

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
 - MegaBlocs
 - Duplo
- Arts and crafts
- Colouring, drawing, pre-writing and handwriting activities

Always ensure direct adult supervision throughout these activities

Suggested Tablet applications and websites

Applications for tablet	App symbol
<i>Sensory/ Play</i>	
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	
<i>Relaxation Apps</i>	
Breathe, Think, Do with Sesame	
Relax Meditation: Guided Mind	
<i>Developing fine motor and writing skills</i>	
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	
<i>Spelling</i>	
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