

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



7th May 2020



@PrimaryRobert @SNSPrimary @tbprimary Find us at: www.bridgesfederation.org.uk

CLOSURE

As of Friday **20th March** our schools are closed to all children except for children of key workers and the most vulnerable.

Home Learning

While at home during the Coronavirus outbreak, please remember to use our school e-learning platforms such as: Mathletics, Reading Eggs, Spellodrome and ireadwriter to continue learning throughout your time at home.

Remember to also follow your class twitter page for daily updates, ideas and activities that can be completed daily. Below, you will find the links to your class google site and Twitter page

There are so many lovely videos and pictures of children working! Parents, please continue to share, but do not name children in the posts if their image is tweeted.

Changes to Home Learning Packs

From Monday, we will be emailing you, a weekly learning sheet for your child (it will look similar to the half termly homework sheet). We will no longer be posting or delivering paper packs of work. All the activities and learning for your child for the week will be included on this sheet. It will replicate what is being shared on twitter and the Google class pages (links below).

Southwark Council

If you know of a vulnerable person who can't leave the house due to coronavirus or who might not have families or neighbours who can help with the delivery of essential supplies, below are three ways to tell the council.

COVID-19

Tell Southwark Council if a vulnerable resident needs help

There are three ways to do this:

1. Complete a referral form at www.southwark.gov.uk/coronavirus-gethelp
2. Email covidsupport@southwark.gov.uk
3. Phone 0207 525 5000 (option 3)

Keeping in Touch

We hope you are all safe and well. However, if your circumstances have changed or you just need to speak to someone please call the school on **02075259065**.

Nursery Application

If your child will be 4 between 1st September 2020 and 31st August 2021 they are eligible for a school Nursery place. Nursery is 3 days a week, Monday to Wednesday, 9.00am until 3.30pm. Please see our federation website or contact the school office at Snowsfields School for how to apply.

Twitter Handles for all three Schools

Snowsfields Primary

@rainbow_sns
@SNSFoundationS
@SNSRed1
@SNSOrange2
@SNSYellow_3
@SNSgreen_4
@SNSBlue5g
@SNSPurple6

Robert Browning

@RBCaterpillar
@RBButterfly_
@RBRedClass
@RBOrangeClassY2
@RBYellowClass
@RBGreenClass
@RBTurquoise
@RBBlueClass
@RBPurpleClass

Tower Bridge

@tb_butterfly
@CaterpillarTb
@TBRedClass
@TBOrangeClassY2
@TBYellowClassY3
@TBGreenClassY4
@TBBlueClassY5
@TBPurpleClassY6



Learning at home
Please click on the links below for your year group Google class page which your children's teacher will update regularly with activities for your children to complete at home.

Remember, you don't need a Twitter account to access the class page.

Rainbow Class: <https://sites.google.com/view/rainbow-class-home>

Nursery Class: <https://sites.google.com/view/caterpillarclassathome/home>

Reception Class: <https://sites.google.com/view/sns-butterfly-class/home>

Year 1: <http://sites.google.com/view/thebridgesy1/>

Year 2: <https://sites.google.com/view/thebridgesy2/home...>

Year 3: <https://sites.google.com/view/yellowclassyear3/home>

Year 4: <https://sites.google.com/view/greenclasshome/home>

Year 5: <https://sites.google.com/view/blue-class-home/home>

Year 6: <https://sites.google.com/view/purple-class-home/>

Action for Happiness

Send friends a photo of a time you all enjoyed together.



StarLine

This is a new DfE home learning telephone helpline to support parents and carers nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on: 0330 313 9162.

StarLine helps parents and carers in the following ways:

- By providing access to a team of qualified teachers, education and parenting experts.
 - By focusing on providing practical ideas, support and reassurance.
 - By offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
 - By supporting family wellbeing and mental health.
 - By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.
- For more information, visit www.starline.org.uk/ or follow @StarLineSupport on Twitter.

The team behind StarLine will also be broadcasting a weekly programme on YouTube. In each episode of StarLive, a guest presenter will share practical ideas for home learning. Further details can be found on the StarLine website.

Useful Contacts for Parents

Solace 0808 802 5565

<https://www.solacewomensaid.org/>

Southwark Local Offer

<https://localoffer.southwark.gov.uk/>

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Guidance on closure of educational setting

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

Southwark Food Bank

<https://southwark.foodbank.org.uk/>

Financial advice and support for Southwark residents

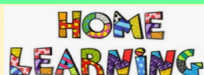
<https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/financial-support-for-residents>

Coronavirus and mental wellbeing

<https://www.nhs.uk/oneyou/every-mind-matters>

NSPCC

<https://www.nspcc.org.uk/what-we-do/about-us/contact-us/>



Well done to all of our children who have shared on Twitter examples of some of the activities they have been completing at home. Below are the names of those children along with some Twitter posts.

