscuits in a freezer bag and use a rolling pin to bash them, leaving some pieces chunkier than others. Stir into the cooled chocolate with the marshmallows, cranberries and 150g of the mini eggs.
4. Pour the mix into the tin and press down with the back of a spoon until even. Scatter over the remaining mini eggs, pressing them in a little, and leave to set in the fridge for 1 hr.
5. Remove from the tin and cut into bars to serve. Will keep for up to 1 week in an airtight container.

Spring Sensory Cooking

No Bake Cookies – Gruffalo Paws

<https://daniel4smom.com/2017/02/no-bake-cookies-gruffalo-paws.html>

Why not share the book of The Gruffalo together? If you don't have the book at home, you can easily find it by searching on YouTube or clicking on this link:

<https://www.youtube.com/watch?v=s8sUPpPc8Ws>

You can also find The Gruffalo song with Makaton sign language here:

<https://www.youtube.com/watch?v=gCdVP9Qa6HM>



Ingredients:

- 2 cups sugar
- 1 cup of butter
- 1/2 cup milk
- 4 tablespoons of cocoa
- 1 teaspoon of vanilla extract
- 3 cups of quick oats
- 3/4 cups of chocolate chips
- Peanuts

Claw Alternatives: cashews, white jelly beans, white raisins or dried pineapple pieces

Directions:

1. Place the sugar, butter, milk, and cocoa in a pan.
2. Bring the mixture to a boil.
3. Cook for 1 extra minute.
4. Add the vanilla, oats and chocolate chips to the mixture.
5. Mix thoroughly.
6. Scoop up spoonful's and drop it onto baking paper.
7. Add claw to the top of the cookies before they cool.

Spring Sensory Cooking

Easy Easter nests

<https://www.bbcgoodfood.com/recipes/shredded-wheat-nests>

PREP: 25 MINS COOK: 8 MINS PLUS CHILLING

These easy chocolate nests are the perfect Easter treat.

You'll also need

200g [milk chocolate](#)

85g shredded wheat, crushed

- 2 x 100g bags mini [chocolate](#)
- cupcake cases



Method

- Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.
- Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.

Spring Sensory Cooking

Hot cross scones

<https://www.bbcgoodfood.com/recipes/hot-cross-scones>

PREP: 20 MINS COOK: 10 MINS - 12 MINS

- 225g self-raising flour, plus extra for dusting
- ¼ tsp salt
- 50g [butter](#)
- 1 small dessert apple, peeled and cored
- 3 tbsp currants or other dried fruit (chopped if large)
- 50-75 ml [milk](#)
- 4 tbsp natural yogurt
- 1 [egg](#)
- Pack of strawberry laces or a roll of fruit leather, cut into strips the same diameter as the scone



Method

- Heat oven to 200C/180C fan/gas 6. Tip the flour and salt into a large bowl. Grate the butter into the bowl, toss the mixture together, then rub the bits of butter into the flour until there are no big lumps left.
- Grate the apple into the bowl, then add the dried fruit, 50ml milk and the yogurt, and combine to make a soft dough. If the dough looks dry, add a little more milk. Don't squeeze it too much and don't worry if it looks a little lumpy. Roll out the dough on a floured surface and cut out scones using a 4cm round cutter. Combine any off-cuts and cut out more scones until you have used up all the mixture.
- Put the scones on a baking tray and cut a cross across the top of each (adults may have to help children here). Brush some egg over the top, if using. Bake for 10-12 mins or until the scones are risen and golden brown. While they are still warm, lay strawberry laces into the crosses you have cut in the tops of the scones.

