

Speech and Language

Why is the boy sad?



He fell off his bike



He is late for school

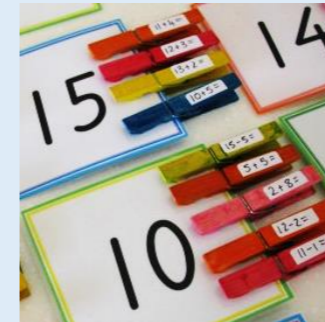


He has forgotten his homework



What would you say to the boy to make him feel better?

Fine Motor skills



Peg a number

This is a great activity that develops fine strength with the use of the pegs as well as helping with number recognition.

You can put the pegs onto any object. I used a pot, but it could just be a piece of card with the number written on. Just peg the correct number of pegs to match the number.

You could make the activity harder by writing a number calculation on the peg. Can you work out the answer and then peg it to the correct number?

Working Memory



Play Kim's Game

Put 10 things from around the house on a tray - it could be things like a pencil, an orange, some cotton wool, a toy etc..

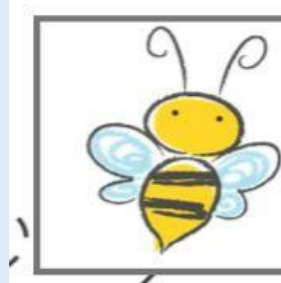
Ask your child to look carefully at them for about thirty seconds. Then take the tray away and remove 1 object. Can they remember what should be there? What is missing?

<https://www.youtube.com/watch?v=tan5j6KGaS8>

Social, Emotional and Mental Health

Bumble Bee Breathing

- Get into a comfortable sitting position and close your eyes.
- Focus on listening to your breathing. Feel the air entering in through your nose, filling up your lungs. Inhale slowly through your nose.
- Place your fingers gently on your ears to close off external sound.
- Keep going until your body feels calm and relaxed.



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes

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Sensory Fun

Make a bubble snake – all you need is a bottle, a sock, some washing up liquid and a bowl.

<https://onelittleproject.com/bubble-snakes/>

