

Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk (£12 PA for single user / £120 PA for 35 users)
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources / TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- dltk-kids.com
- bigactivities.com
- thelittleactivitychest.com
- Activity Village (£12 PA for single user)
- Early Years Experience
- ichtild.co.uk
- education.scholastic.co.uk (register to access free resources)
- senicsoftware.com
- CanTeach
- icanteach.co.uk (provides links to other websites)
- show.me.uk
- Go Noodle
- Twinkl – currently free

Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags etc
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube.
- Jack Hartmann Kids Music Channel on YouTube.
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play Dough

Sensory Regulating activities.

- Jump on a trampoline
- Running and jumping games
- Play in sand pit and with wet sand
- Bounce on a space hopper
- Skipping
- Jumping onto a crash mat
- Bouncing on a exercise ball.
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs.

Sensory Organising activities

- Crab walking
- Press ups
- Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.
- Wheel barrow walk
- Play catch with a heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Play Ground equipment
- Swimming

Sensory Calming Activities

- Provide small box/ tent with blankets or cushion for the child to squeeze into to calm and quiet.
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow /weighted blanket etc on lap
- Fidget toys, have a selection in a box /basket
- Chewy tubes, chewing gum, gummy bears,
- Blowing bubbles
- Swing in a hammock...rhythmic pattern to calm
- Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm.
- Pilates plank
- Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.