

May 2020

Dear Parents,

We have now entered the month of May and our 7th week of 'staying at home' and 'staying safe'. I hope you are all keeping well and getting through this the best way you can. I really miss all the children and can't wait to see them all again when we are allowed to return to school. The weather seems to be improving which is a bonus and hopefully it will continue to stay dry and sunny.

I would love to see how you all have been getting on during this time. If you have any photos you would like me to share on this web page or on the school Facebook page, please send them to me by email -

joellebyrne@yahoo.co.uk

It would be lovely to hear from you.

I have attached some more ideas for you to do at home if you wish.

Stay safe

Kind Regards

Joelle Stamp



Resources for Home

P.E.

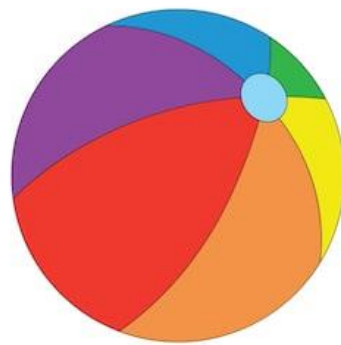
Body Awareness Sensory Activities

Sensory Ball throw/roll

Which hand is hiding the object?

Obstacle Course

Head, Shoulders, Knees and Toes



Fine Motor Skills

Grasping

Developmental Process in Learning to Grasp

In her book *The Comprehending Hand*, Dr. Lilli Nielsen lists the various steps in the developmental process involved in the ability to grasp:



- hand to mouth
- hand to hand
- objects held in hand
- objects held in hand put to mouth
- losing objects
- objects transferred from one hand to the other
- reaching out for objects
- knocking objects on the table
- handling of objects
- throwing objects
- knocking two objects against each other
- pincer grasp -- for beginners
- pointing to objects
- taking objects
- putting objects inside each other
- building with objects

Activities for Developing Finger Movements and Finger Strength



- Crumpling large pieces of paper (newspaper, brown paper)
- Crumpling small pieces of paper (tissue)
- Squeezing an ear-syringe (with and without water)
- Zipping zippers
- Flattening balls of clay with hands, fists
- Flattening balls of clay with a flat piece of wood
- Rolling out balls of clay with a pastry roller
- Pressing on push-buttons (which can give different sounds)
- Turning keys in locks
- Taking tops off tins
- Making holes in lumps of clay with fingers
- Putting matches, different kinds of sticks, in clay
- Pushing thumb-tacks into cardboard, flamingo, softer/harder pieces of wood)



- Cutting with scissors -- first in the air, then drinking straws, paper, cardboard
- Using a perforator, stapling machine
- Opening and closing files
- Putting clothes pegs on cardboard, wooden slats, lines
- Winding elastic between and around pegs, hooks, legs of stool, etc.
- Winding elastic around objects (cardboard rolls, boxes)
- Putting rubber bands on cardboard rolls, tubes, etc.
- Matching stockings, turning them inside out
- Opening and shutting purses, bags with different kinds of clasps, snap fasteners, etc.
- Fastening and unfastening belts
- Breaking macaroni, twigs, ice-cream sticks
- Playing tiddlywinks

- Opening small packets of raisins
- Opening small face-cream bottles, tubes, jars and rubbing contents on fingers, legs, face



- brushes
- "Sewing" wire through holes in hard board
- Sewing with needle and thread through holes in hard board
- Putting things in pockets and taking them out
- Turning pepper mill (use salt), musical boxes, ratchet toys, parsley rollers (empty, later full)
- Using dustpan and brush
- Inflating inner tubes or balls with a pump
- Plucking grass
- Wringing water from sponges, cloths (wash-, floor-, etc.)
- Watering with toy, small and large watering cans
- Peeling oranges
- Grating carrots, apples
- Screwing and unscrewing large and small nuts and bolts (start with wing nuts)
- Winding up kitchen timers, alarm clocks
- Pulling paper off kitchen paper rolls (paper towel), etc.
- Ringing bicycle bells
- Winding up musical toys

References

Nielsen, Lilli. *The Comprehending Hand*. SIKON: 1994.

Literacy Links

www.youtube.com - Molly Bertrand

Molly has created some great videos to engage her learners. The children might enjoy them.



Sensory Stories



http://www.greenside.herts.sch.uk/Creative/SensoryStories/SensoryStories.html?fbclid=IwAR1EaTSk2mu633RKq_wmwPCR9tJ6birjNkm6q7r4RIB9EsVTyQfdmJNMWCA

Online Resources

If you are on Facebook, check out the following pages:

- Story Massage Programme - massage stories Tuesday and Thursday at 2pm
- The Sensory Spectacle - Monday & Thursday at 2pm
- Soundabout - inclusive music sessions Tues & Sat 2pm

On www.youtube.com if you type in Jensory, there are videos for Messy Monday's, Wow Wednesday's and Fun Friday's. There are some lovely themed sensory ideas.

If you have a Netflix account, there are some learning programmes the children might enjoy:

Leap Frog - Numberland, Phonics Farm and Letter Factory

Storybots - Super Songs



