Sybil Elgar School
Leisure and Self-Occupancy Activity Suggestions

Physical activity/ movement
• Aerobics activities whilst watching videos on YouTube - 'Go Noodle- Get Moving' - 'The Body Coach TV' • Children's Songs with Actions on YouTube - 'Super Simple Songs- Kids Songs' • Use of yoga balls or hopper balls- *Always use with direct adult supervision and ensure space is safe with potential hazards removed* • Use of mini trampolines- *Always use with direct adult supervision and ensure space is safe with potential hazards removed* • Visiting local parks
Sensory Activities
• Playdough • 'Messy Play' • Finger painting *Always ensure use of non-toxic products and direct adult supervision throughout these activities*
Using technology
• Using an iPad or tablet (see below list for suggested applications) • Watching age-appropriate content on TV • Watching age-appropriate content on YouTube
Fine motor activities
• Puzzles - Inset - Interlocking jigsaws • Block building - MegaBloks - Duplo • Arts and crafts • Colouring, drawing, pre-writing and handwriting activities *Always ensure direct adult supervision throughout these activities*

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Suggested Tablet applications and websites

Applications for tablet	App symbol
Sensory/ Play	
Easy Xylophone	
Sensory Animal Sounds	
Bloom	
Egg Heads Lite	
Infant Zoo Lite	
Heat Pad - Relaxing Heat Sensitive Surface!	
Fluidity	
Sensory Electra	

Chooseit! Maker 3	
My Talking Tom	
Odd One Out Game	
Relaxation Apps	
Breathe, Think, Do with Sesame	
Relax Meditation: Guided Mind	
Developing fine motor and writing skills	
Finger Paint with Sounds Inclusive Technology	
Fingerpaint Magic Meritum Soft d.o.o.	
Injini Child Development Game Suite	
Ready to print	

LetterSchool- Learn to Write!	
Injini Write My Name	
Spelling	
First Words Sample (free)	
First Words Deluxe	

Website Name	**Activities**
YouTube: Go Noodle- Get Moving	Songs with actions and aerobic moves
YouTube: The Body Coach TV	Physical activities
YouTube: Super Simple Songs- Kids Songs	Songs Songs with actions
www.do2learn.com	Communication symbols
www.purplemash.com	Online colouring
Teachers Pay Teachers https://www.teacherspayteachers.com/Store/Cota-Life/Category/CORONAVIRUS-FREE-PACKETS-425501	Free activity packs- playdough mats, pre-writing tracing and handwriting sheets
Google images: type in "colouring pages" + area of interest to get images which can be coloured in e.g. "colouring pages animals"	Colouring in