**Ideas for Staying Active and Healthy at Home**

* Use youtube clips to teach someone to wash hands/ talk through washing hands.
* Make a poster promoting washing hands.
* Personal hygiene checklist.
* Learn how to tie your shoelaces.
* Learn how to make your bed.
* Learn how to make toast and other snacks.
* Learn how to make a cup of tea.
* Keep a fitness diary.
* PE with Joe Wicks (everyday at 9am on Youtube)
* Plant some herbs/plants in the garden.
* Make a mud kitchen in the garden.
* Learn a song.
* Storytelling- listen to or read a story.
* Record yourself reading/telling a story.
* Record a message for your friends at Bothwellpark.
* Use emotions charts to describe how you are feeling- use smiley faces/colours/objects.
* Word games- I Spy, etc.
* Smoothie making.
* Making fruit faces.
* Make up a healthy plate of food.
* Make up a shopping list- use words/symbols/concrete objects.
* Use concrete objects to learn about ‘healthy’ and ‘unhealthy’ food choices.
* Café/shop role play.
* Learn the Makaton Sign of the Week.
* Watch Newsround.
* Make up a sensory box- strong smells, different shapes and sizes, different fabrics and textures.
* Meditation- search ‘meditation for children’/’children’s meditation stories’.
* ‘Magic Healthy Food Stories for kids from Steve and Maggie.’
* [www.literacytrust.org.uk](http://www.literacytrust.org.uk) – some good activities.
* [www.healthykidshealthyfuture.org/5healthy-goals/classroom-activities](http://www.healthykidshealthyfuture.org/5healthy-goals/classroom-activities) - click on the Healthy Eaters circle for some flashcards, recipes and art ideas.
* [www.learnenglishkids.britishcouncil.org/shortstories](http://www.learnenglishkids.britishcouncil.org/shortstories) - very short stories read aloud and colourful.
* Numberblocks on bbc iplayer- good for numeracy.
* Alphablocks on bbc iplayer- good for letter recognition and phonics.
* [www.activityvillage.co.uk](http://www.activityvillage.co.uk)
* [www.topmarks.co.uk](http://www.topmarks.co.uk)
* [www.kidsmathgamesonline.com](http://www.kidsmathgamesonline.com)

**Sensory Ideas**

Alerting Activities:

* Bouncing on gym ball/space hopper.
* Running.
* Jumping.
* Being spun using a blanket.
* Rocking.
* Crunchy Foods.
* Messy Play ( water, sand, play-doh)
* Vibrating toys or pillows.
* Light touch or stroking.
* Bright colours/lights.

Calming Activities: (rhythmical and repetitive)

* Deep pressure.
* Vacuuming.
* Cleaning windows/flat surfaces.
* Carrying bags.
* Slow rocking or swaying.
* Soft music.
* Wrap in blanket.
* Low lighting.
* Sucking thickened liquids (milkshakes, soup)
* Blowing.
* Pushing and pulling objects.