








Therapy Newsletter Week 2.




27th April 2020

Hello



Every week we are going to send you some things to do at home. You can choose the activities you think you will enjoy. You don't have to do all of them. When you have finished you can show your family, tell us about it during Zoom therapy sessions, ask a family member to post a photo or comment on Twitter or send a photo to the school admin.

 <p>Move</p>	Create your own sensory diet or put on your favourite music and see if you can dance for the whole song. You could even make a up a routine and share it with the family.
 <p>Build</p>	You've been hired by Chessington World of Adventures to build a new roller coaster. Will you make one scarier than the Vampire Ride?
 <p>Help</p>	Offer to make someone a cup of tea or pour them a juice.
 <p>Walk</p>	Go into your garden or go for a walk and name 3 different things you can hear.
 <p>Write</p>	Write a review for a favourite film or show. If writing's tricky you can type it, get someone to write it for you or draw a picture.

 <p>Zones</p>	<p>See if you can guess what other people in your family may be feeling. You can do it through the day or play emotions charades.</p>
 <p>Relax</p>	<p>Sit and relax in your favourite place and use your sensory tool box, or do some colouring.</p>
 <p>Play</p>	<p>Throw the dice and find the item. See the attached sheets.</p>

We love to hear and see what you have been up to. So, every week we are going to put photos and comments about the activities you did the week before at the bottom of our newsletter.

So, don't forget to send them to twitter @linksec or email them to admin@linksec.org.uk

Your news:



Well done Ryan for building such an amazing rocket!



Can you find...? Dice game

Game 1

1. Throw the dice
2. Find the item in your house.

Game 2

1. Throw the dice
2. Race against each other – who can find the item first? If you don't want to race, time each other to see who was fastest.

Game 3

1. Throw the dice
2. Name the item and an item which is linked to it e.g. toothbrush and toothpaste, socks and feet.