

Summer 2023 - Activity ideas and events in and around London

This table compiles various activities and events in Ealing, London accessible to autistic children, teenagers and young people., along with their corresponding web links and teaching ideas. This resource can be helpful for parents, educators, or anyone seeking to plan outdoor activities or visits, particularly for children or individuals with specific needs such as autism.

Activity	Web link	Admission	Teaching and learning ideas
Visit to the British Museum	Link	Free	Parents can prepare their children by discussing what they might see, creating anticipation. Use the visit as an opportunity to connect classroom learning with real-world objects.
A trip to the Natural History Museum's Sensory Space	Link	Free	This area is specifically designed for children with sensory sensitivity. Discuss the exhibits beforehand, and afterwards, use the experience to engage in related activities or discussions.
Interactive cooking class at Jamie's Ministry of Food	Link	Paid	This is a fun, practical way to learn about healthy eating. Children can practise measuring, following instructions, and developing fine motor skills. They can also try new foods in a low-pressure environment.
London Zoo Special Children's Day	Link	Paid	This event is tailored for children with special needs. Teach your children about different animals and their habitats, and engage them in related activities such as drawing their favourite animals.

***Please note that the suitability of these activities and resources may vary according to individual needs and circumstances. Families are advised to assess the appropriateness of each activity for their child's needs and preferences. We do not assume any liability or responsibility for any difficulties, accidents, or damages that may occur as a result of engagement in these activities or use of these resources. Please also ensure to check each activity's website for key information, safety measures and guidelines beforehand for a safe and enjoyable experience.**

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Sensory Art Workshop at the Tate Modern	Link	Free	Use the workshop to develop creativity and express emotions through art. Discuss the artworks and help your children create their own masterpieces.
The Science Museum Early Birds sessions	Link	Free	These sessions cater to children with special needs. Use this to introduce your children to scientific concepts in a fun, interactive way. Discuss what they learned and encourage them to explore more.
A walk in Hyde Park	Link	Free	This could be a relaxed, sensory-friendly activity. Engage children in identifying different types of trees, birds, or flowers. Encourage them to listen to the sounds of nature and express their feelings.
Sensory Storytelling at Discover Children's Story Centre	Link	Paid	Engage your children in stories, and later encourage them to write or draw their interpretations of the story. This could help improve their language and comprehension skills.
Southbank Centre's annual Unlimited Festival	Link	Free / Paid	Celebrating disability and art, this festival hosts various workshops and performances. Discuss different art forms and engage your children in creating their own art.

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Visit to The LEGO Store, Leicester Square	Link	Free	LEGO can be a fantastic tool for developing fine motor skills and creativity. Challenge your child to replicate famous landmarks, or simply to let their imagination run wild with in store lego blocks.
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Free Drawing classes at The National Gallery	Link	Develop creativity and express emotions through art. Discuss the artworks and help your children create their own masterpieces.
Gardening at home	N/A	This activity can help children understand the life cycle of plants. Plant seeds, take care of them, and observe their growth. This can help teach responsibility and patience.
Picnic at Holland Park	Link	Pack a lunch, and go for a picnic. Use this opportunity to teach about healthy eating and engage your children in the preparation process. The park is also home to the Kyoto Garden, a Japanese-themed garden that could spark discussions about different cultures.

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Baking at home	Link	From measuring ingredients to following a recipe, baking can be a fun learning experience. It can help children improve their numeracy and understand scientific concepts like change of state.
Visit to the Victoria and Albert Museum	Link	Parents can prepare their children by discussing what they might see. Use the visit as an opportunity to connect classroom learning with real-world objects.
Homemade play dough activity	Link	Making play dough at home can be an exciting sensory activity. It can be used to teach colours, shapes, and help improve fine motor skills.
Storytelling and drawing	Link	Social stories and comic strip conversations are innovative tools that aid autistic individuals in understanding complex social situations, fostering self-care skills, social skills, academic abilities, and resilience in dealing with unexpected events. Social stories provide brief narratives of specific events, detailing what to expect and why, while comic strip conversations present visual representations of dialogue, emotions, and intentions within a conversation. These resources can be adapted to suit various needs and used strategically to maximise their effectiveness, even assisting in planning for future potentially stressful situations.

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Water and Ice Experiments	N/A	Basic science experiments with water and ice can be a fun way to introduce scientific concepts such as solid, liquid, and changes in states.
Treasure Hunt at home	N/A	Organise a treasure hunt at home. This can help your children improve their problem-solving skills and engage their sensory perceptions.

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