**Morning Routine**

We have relaxation music to start the day and the children have time to explore the classroom and complete individual activities.

We then play the tidy up song to begin the transition to breakfast.

The children have place mats with their images on to identify their breakfast, we also play the cocomelon breakfast song.

We then sing the hello song and say good morning to each child using images of the children. This is to help children recognise themselves and their peers.

**Session plans**

**Personal Plan:** Please read your child’s Personal Plan for individual outcomes you should have received these in the post. Please get in touch if you would like more ideas on how to work on targets.

**Tacpac:** Tac pac is used most afternoons in class to calm and settle the students after lunch. This is a great sensory tool to enabling students to engage in further activities and to relax. It is important that the student hears the music and is in a calm environment

**Handypac-** used every morning to calm and settle the children in order to carry out the activities of the day.

[**Dance Massage**](https://l.facebook.com/l.php?u=https%3A%2F%2Flookaside.fbsbx.com%2Ffile%2FDance%2520massage%2520routines%25202.pdf%3Ftoken%3DAWwO-JIYY1H_r5410umMcQGw2_pluz3FoSY6ng5O5fziof60RIMYNNY_GvXdmBgZ0oeiByrVW3X3t5sOjRCJPjjn9tQ4ZeffNMWVX5vrFWgcN5OMrGTKL7t0Mf6WBP7fEmHr9wYdBMnFWDFhh-L25StQCj8JrendgW4fXCtXRftsHwUr5SHq6Nptddjq8x_SZ-ia9WrHbrTKNNcyAYLlNz1cQEfWx6Uc6FVudcGiBhcHPFMGExS-PNR7qNsy0aeBmhUo6d03KcEdVICVf6Q824qeVusMtLbm0f1EMnuCiOnhR3t1gL9z7ikkPkn4iUOqUbg&h=AT2Ldkgr4f4sPCYpeyU2JwWqMm5u0RP0tt3q3eZO-wR-garfEkUeoAkLUZRZJc8LfD52N-7Nrxa2AnUBIke4oe_6R-KtWAcaIt5MeTfEXTe4-8U_y0-9sKHPCiyXHPGRUdyhM9xR_sUu-hDl1JM_8QPi6Musp5mBQhM&__tn__=H-R&c%5b0%5d=AT0I6iDrhq4T4eowK21m062DM8bvt0ikBMzN9O7H0rxi45ITw_bPQYUngqAnaIaPxEkWbbQyHpNOjiMlJ0ororGcyAp4V2786-46f-FMIzFX3w20UtUsFIInV1_OTEOvfrWNOS9pTVlpO35hGIclYUHNDrroosAZGHb_7wPe3TW_XzIocwICbQ37Rxav5Ytil9vXRmw)**:**  this is a simple activity using great music & a few props such as scarves, brushes etc.

**Sensology:** Communication, touch and music activity. The aim of Sensology is to wake up the 5 basic senses as well as the movement related sensory system such as balance, head movements and gravity. The senses are stimulated and introduced individually. A familiar song or rhyme is used at the beginning of cue the start of the session. Sensology is used to support your child’s awareness and engagement and enable them to make preferences.

**Intensive Interaction:** Copying your child’s vocalisations, and movements

**Makaton:** visual way to develop communication skills which helps to stimulate sounds and words.

<https://makaton.org/TMC/Free_resources_.aspx> link to a website which has free Makaton resources and an option to sign up to learn a sign a week.

**Singing and Signing:** Youtube – Singing Hands- uses Makaton

**Sensory Play examples:**

Water play, Messy play with water, flour and cornflour, Playdough making, Ice exploring, Cooking, Coloured cooked spaghetti, Balloons, Slime.

**Sensory Art: WHAT IS SENSORY ART?**

Sensory art consists of specific art activities that relate to your child’s senses such as touch, sight, sound, smell, and taste. By providing a variety of sensory play activities your child will naturally learn how to explore, investigate, and create. These are the beginning steps to raising creative thinkers.

<https://innovationkidslab.com/sensory-art/>

Examples of sensory Art:

**Rainbow Soap Foam Bubbles Sensory Play, Cloud Dough, Frozen Hands, Frozen paint cube art, Rice, Shredded Paper and Soapy Sea Foam**

**Zip Lock Sensory Bags**

Filler suggestions for sensory bags:

▪ water beads

▪ hair gel

▪ beads

▪ buttons

▪ food colouring

▪ plastic letters

▪ magnets

▪ shaving cream

▪ baby oil

▪ pompoms

▪ googly eyes

▪ paint

▪ glitter

▪ rice

▪ leaves

▪ flowers

▪ seashells

▪ foam shapes or foam stickers

▪ felt shapes or felt scraps

▪ coconut

▪ feathers

▪ small plastic toys, animals, or shapes

▪ cereal

▪ dry noodles

▪ beans

▪ marbles

▪ small rocks

▪ confetti

▪ decorative rocks

▪ aloe vera gel

▪ popcorn seeds

▪ salt

▪ ribbon

▪ birdseed

▪ elastics

▪ paper shreds

▪ pieces of string or wool

▪ plastic letters or letter beads

https://www.thechaosandtheclutter.com/sensory-bags