








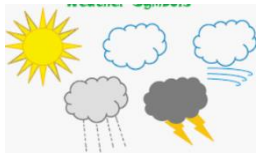



# Therapy Newsletter Week 5.





## 18th 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> 	<p>Complete your own sensory diet or use the bean movement dice which we have attached below. Each bean has its own movement. Can you work it out? Try and get your whole family to join in!</p>
<p>Build</p> 	<p>Help!! Aliens are invading! The army needs your help to defeat them.....Can you build a robot to beat the aliens?</p> 
<p>Help</p> 	<p>Can you make your bed or help change the sheets? You could put the pillow in the pillow case or do up the buttons or poppers at the bottom of the duvet cover.</p>
<p>Walk</p> 	<p>Can you go outside each day and check the weather? How does it feel and what does it look like? How many different words can you use to describe the weather?</p> 
<p>Write</p> 	<p>Can you make a weather chart and write in the weather? We would love to see what you have done.</p>  

<p>Zones</p> 	<p>Have a look at the pictures attached below. Can you answer the questions? Get your family to join in too. Can you match each emotion to a colour zone? What's another word for afraid?</p>
<p>Relax</p> 	<p>What's your favourite way to move? Is it walking, cycling, dancing or going on the swing or trampoline? Do you have a therapy ball or rocking chair? How does moving make you feel?</p>
<p>Play</p> 	<p>Try balloon tennis. If you don't have a racket you can make one with a stick and a paper plate, cardboard pizza base, a fly swot, large spatula or cardboard.</p> 

Don't forget to send any photo's or comments to twitter @linksec or email them to [admin@linksec.org.uk](mailto:admin@linksec.org.uk)

Your news:



Thomas, in Johnson class, made bunting for the VE day celebrations. You have coloured the flags so carefully Thomas. We hope you enjoyed the day!

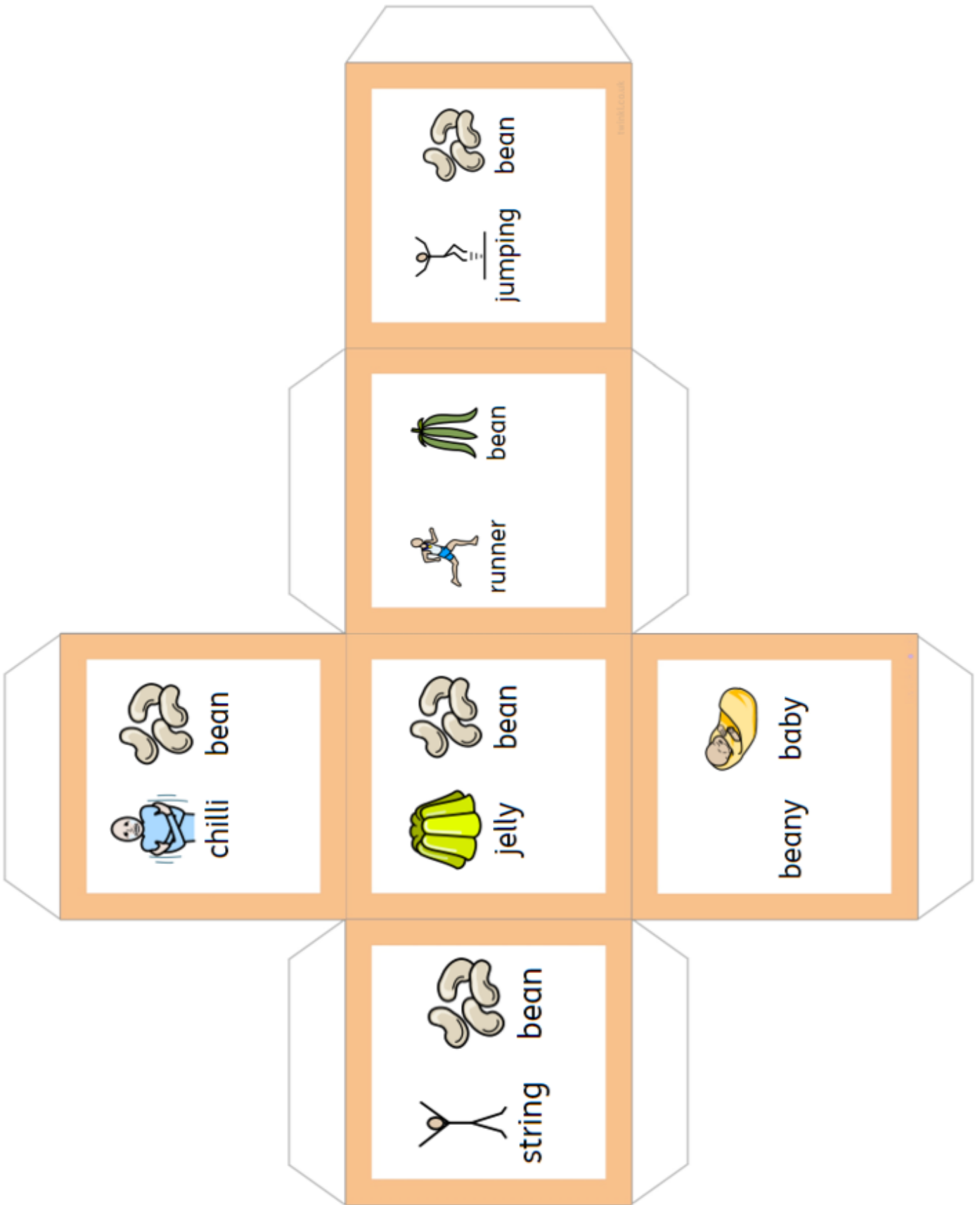
Malachy has been busy with his brother and sister building with Lego, making cakes and playing the dice game. It looks like you found everything on the dice Malachy and I'm sure everyone enjoyed the cakes!





