

Being with adults we feel safe and secure, which are the foundations for learning. Use this time to connect with your young people, have laughter and fun. This will support them to develop further and be ready to return to school when the time comes. Here are some creative ideas for things to do together.



Sensory activities 1

- **Memories:** Explore a range of items and make choices between them. Put some of the favourite items into a bag. Take them out one at a time showing surprise and fun. Explore them and put them to one side ready for the next one. Encourage the young person to put their hand in to find something. Place them back into the bag one at a time. Repeat as required and change items. Use items with a range of textures, smells, sounds and tastes as appropriate. Repeat on other days.
- **The sky's the limit:** explore the sky. Lie on the ground or tilt right back and look up at the sky. See how many shapes you can see, take some quiet time and listen to sounds around, feel the breeze, explore smells of nature and items around. Take pictures if appropriate and then make clouds out of cotton wool and stick them on to paper.
- **Movie time:** Choose a favourite movie and sit down together to watch it. Wrap up cosy and share some favourite foods as appropriate. Close the curtains, move the furniture and make your own cinema.
- **Face masks:** a) make a range of edible face masks. Patch test first. Use on face or on the backs of the hands to explore textures and make soft skin. b) Create your own paper face masks together. You could do emotions, animals, family members, favourite characters.
- **Pizza:** Make and eat together your favourite pizza. Go wild with the ingredients. Try out different foods through looking, smelling, feeling and tasting if appropriate. You could even try chocolate pizza. <https://www.activityvillage.co.uk/mask-crafts>
- **Hairdressers:** Create your own hair salon and do some hairdressing. Grab some accessories and make some fun changes. See what wacky creations you can do. Finish off with a calming head massage.

Top Tips:

- ✓ You don't need to have an outcome in your play, being in the moment provides all those feel good chemicals!
- ✓ It is ok to miss the people you love and can't see. Memory boxes can help with those big feelings and help us feel connected even though we can't be with them.
- ✓ Trying new food can be scary. It can sometimes help to see what it looks like, feels like and tastes like (if it's safe) before its cooked.