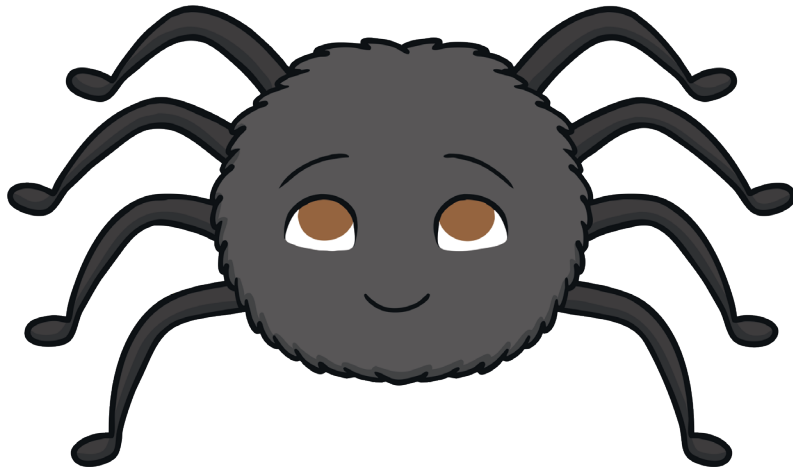


Hand Crawls

Make your fingers into a crawling spider. Make your spider walk or run across the table.



Scrunch It

See how many times you can scrunch tissue paper into a ball.



Sand Drawing

Spread a thin layer of sand into a tray. Use your finger to draw lines, shapes, pictures and patterns in the sand.



Playdough Play

Try making some different shapes with some playdough. Can you make it flat like a pancake or round like a ball?



Blowing Bubbles

Go outside and blow some bubbles. Try to chase and pop them too!



Bouncing Bunnies

Crouch down and jump into the air to do a big bunny jump. Can you do five big bunny jumps?



Deep Breaths

Take a big, deep breath and then slowly breathe out.



Sensory Glitter Jar

Carefully, give a glitter jar or bottle a gentle shake. Watch the glitter as it swirls around.



Sing a Song

What's your favourite song? Have a sing and try doing some actions too.



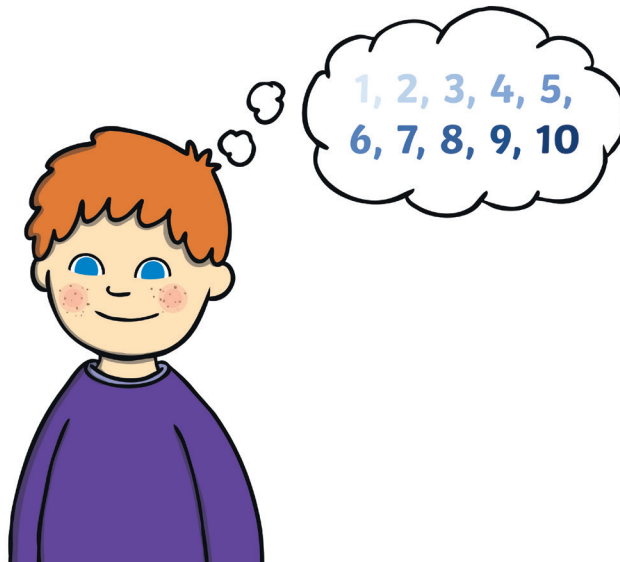
Have a Dance

Put on some music and have a dance!



Clap and Count

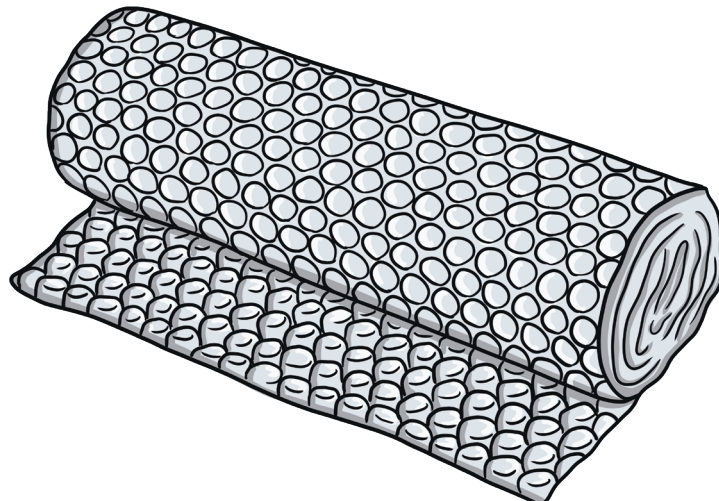
Try counting up to five or ten. Try clapping as you say each number.



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Bubble Wrap Pop

Try popping some bubble wrap. Press the bubble wrap between your fingers and make it pop.



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Take a Pencil for a Walk

On a large piece of paper, use a pencil to draw a long, wiggly line. Create lots of shapes and patterns as you take your pencil for a walk around the page. You could colour your pattern too.



Go for a Walk

With a grown-up, go for a walk - outside is good but inside works too. Talk about the things you can see, hear, smell and feel.