Spring Sensory Cooking

COOKERY MASSAGE (by Andrea Muir)

Creams: Use a fruity or vanilla scent

Music: Food Glorious Food

Additional resources: Playdough/Sieves/Foods to taste

- Bread making - gently kneed the back and shoulders as if working dough
Sieving flour - grip your hands lightly on the students shoulders and shake them
- Cracking eggs - pat-pat your hand together with the students to make the sound of the egg hitting the side of the bowl
- Grating - Lightly scratch through the students clothes, up and down their arms
- Stirring mixture - make large circles on the students back.
Alternatively on the students wrist or support them to make large circle movements with wrist
- Rolling pastry - rub up and down the students arm with a flat and open palm, as if pushing a rolling pin over pastry
- Pastry cutting - gently squeeze the hands as if pressing down on pastry cutlers
- Cooking - rub all over the students hands and feet, creating light friction and making them warmer
- Decorating - with index finger, swirl over hands and arms in patterns

Spring Sensory Story



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of hand bell.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=IHytjEi7B9g>

Spring Sensory Story

SCENE 1: SPRING AWAKENING

https://www.youtube.com/results?search_query=Spring+relaxing+music

Things you will need:

- Net fabric (different colours if possible)
- Different size and texture balls wrapped in fabric



During the song:

- Waft net (Does your child respond to the net being wafted, do they notice when it has started or stopped, Can they show you that they want more?)
- Peek-a-boo (Does your child notice that you are behind the fabric? Can you share the fabric together? Does the child notice when you appear? Does your child respond to this by making a sound or looking at you? Do they)
- Hide and seek different objects behind the netting? (Does your child reach, hold, manipulate them?. Do they look at them, track where the object is i.e. left side, directly in front, right side)

https://www.youtube.com/results?search_query=Vivaldi+spring

SCENE 2: MUSIC - VIVALDI SPRING

Things you will need:

- Flowers with different smells on (or real)
- Pot pourri flowers



During the song:

- Look at flowers (Does your child notice the flowers, can they look at them? Do they track them left to right, near or further away?)
- Smell Flowers (Does your child notice the smell? Do they move their head closer to the flowers or respond in any other way?)
- Touch/ Feel flowers – press them on to the skin of their arms, hands or if safe their cheek. (Does your child touch the flower, how do they respond when it is placed on their skin?, do they reach grasp or manipulate the flower?)
- Massage - Using your fingers, individually massage up each finger from base to tip. Give the little finger tip a little 'wobble' to represent the flower at the end of the long stem. (Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?)

Spring Sensory Story

SCENE 3: MUSIC - LOVE IS LIKE A BUTTERFLY

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

Things you will need:

- Paper butterflies, butterfly lights if possible



During the song:

- Look at the butterflies (Does your child notice the flowers, Can they look at them? Do they track them left to right, near or further away?)
- Massage- *Place your hands lightly on the outside of the student's shoulders. Move your hand slightly across the shoulders towards the neck and continue slightly up the neck to just under the ears and then back again to the shoulders repeat* (Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?)

SCENE 4: MUSIC – RAIN DROPS KEEP FALLING ON MY HEAD

<https://www.youtube.com/watch?v=sySly1XKlhM>

Things that you need:

- Rain maker
- Water spray
- Blue tissue paper shredded



When the music plays:

- Rain maker (Does your child respond to the sound of the rain?, do they turn to the sound or seem to track the sound along the tube? Do they notice when it starts and stops? Do they show they want more? Do they anticipate the sound? Do they help turn the rain maker?)
- Water spray – spray on hands first then with a 1-2-3 spray from above. (Does your child respond to the feel of the rain?, Do they notice when it starts and stops? Do they show they want more? Do they anticipate the spray?)
- Massage: April Showers (*Gently patter your fingertips down from the top of the student's head all the way down to their feet*)

Spring Sensory Story (continued)

SCENE 5: BRIGHT EYES

https://www.youtube.com/results?search_query=Bright+eyes



Things that you need:

- Scraps of Fur/ leather or other materials to feel to represent furry animals
- Pictures of rabbits/ lambs / baby chicken / frogs

When the music plays:

- Touch/ Feel fur – press them on to the skin of their arms, hands or if safe their cheek. (Does your child touch the fur, how do they respond when it is placed on their skin?, do they reach grasp or manipulate the fur?)
- Animal sounds – make sounds for the frog (rft), rabbits (t sound behind your teeth), lamb (mare)
- Massage: Rabbits -with a lightly clenched hand, gently tap one area such as the forearm several times as if the rabbit were tapping its hind leg. Move to other areas such as the legs
- Massage: Lambs - With both hands, lightly tap up the students arms and legs as if lambs are frolicking in the fields. Move in all different directions.
- Massage: Frog - With one hand, clench and lightly grab arms of student; jumping from one area to another
(Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?)

