



Therapy Newsletter Week 4.

11th May 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.

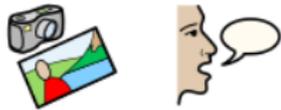
 <p>Move</p>	Create your own sensory diet or see how many different ways you can move from one room to another. You could jump, animal walk or make an obstacle course.
 <p>Build</p>	Captain Hook needs to escape from Peter Pan, the lost boys and the ticking crocodile but his ship is not fast enough! Can you build a new pirate ship for him?
 <p>Help</p>	Can you help find things in the kitchen? You could look for the ingredients for dinner or for baking a cake? It could be a game. Ask someone to make you a list and see how quickly you can find everything!
 <p>Walk</p>	Watch in your garden or in the park to see if you can see 3 different types of birds. Can you name any of them? Can you hear them? Do they all sound the same, or are they different?
 <p>Write</p>	Write a shopping list. This could be real or you could imagine all the things you would like to buy if you had lots of money! What did you buy? What did you want to buy?

 <p>Zones</p>	<p>See how many new emotion words you can think of? Can you come up with more than 5? Maybe your family could help? If you can't think of any, make one up! Roald Dahl made up words in his books. For example, Horrignust is a mixture of horrible and disgusting.</p>
 <p>Relax</p>	<p>Remember to use your sensory tool box. Also, you could try painting, colouring or drawing to your favourite music. This can be very relaxing.</p>
 <p>Play</p>	<p>Play a board or card game with a member of your family. What did you choose? If you don't have a board game, share an online game. Can you tell a parent at least two of the rules?</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:



Emily in Wood class painted a lovely rainbow to say thank you to everyone that works for the NHS. What lovely colouring Emily!

Tomas in Tomlin class has been learning to touch type. This is such a good skill to have, so well done for all your hard work.





Mehreen has found that her giant panda helps her to concentrate, so that she can work at home. Well done for finding some new strategies Mehreen and what a great panda.



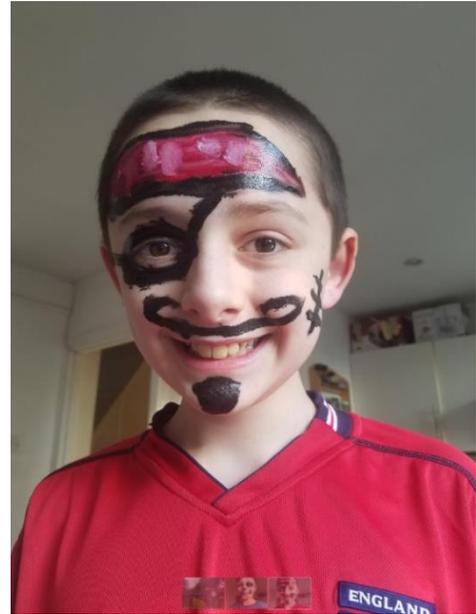
Ryan completed the therapy Lego challenge and built an amazing time machine. He's also been busy with movement breaks and balancing on one leg. Very impressive Ryan!



Sheralee has been very creative at home with her drawing of a cat and this 3D model of a Tsunami. It's fantastic work Sheralee and I'm sure your teachers will also be very impressed.



Ravi has been using his skills in the kitchen. The food looks delicious and I'm sure Ravi's family enjoyed eating it. I think Karen will be very impressed.



Sean has been active outside, practising hitting a target. What a steady arm!

He's also been creative with face paints. We love the moustache!

Well done to all those that have completed activities from the therapy newsletter and all those that have made up their own activities. We are so impressed with all the talent and you should be very proud of yourselves.