Robert Browning

Samara F YR	Logan YR
Yunus YR	Anas YR
Sofian YR	Samy Y1
Abbey Y1	Aaron Y1
Jibreel Y1	Thiago Y1
Jack Y1	Mason Y2
Austin Y2	Raied Y2
Rahi Y2	George Y2
Mohammed Y2	Anum Y2
Chelsea Y3	Ledion Y3
Aaliyah Y3	Aia Y3
Kelahanie Y3	Mounir Y3
Fatouma Y3	Joseph Y3
Fawaz Y3	Saharla Y3
Aamir Y3	Rayan Y3
Tnock Y3	Skye Y3
Long Y3	Ermal Y3
Maryam Y3	Aella Y4
AmirA Y4	Aneeqa Y4
Isabelle Y4	Tei Y4
Sheerin Y4	Olivia Y4
Anthony Y4	Luke Y4
Jordean Y4	Betsy Y4
Teniola Y4	Liam Y4
Ellie-Rose Y4	Jordean Y4
Fatima Y4/5	Sara Y4/5
Mamadou Y4/5	Chloe Y5
Tiago Y5	Ethan Y5
Stefan Y5	Sian Y5
Zhixuan Y5	Adan Y5
Julia Y5	Hamirah Y6
Nashya Y6	Adam Y6
Angel Y6	

Snowsfields

Ellie-Rose YR	Ahmed YR
Riley YR	Kyle YR
Darcey-Jade YR	Yamin YR
Raven YR	Rosie YR
Tomisin YR	Jayci YR
Nohami YR	Sofia YR
Oscar YR	Reece YR
Eva YR	Ayaan Y1
Emmanuel Y1	Fillip Y1
Eugenio Y1	Francis Y1
Kareem Y1	Iris Y1
Melat Y1	Nia Y1
Preston Y1	Prince Y1
Regina Y1	Theo Y1
Nour Y2	Oumeira Y2
Yaseen Y2	Romeo Y2
Jacob Y2	Leena Y2
Imran Y2	Joshua Y2
Isabella Y2	Enzo Y2
Jason Y2	Raila Y2
Lilly Rose Y2	Keegan Y2
Bethany Y2	Jayden Y2
Raphael Y2	Perry Y3
Ryan Y3	Salma Y3
Izzy Y3	Fahad Y3
Sidney Y4	Trinette Y4
Param Y4	Parin Y4
Lailaa Y4	Hope Y4
Dom Y4	Ilham Y4
Angelina Y4	Reem Y4
Dominika Y4	Ava Y4
Philippa Y4	Braydon Y4
Joannie Y4	Rosie Y4
Temidayo Y4	Yaseen Y4
Temitayo Y4	Zoe Y4
Kimora Y4	Hadil Y5
Soloman Y5	Khaled Y5
Ayman Y5	Kiana Y5
Farhan Y5	Casey Y5
Natalia Y5	Adam Y5
Christiana Y5	Bailey Y5
Aleeza Y5	Fatima Y5
Sulayman Y5	Pixie Y5
Susan Y6	Olivia Y6
Rayan Y6	Divatty Y6
Chloe Y6	Sali Y6
Maisha Y6	Safaa Y6

Tower Bridge

Isaac Y1	Amirah Y1
Mia Y1	Milan Y1
Amarion Y1	Maliyah Y1
Anjaneya Y1	Deetya Y1
Chinonso Y1	Amanda Y1
Reggie Y1	Oscar Y1
Youcef Y1	Arthur Y1
Wassim Y2	Jasmine Y2
Taja'lee Y2	Amani Y2
Shebaniah Y2	Gibril Y2
Xingrui Y2	Saira Y2
Mohammed Y2	Joshua Y2
Nicole Y2	Youcef Y2
Ameerat Y2	Rabia Y2
Kiyrah Y2	Amy Y3
Neymar Y3	Morgan Y3
Scarlett Y3	Ava Y3
Belle Y3	Sabrina Y3
Mohammed Y3	Iman Y3
Elijah Y4	Emily Y4
Sumaya Y4	Leah Y4
Rakin Y4	Demi Y4
Jayden Y4	Maisie Y4
Ephraim Y4	Xingya Y4
Armani Y4	Zain Y4
Karima Y6	David Y6
Ilyas Y6	Sabira Y6
Diego Y6	Stefano Y6
Patrick Y6	Matthew Y6

Tweets



Tity @Tity36875833 · 10h
Eliana's poem from butterfly class

1 2

Foundation Stage @SNSFoundations · 7h
What a lovely poem and what a lovely bee.