Spring Relaxation

https://www.youtube.com/results?search_query=Spring+relaxing+music



Things that you need:

- Massage oil

When the music plays:

Massage your child's hands or feet with an oil or cream if possible. Use a smell that represents spring. (Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?)

Spring Sensory Exploration



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is called a space blanket.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=la0-5QFLr14>

Spring Sensory Cooking



2 ingredient cloud dough

<https://masandpas.com/cloud-dough/>

For this activity, you will need:

- Cornflour
- Hair conditioner
- Food colouring (optional)



In a mixing bowl you need to put 2 parts cornflour and 1 part conditioner.

Using a cup, measure out 2 cups of cornflour and then add 1 cup of conditioner.



Mix the cornflour and conditioner together. You can use a spoon at first. As you get near the end use your hands to knead the cloud dough into a ball.

If the mixture is too sticky add a little more cornflour.



If you want to colour it pop a few drops of your chosen food colouring into your mixture and knead it together.



Have fun squishing and squeezing this cloud dough.

Spring Sensory Cooking

Edible Sensory Play Activities

<http://www.earlyyearsresources.co.uk/blog/2018/09/edible-sensory-play-activities/>

Before you get started – make sure that you have decided where your children are going to be playing - put down a [splash mat](#), old shower curtain or blanket. Make sure that you keep wipes and towels close by for a quick clean-up.

Coloured Spaghetti

Start by cooking your spaghetti as normal.

Drain it, blitz it with cold water, add 1tbsp of vegetable oil and mix that in. This helps the spaghetti stay non-sticky and allows the food colouring to stick to it better.



When it's cool, add your choice of [food colouring](#) and mix in well until all of the spaghetti is covered.

The spaghetti can be played with straight away or you can cover it with cling film and keep in the fridge until you would like your children to play with it. Depending on what has been added to the spaghetti, you could cover it up and use it again within a couple of days for more fun!



Moon sand

Mix 8 cups of flour to 1 cup of oil. If you would like to make your moon sand edible, use vegetable oil. You can also add food colouring to brighten it up (food colouring gels work well with this).

When the moon sand is at the right consistency it will be similar to [breadcrumbs](#) and you can shape it. Add in [sand toys](#) and moulds to enhance their creative play. If it is sealed in an airtight container, the moon sand will last up to 1 week.

Spring Sensory Cooking

Jelly

Use 2 packets of jelly cubes. Make up 2 different flavours so that they are experiencing different smells and flavours.

You can set the jelly with small toys inside for your children to get out or dip their toes in! Once played with, the leftover jelly will need to be thrown away.



Aromatherapy Dough

You will need:

2 cups plain flour

½ cup salt

2 tbsp any oil

2 tbsp cream of tartar

1 cup boiling water

Food colouring (mixed into the water)

3-4 drops essential oil (mixed into the oil)



How to make it:

Mix the dry ingredients together. Add your chosen essential oil to the oil (try lemon, orange, lavender or chamomile). Add the colouring to the boiling water and then mix into the dry ingredients. Knead until the dough is soft and smooth. Wait for it to cool down slightly before allowing your child to play with it.

Ideas:

- If you don't have essential oils, try adding herbs and spices from the kitchen cupboard.

Playing with your child:

Encourage your child to explore the dough. It is particularly nice to explore when it is still warm.

Spring Sensory Cooking

Scent Jars

You will need:

Small containers with a lid.
A selection of scented items e.g.
fresh herbs and flowers, fruit peel,
spices, essential oils.

How to make it:

Place the item in the container. If
using essential oils place a few
drops onto a cotton wool ball or
pad and place this in the container.



Ideas:

- Explore different scents at different times of the day. Fresh zingy scents for the morning, food related scents at lunchtime and calming, relaxing scents before bed.

Exploring together:

Open the jar and waft under your child's nose. How do they respond? Are the scents that they show particular preferences for?

