








Therapy Newsletter Week 3.





4th 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>Create your own sensory diet and try and do it every day. Or set an alarm for every hour and see if you can take 50 steps before sitting down again. You can run around the garden, walk around your flat or house or go up and down the stairs. See if the whole family will join in.</p>
<p>Build</p> 	<p>The BBC need your help....Dr Who needs a new machine to travel through time!!! Now the Dr travels in a blue telephone box, what will your new machine look like? If you don't have Lego, see what else you could use, cereal boxes are great!</p>
<p>Help</p> 	<p>Help wash the car, wash up after dinner or learn to put your plate in the dishwasher and turn it on.</p>
<p>Walk</p> 	<p>Go outside and play a game with someone from your family. Give them instructions "green" for run, "amber" for walk and "red" for stop. See if they will give you instructions. Can you keep up?</p>
<p>Write</p> 	<p>Design and write a postcard telling us about something fun you have been doing. You could also draw a picture on the front.</p>

 <p>Zones</p>	<p>Listen to different types of music. Can you pick one that wakes you up and one that calms you down? Tell us what you chose.</p>
 <p>Relax</p>	<p>Sit and relax in your favourite place and try your Zones breathing. We sent you the lazy 8 and 6 sided breathing in the first newsletter.</p>
 <p>Play</p>	<p>Cut two plastic milk bottles down to make a game of catch. Can you catch the ball?</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:



Dominic in Johnson class, has created a new Logo for ITV

The colours are lovely and it really stands out. Well done Dominic.



Aimee in Johnson class, has created her own hanging basket.
It looks fantastic Aimee and the yellow flowers are lovely. Well done.



Thomas in Johnson class, made mum a cup of tea. Mum looked really happy. Well done Thomas. What a kind and thoughtful thing to do.



Thomas has also completed this incredible puzzle of the British Isles. It was an amazing 350 pieces and he did it all by himself! What an achievement.



Shaylin, in Fuller class, has been drawing and painting.



Shaylin has also found lots of ways to keep moving..... playing football in the park, jumping on the trampoline and wheelbarrow races. It looks like dad is working hard too! Well done Shaylin.