CP @kipa · 9h
Replying to @SNSFoundations

1 2

Foundation Stage @SNSFoundations · 7h
Hi Maya, really nice pictures. Can you write a poem about your picture?

Foundation Stage @SNSFoundations · 11h
An incredible playdough minibeast here 🐛 It is so realistic, it made me jump! I love it when you really think about what things look like when recreating them. This caterpillar has made sure her spider has the correct number of legs too. Do you have any spider facts for us?

Khulod @Khulod14571233 · 11h
@SNSFoundations @SNSPrimary I've made My prickly spider out of play dough.

Bethany @AwetKahsays · 3 May
To jess
From eliana

IBcaterpillar @Caterpillar1b · 3h
Daniel I love how fantastic your writing is getting 🐛🐛. I can really see how hard you have been practicing at home - it really shows! 🐛🐛. Wonderful 'www' and super 'ssss' 🐛🐛🐛

GIF

pradeepa makawitige @pradeepamakawi1 · 10h
Today home work (sentence and maths)

RBCaterpillarNUR @RBCaterpillar · 1 May
Look at Zarifah's spider made on Purple Mash and put in her tray so I can see it! Great! 🐛

1 1 6

RBCaterpillarNUR @RBCaterpillar · 1 May
🐛 Well done Monica and Zarifah for your fantastic spider work!

TheMendesFamily @TheMendesFam1 · 3h
Replying to @Caterpillar1b and @SNSFoundations
Daniel practising writing letter w and s and finding names of mini beasts that have letter w

biljana @11biljana12 · 7h
Today Sofian found a caterpillar on our basil leaf plant. @RBButterfly_

1 1 1

RBButterflyR @RBButterfly_ · 7h
Oh wow! That's really exciting! Good spotting Sofian! I wonder if it'll grow into a butterfly? Thanks so much for sharing! 🐛

RBButterflyR @RBButterfly_ · 1 May
Well done Samara F for completing your butterfly life cycle on Purplemash. 🐛

Kathy Schicker @Kathyschicker · 29 Apr
Monica's 8 legged hairy tarantula!
Lots of mini beast fun today. @RBCaterpillar @PrimaryRobert @Caterpillar1b

RBButterflyR @RBButterfly_ · 1 May
Good work on your purplemash work Samara D!

Isabel David @IsabelD4682478 · 1 May
We didn't have a printer so we did our own clock!

2 2

TBRedClass @TBRedClass · 14h
I LOVE this sparkly clock! It looks great! I hope you've been having fun making times over the weekend Amanda!

Callie Ceurvels @CallieCeurvels · 11h
Replying to @SNSRed1
Hi Tom, May the 4th be with you! 🐻🐻🐻

Mia @Mia25054887 · 8h
Sentence using verbs and nouns. @TBRedClass

TB Green class @TBGreenClassY4 · 8h
Leah's been working hard too! 🐛 @purpleMash @tbprimary

TBRedClassY1 @TBRedClass · 8h
Wow!

Samy Boussaha @MeriemMarsali · 8h

TB Green class @TBGreenClassY4 · 12h
 Elijah and Sumaya have completed fantastic emotions posters on @purpleMash 🙌🔥 What impressive, new adjectives could you use on your poster? @tbprimary

Maria Millar @maria16679 · 8h
 RC Wanted to show you the army tank he made @SNSOrange2 @SNSPrimary

Orange Class @SNSOrange2 · 8h
 Oh, I love this! Such creativity, Romeo!

Emily @TheReed_Family · 11h
 Max in Antarctica

TB Orange Class Year 2 @TBOrangeClassY2 · 10h
 Great planning Kiyra! On Wednesday we will look at adding even more detail to your fantastic story. Thanks for sharing with me! 🥰

Prince @Prince55045693 · 9h
 Nour called her Bear Rainbow 🌈

Orange Class @SNSOrange2 · 9h
 Great start on your story, Nour! On Wednesday we will look at adding even more detail to your fantastic story. Thanks for sharing with me! I loved it! :)

Hazb87 @hazb87 · 10h
 Obstacle time 🙌🙌

TB Orange Class Year 2
TB Orange Class Year 2 @TBOrangeClassY2 · 10h
 How wonderful! Looks like you have been very busy this morning 🥰

Orange Class @TBOrangeClassY2 · 1 May
 Ninja writing task! Well done 🙌

Ethan & Mason Bros @BrosMason · 9h
 @RBOrangeClassY2 Monday mornings

Orange Class @RBOrangeClassY2 · 1h
 What a purple mash super star you are!!!!

