















Therapy Newsletter Week 11.







29th June 2020

Hello



Welcome to the next edition of the therapy newsletter.

<p>Move</p> 	<p>Challenge: Can you complete our Link movement circuit? We've attached it below. See if you can do it everyday for the whole week?</p>	<p>L  lunges</p> <p>I  ice skate</p> <p>N  narrow squats (5)</p>
<p>Build</p> 	<p>Lego: In Fairytale land, Prince Charming needs a new castle so he can have a party! He really wants to find his happily ever after. Can you build one for him?</p>  	
<p>Help</p> 	<p>Can you wash the car? It's really good exercise as well as a great way to help out at home.</p> <p>If you don't have a car you can help by taking off your bed sheets and putting them in the washing machine. Can you put the right amount of washing powder in and turn it on?</p> 	
<p>Walk</p> 	<p>This week we would like you to take a short walk in the park or along the streets and play 'I spy'. It's a really good way to take notice of your surroundings and its lots of fun!</p> <p>'I spy with my little eye something beginning with S?'</p>  	

<p>Talk & Write</p> 	<p>We would like you to complete our 'What if-activity'. Can you write your answers? If not, can you talk about it with a family member? Do they think the same as you?</p>
<p>Zones</p> 	<p>Identifying The Size of Problems</p> <p>Some of you have joined in with our "big problem / small problem"- activities during your zoom therapy session. Can you now try the problems attached below?</p>
<p>Relax</p> 	<p>Relax and watch a film with your family. Make yourself comfy and choose a film that will make you all feel happy and relaxed. What did you like about the film? Ask everyone else if they enjoyed it too?</p> 
<p>Do /Play</p> 	<p>Do some cooking. You can make breakfast, a snack, beans on toast or even bake a cake! Let us know what you made.</p> 

Next week will be our last therapy newsletter so please send in any photos or comments for this final edition to twitter @linksec or email them to admin@linksec.org.uk

Name: _____ Date: _____

Identifying The Size of Problems

Problems come in many different sizes. To be a good social thinker I need to learn to identify the size of my problem.

A **BIG** problem is one that causes people we care about to become hurt or sick. Or they can't make money for a while or they lose their place to live. Big problems are serious problems that adults are in charge of. They're too big for kids to figure out what to do.

A **MEDIUM** problem is one that we didn't expect and isn't easy to quickly fix. Medium problems may include fighting with another person, losing something important to you, or someone saying something really mean to another person. Medium problems will make you or someone around you upset. Adults expect kids to help solve medium problems. But it may take a little bit of time for a kid to not be upset about the problem.

A **SMALL** problem, or a **GLITCH**, is a little unexpected problem that can be easily fixed. If you stay calm, stop to think about its size, and remember small problems are really no big deal, glitches can go away pretty quickly. Often glitches just affect you or maybe one other person.

The Situation	BIG Problem	MEDIUM Problem	SMALL Problem/ GLITCH
1. Someone doesn't say hi to me.			
2. I lose a game.			
3. I scrape my knee but it doesn't bleed.			
4. I invite a friend to play and he says no.			
5. My dog dies.			
6. I have to wait for my turn.			
7. My clothes get wet when I wash my hands.			

The Situation	BIG Problem	MEDIUM Problem	SMALL Problem/ GLITCH
8. My house floods after a big storm.			
9. I forget something at school that I wanted to bring home.			
10. I get hurt and need to go to the hospital.			
11. My friend is sick and can't come over to hang out today.			
12. I'm crossing the street and get hit by a person on a bicycle. We both fall and have some scrapes and bruises.			
13. I rip my paper.			
14. My father gets fired from his job.			
15. I don't get to go first.			
16. My doctor gives me a shot in my arm.			
17. My neighbor's house is on fire.			
18. We had a bad storm and our entire city lost its power for five days.			
19. I throw a baseball and it breaks the kitchen window.			
20. My best friend moves away.			
21. Our class has a substitute teacher for one day.			
22. I forget my sneakers and today is gym class.			
23. My tooth aches and I have to go to the dentist.			
24. The girl I have a crush on ignores me.			
25. Our field trip to the science museum is cancelled.			

L

lunges



I

ice skate



N

narrow squats (5)



K

knee taps (10)



S

sumo squats (5)



E

elbow to knee (10)



or



C

crab walk (20 seconds)



O

overhead stretches (10 seconds)



N

narrow squats (5)



D

downward dog (10 seconds)



A

airplane (5 seconds each leg)



R

run on the spot (20 seconds)



Y

Y pose stretch and breathe (20 seconds)



What if.....

What if you had a super power?



What powers would you choose?

What if you had a million pounds?



What would you buy?

What if you could choose any car?



What if you could travel anywhere?



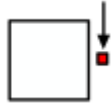
Where would you go?

What if aliens arrived on the earth?



What would you do?

What if you shrunk to 10cm?



What would you do?

What if you were in charge of the world?



What would you do?

What if you were in charge of school dinners?
eat?



What would everyone

What if dogs took over the world?
do?



What would they make their owners

What if you had a time machine?
forwards?



Would you go back in time or
