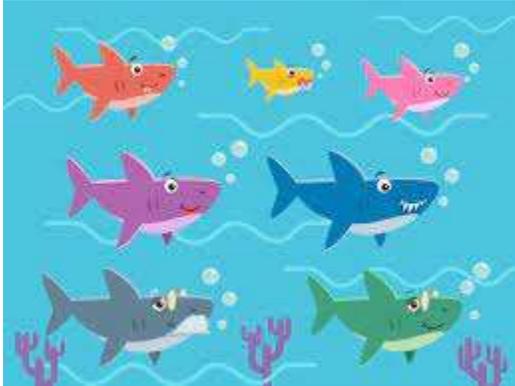
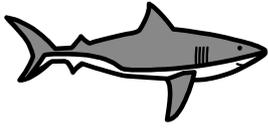


<https://youtu.be/HgUclQ0Yjv0> is the link for the Baby Shark by Singing Hands on You Tube which we use.



You will see this at the start of the video

baby shark



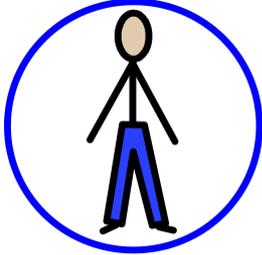
baby shark



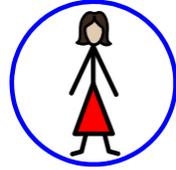
grandma
shark



grandad
shark



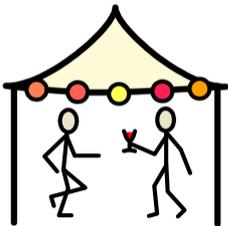
daddy shark



mummy
shark



clap



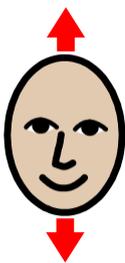
dance



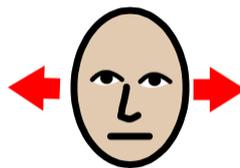
finish



stop



yes



no

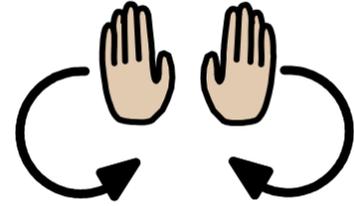


music

Hot Massage



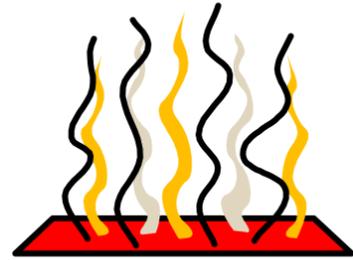
music



massage



cream



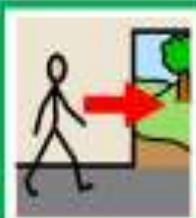
heat



hot water
bottle



stop



Outdoor learning

If you have access to an outdoor space and it is safe to do so then enjoy being outside, get some fresh air and explore. Remember to social distance by 2 metres if you see anyone out and about.

Some ideas for things to do outside:

1. Collect things from the outdoors e.g. leaves, sticks etc. – can you use them to make a collage?
2. Can you practice your driving? With some support from someone at home set up some obstacles, can you drive around them?
3. What can you see? Look all around your garden, what can you find?
4. Take pictures – can you use an iPad/phone to take pictures outside?
5. Talk about the weather – can you choose is it 'hot' or 'cold' – If you use a communication aid can you find words to discuss the weather?
6. Simply enjoy being outside and enjoy a walk!



Hot Massage

Today we are looking at doing some massage with warm items such as a hot water bottle, creams and the music Hot, Hot, Hot by Arrow which can be found on YouTube. You can use any other warm items that you like just remember to stay safe and don't make them too warm.

Start by playing the song above and letting the learner get comfortable hopefully this will be on a mat or on their bed. It can be in their chair but it is better when they are out of their chairs.

The learners will then start to experience some form of massage hopefully using the creams and starting on their hands. It can be short or long or initiated or not or pushed away, persevere with this and look at different items to massage with if they don't like the warm items and try and develop this into a sensory massage routine.

You can then move onto their feet if they like and just make movements on the hands and on their feet, on the fingers and their toes, tapping the palms/ heels and if they can stretching out their fingers and or toes.

You can then place the hot water bottle in their hands and or their feet and let them feel the warmth and see how they react to it.

The learners can make choices between items ie cream and hot water bottle and take turns with their carer/ parent and develop this time for use of intensive interaction with them.

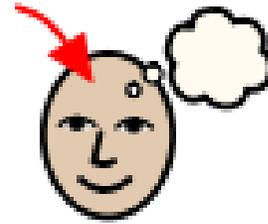
You can help them explore the items using either Hand Under Hand or Hand Over Hand, allowing them to communicate more if they want.

When they have pushed the items away and your hands then that ends the session.

<https://youtu.be/HgUclQ0Yjv0> is the link for the baby shark by singing hands on you tube which we use.



Home



Learning

Please send any photos, videos or
feedback to tracey.smith@hereward.ac.uk



HerewardCollege
PROMOTING **INDIVIDUAL** ACHIEVEMENT