*Welcome to Dundalk Hilltop Class Page.*

*I hope you are all keeping well in these difficult and challenging times.*

*I have listed some fun activities and links to various resources and activities which are relevant to your child’s developmental curriculum.*

# Activities and links to help with (cognition/communication/sphe)

Audible stories:

<https://stories.audible.com/discovery?ref=adbl_ent_anon_pdp_ds_vn>

Audible stories are a great resource for story time. If you wish you can also accompany the story with tactile prompts related to the specific parts of the story. The children really enjoy different sensory objects. One of the class favourites is The Three pigs. This will help strengthen their communications skills.

Create your own Sensory dark room:

<https://www.youtube.com/watch?v=gxxqdrrpgZc&pbjreload=10>

Use You Tube for Sensory visual therapy. You can play relaxing music and display visual light show on your PC screen.

Can also use other light sources e.g. torch phone etc.

This will help encourage children to turn toward, Track etc.

Body awareness activities and songs to try at home.

<https://www.youtube.com/watch?v=7TmvZ7AYMpM&feature=youtu.be&app=desktop>

Body awareness activities are a fun and interactive way to encourage children to recognise and learn different parts of the body. The lesson can also include P.E./Physiotherapy with children being encouraged to move limbs and help stretch.

Sensory ideas

<http://www.thesensoryprojects.co.uk/covid19-resources>

This page provides a bank of FREE resources helpful for those looking for activities to do whilst staying home and staying safe.

The resources are loosely grouped into those aimed at people with additional educational needs, those specific to learning about COVID 19 and the changes it is making in our lives and those aimed at students who attend mainstream schools.

I particularly liked the Sensory stories used on this site. <http://frozenlighttheatre.com/resources/sensory-resource-kits/?fbclid=IwAR3EbYVvBkahupn98fVRXwj93RnIjwdXLsBIsdUllPR8r2BRzv61tT4PLQw>

## Some great online lessons in Communication and Language, Independent Living, Therapies, Numeracy and Creative Arts

<https://www.thenational.academy/online-classroom/specialist/#subjects>

<https://tacpac.co.uk/>

Tacpac combines the sense of touch and music through social interaction. It is a sensory communication resource and we use it regularly in school.

Tacpac are offering the use of their Set 5 pack free for use at home. Simply follow the following instructions: *‘Hello all Tacpackers! We're delighted that there has been such a tremendous response to our offer of using Set 5 for free at home. Once you have Set 5 it's important to watch the videos of the activities on the Tacpac website to help you get started. Here's how to find them:*

1. Go to tacpac.co.uk, click on 'My Account' in the main navigation and sign in

2. On your dashboard, click 'Memberships', it's in the pink list on the left hand side

3. You will see Set 5 listed there, click 'view' Here you'll find an introduction from Hilary Wainer, Tacpac's Creator, and videos to help set up and for each of the activities.’ Also Check out their Facebook page for more updates.

Story Massage Programme

Please find on Facebook or this link [www.storymassage.co.uk](http://www.storymassage.co.uk)

The story massage programme is a fun and flexible way of sharing the benefits of positive touch with storytelling. It is suitable for all ages.

*I realise that there are many activities described in the above links. However, this will enable you to select from a wide range the activities and links that your children will most enjoy.*

*Chris Rooney [class teacher]*

Please don’t hesitate to contact me if you need support in any way. [*cpr\_rooney@hotmail.com*](mailto:cpr_rooney@hotmail.com)