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|  | Session 1:  9.30 – 10.30 | Session 2:  11.00 – 11.30 | Session 3:  1.00 – 2.00 |
| Monday 18th | **Let’s get Physical**  During this time each day, practice physical skills as appropriate for your child. This might be floor time, stretches, or active physical movement. | **Music and songs with Vicky**  **Live on Teams** | **Sensory Mark Making**  Explore ways to make marks using your hands. Get messy!  *This week, you will need paints and tin foil. Explore making marks on the tin foil using the paints with your hands or a brush.* |
| Tuesday 19th | **Pre-recorded video** | **Story time**  Explore reading and sharing books with your child. What are their favourites? Can they help to turn the pages?  *This week, you could join the Story Massage group on Facebook. They are doing a live Facebook story session at 2pm. Please get in touch if you would like support to access this.* |
| Wednesday 20th | **Music and songs with Vicky**  **Live on Teams** | **Body Awareness**  Practice your independence skills and keeping clean.  *This week, explore hand washing. You will need a bowl of warm water to explore. Try different scented soaps or body washes to wash your child’s hands. Dry their hands and use hand cream for a hand massage.* |
| Thursday 21st | **Pre-recorded video** | **Technology – Making things happen**  If you have access to a tablet or iPad, explore ‘Cause and Effect’ apps. If you don’t have access to a tablet, explore electronic toys with your child, such as toys with buttons, musical toys or anything where your child can make something happen. *This week, try apps from HelpKidzLearn, such as ‘Photo Booth’ or ‘Car wash’. These are free on the app store.* |
| Friday 22nd | **Music and songs with Vicky**  **Live on Teams** | **Calm and Relax**  Spend some quiet time with your child. Make the room dark and play some relaxing music. If you have any sensory lights then you can use these to make a nice quiet atmosphere.  Practice your child’s visual skills of looking, tracking and fixing their gaze on to a bright object. Encourage their communication – how do they show what they liked best, can they ask for more or let you know they have finished? |