Mehreen has been helping at home. In this photo she is helping to prepare food for Iftar, during the last few days of Ramadan. Well done Mehreen for working so hard. I'm sure your family were very grateful.

Thank you for sending in your photo's. It's a lovely way to stay in touch, so keep them coming in.



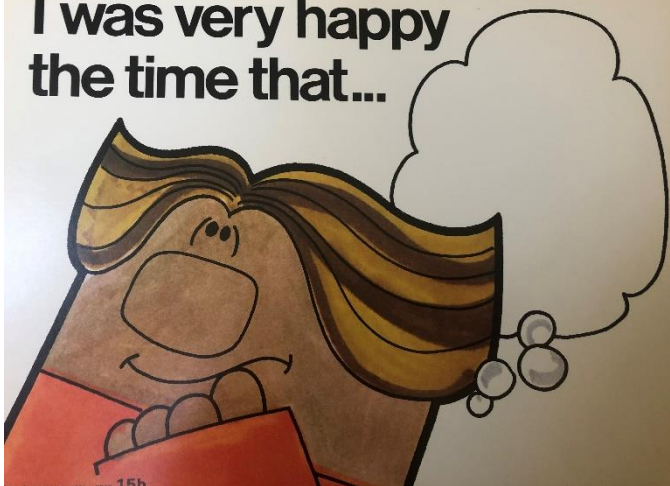
Sometimes I'm afraid of...



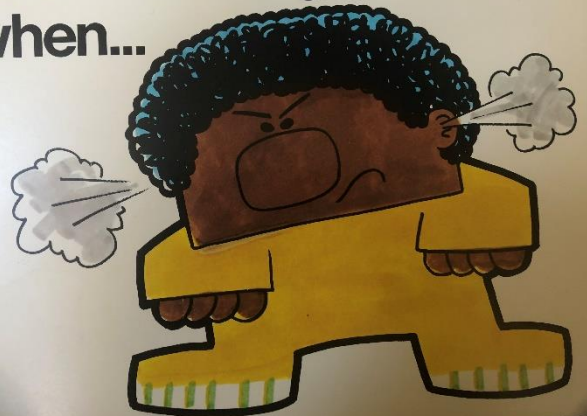
I feel sad when...



I was very happy the time that...



I sometimes get mad when...



I feel silly when...



My face has a big smile when...



