



# Therapy Newsletter Week 6.




## 18th May 2020

Hello



Welcome to the next edition of the therapy newsletter.

 Move	Complete your own sensory diet or go to the park and run, ride your bike or scooter, play bat and ball, football or frisbee. Let us know what you did!
 Build	The roof has blown off daisy, our therapy dogs kennel! Can you build a new home for daisy so she will be safe and warm? If you don't have Lego you could use clean recycling tubs and boxes. 
 Help	Can you make yourself a sandwich for lunch? Think about what you will need before you start. Try and cut it in half? You might need to ask for a bit of help.
 Walk	Go for a walk around your area and have a look at the colour of people's front doors. Make a tally chart before you go. What is the most popular door colour in your area?
 Write	This week the writing task is to draw and label THE WORLDS WORST SANDWICH! What would be the worst filling for your sandwich? 
 Zones	Watch a film with another person in your family. You could ask them what they would like to watch? How did the film make you feel? How did it make the other person feel?  <p style="text-align: center;"> <span style="color: green;">Happy</span> <span style="color: blue;">Sad</span> <span style="color: orange;">Excited</span> <span style="color: yellow;">Scared</span> <span style="color: green;">Calm</span> <span style="color: blue;">Bored</span> </p>

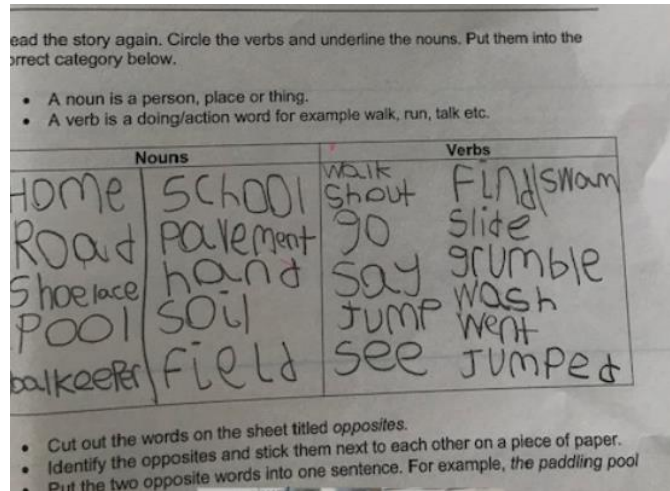
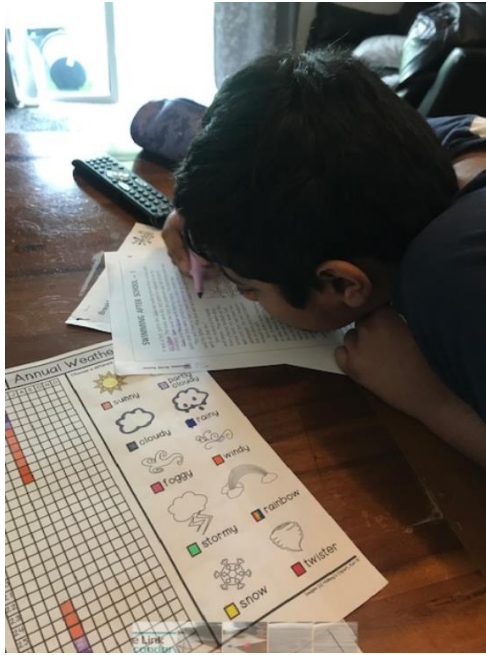
 <p>Relax</p>	<p>Smells can help us to relax. What's your favourite cooking smell? Cake, pizza, curry?</p> <p>Try a relaxing bath with your favourite bubble bath or a shower with your favourite shower gel. Relaxing smells can also help us sleep.</p>  <p>Do you have lavender in your garden? Lavender has a really relaxing smell.</p>
 <p>Play</p>	<p>Play the dice game with your family. We have attached a new dice game below. How about making your own?</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)

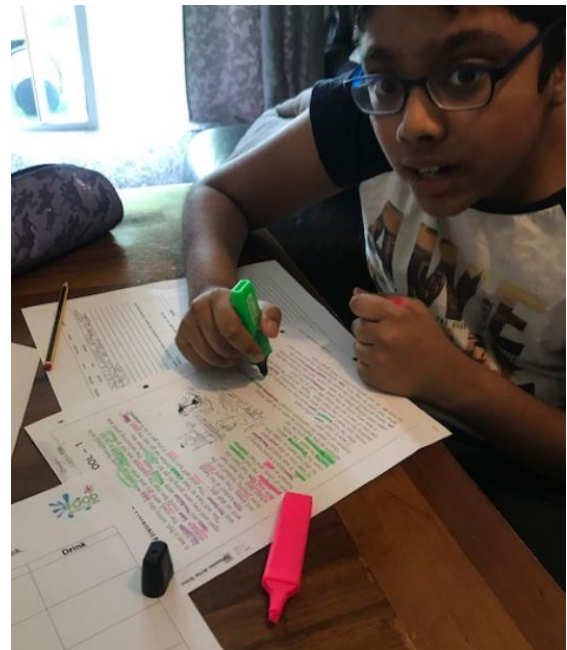
### Your News:



Ryan has completed all his maths and his daily art challenge. He has also been really helpful around the house washing up, helping strip the bed and making tea and coffee for mum and dad. What hard work Ryan. You are definitely going to need a rest during half term. Ryan also completed the Lego challenge and brought his alien destroying robot to the Zoom session. It was truly amazing!



Shaylin has been working hard on his nouns and verbs. He has also completed the weather therapy challenge. Well done Shaylin and your handwriting is fantastic.



We would like to say a special well done to Emily who posted a video on the school Twitter account for 'Thank A Teacher Day.' All the staff at school were very touched by your kind words. Thank you to Dominic and Ryan who also posted on Twitter!

Well done to all the pupils who have worked so hard. We would like to wish you a lovely half term. Let's hope the sun keeps shining!

## **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 a word which is linked to it e.g. hairbrush and comb, book and story.