Spring Sensory Cooking



CORN FLOUR GLOOP

<https://www.learning4kids.net/2012/05/24/playing-with-gloop/>

- 2 Cups of Cornflour to 1 Cup Water
- Food Colouring
- Tray, Bowl, and Spoon
- Measuring Cups

Gloop is a combination of cornflour and water. You will want to keep additional cornflour on hand if you need to thicken the mixture. so one cup of water and two cups of cornflower.

STEP 1: In your bowl, add the cornflour. ..

STEP 2: If you want to give your Gloop a colour such as green, add food colouring to your water first.

Encourage your child to mix and play with the gloop before it is completely mixed together, the fun and learning starts here. Explore the texture and talk about what it feels like, sticky, slimy, cold and powdery. Make a ball of gloop by applying pressure but as soon as the pressure is stopped the gloop will become runny.

Sensory Dough <https://theimaginationtree.com/10-natural-play-dough-recipes/>

1 cup salt

- 2 cups flour
- 1.5 cups boiling water
- 2 tbsp oil
- a few drops of fresh lemon juice (this works in the same way as cream of tartar!)
- fresh herbs eg rosemary, thyme, sage, oregano, mint (anything that smells nice and is not irritant!)
- Porridge oat, uncooked rice lentils anything to add texture.

Start off any activity by washing hands. Add bubbles to add to the fun. Playing in water helps strengthen fingers.

Give your child a small amount of each ingredient 1 at a time. Give them plenty of time to explore. Then start mixing them up giving different textures, smells. Look out for favourite scents or textures.

Spring Sensory Massage



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<https://www.youtube.com/watch?v=la0-5QFLr14>

Story Massage

'The Story Massage Programme combines the benefits of positive touch with the fun and creativity of words – whether as story, rhyme or song. Ten simple massage strokes form the basis of the programme. These strokes have a name, such as *The Circle* or *The Sprinkle*, and an easy to recognise symbol making it fully accessible for all ages and abilities'.

'We all love stories. When combined with the benefits of simple massage strokes, stories present wonderful opportunities for creative fun and interaction. Sharing positive touch offers great scope for imaginative activity and learning for children of all ages and abilities'

Story Massage can bring:

- Improved calmness and concentration
- Increased self-confidence, self-awareness and self-esteem
 - Improved social skills
 - Increased engagement in activities
 - Better communication
- Building respect and positive relationships

(taken from <https://www.storymassage.co.uk/the-story-massage-programme/>)

To find out more about the approach please see:

www.storymassage.co.uk













You can find some examples of story massage on you tube by searching 'story massage'

or by following this link:

<https://www.youtube.com/channel/UCf--6HoMSnQNP-IdaN56CnQ>









Story Massage

The Weather Massage www.storymassage.co.uk

	The warm sun rises in the sky
	And the sun rays reach out to touch all parts of the world.
	But look, clouds appear and cover the sun.
	Then comes the wind and it blows harder and harder.
	Then comes the rain and it rains harder and harder.
	And everyone jumps in the puddles. <u>Spish</u> , <u>splash</u> , <u>splosh</u> .
	A rainbow appears in the sky.
	It feels cold and everyone shivers.
	The snow comes and everything is white and beautiful.
	Everything is still and quiet.
	Then the sun shines and melts the snow.
	Everyone feels warm and happy.








Story Massage

Old McDonald Had a Farm Adapted for the Story
Massage Programme www.storymassage.co.uk

	Old McDonald Had a Farm E-I-E-I-O
	And on that farm he had a ...
	Lamb E-I-E-I-O With a baa <u>baa</u> here And a baa <u>baa</u> there Here a baa, there a baa Everywhere a baa <u>baa</u>
	Old McDonald Had a Farm E-I-E-I-O
	Old McDonald Had a Farm E-I-E-I-O
	And on that farm he had a ...
	Cow E-I-E-I-O With a moo <u>moo</u> here And a moo <u>moo</u> there Here a moo, there a moo Everywhere a moo <u>moo</u>
	Old McDonald Had a Farm E-I-E-I-O

Story Massage

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	IDEAS FOR OTHER ANIMALS
	Pig – Oink, Oink
	Chicken – Cluck, Cluck
	Cat – Meow, Meow
	Dog – Woof, Woof
	Horse – Neigh, Neigh
	Duck – Quack, Quack
	Mouse – Squeak, Squeak