Purple Class @SNSPurple6 · 6 May
 Fantastic work Safaa! 🙌

SPurpleClass @TBPurpleClassY6 · 5 May
 Love this! I spy White Rose maths. 🙌 Keep up the hard work! @tbprimary

Annette Deadman @DeadmanAnnette · 5 May
 @TBPurpleClassY6 doing some maths work 🙌

Green Class @SNSGreen_4 · 6 May
 amazing work! Keep it up!

Mohamed Ouanoufi @tbafuk · 1 May
 @SNSGreen_4 M, K, L... enjoyed doing her English and Foundation homework 🙌

Elaine @zoeyavarose · 3 May
 Sunday girls love baking... so what do we do? Let's get baking @SNSPrimary @SNSPurple6 @SNSYellow_3 Making 🍌🍌🍌 & 🍌🍌🍌 sprinkle vanilla cupcakes

TB Purple class @TBPurpleClassY6 · 5 May

I love reading all your comments you leave me when you upload wo...

Green Class @SNSGreen_4 · 5h
 Amazing work! Wish we could put this on our working wall!

AnnaN @AnnaN94402614 · 6 May
 Replying to @SNSGreen_4

RB Purple Class Angels work

SNSYellow_3

Waf Hignman @wafhignman · 1 May
 @SNSYellow_3

TB Yellow Class Y3

Mumrah @mumrah200001 · 1h

RB Purple Class Y6 @RBPurpleClass · 44m

RB Purple Class



Founded in 2011, Zoom is one of the world's leading video conferencing software providers. It has a number of features, including video and audio conferencing, real-time messaging, screen-sharing and the ability to upload, share and search for content. Users can start their own meetings or they can join meetings set up by others. The app is available to use across PCs, laptops, tablets and mobile phones and is free to download on both the app store and on Android.



What parents need to know about zoom



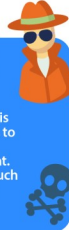
ZOOM BOMBING

'Zoom bombing' is the term which has been coined to describe unauthorised people joining zoom meetings uninvited and broadcasting pornographic or inappropriate videos. An attacker can hijack a meeting if they know the meeting ID and it isn't reinforced with a password. Not taking preventative measures or implementing privacy controls could open up the risk of children witnessing sexual or inappropriate content with very little notice.



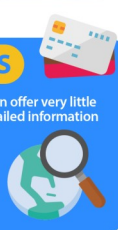
RISK OF PHISHING

The rise in popularity of Zoom has led to a rise in hacking operations and phishing campaigns. This is when participants are encouraged to click on links to join what they believe to be legitimate Zoom meetings via email, but which are in fact fraudulent. These scams aim to obtain sensitive information such as user login details, passwords and/or credit card information.



PRIVACY CONCERNS

Depending on how the app has been set-up, Zoom can offer very little privacy. In many cases, the meeting hosts can see detailed information about each participant including their full name, phone numbers and maybe even location data. Furthermore, depending on where the camera has been set up or where your child's computer is positioned, private or personal information could be stolen depending on what can be seen in the background.



LIVE

LIVE RECORDINGS

One of the features of Zoom is the ability to record live meetings. By default, only the host of the meeting can usually record live sessions however other meeting members can also record if the host gives them access. Recordings can be stored on devices or on the cloud and can be downloaded and shared with no restrictions. This means that videos, audio clips and transcripts of recordings involving your children could be widely shared on the internet or between users without your authorisation or consent.



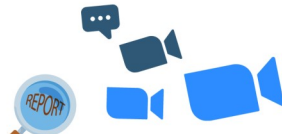
PRIVATE ZOOM MEETINGS

Zoom has a facility to set up breakout rooms, which enables a private meeting within the main Zoom session. The host can choose to split the participants of the original meeting into separate sessions. This gives children the ability to speak privately away from the main group to other users however chats aren't always monitored by the host and if the meeting has been made public, children could be more vulnerable to experiencing negative comments.



'LIVE STREAMING' RISKS

At its very core, Zoom facilitates live streaming. That means it inevitably carries some of the associated risks that live streaming brings. These are likely to be minimal within a controlled environment (for instance when used in a classroom setting for remote learning). However, live streaming means that content isn't always moderated and children who use the app unsupervised or with limited security settings, may be more at risk of exposure to viewing inappropriate material. Other risks can include downloading malicious links, sharing personal information or even potential grooming.



Safety Tips For Parents



REPORT INAPPROPRIATE CONTENT

Remind your child that if they do see something that makes them feel uncomfortable or upset then they need to talk about it and report it. Parents can report unwanted activity, harassment, and cyberattacks to Zoom directly. To help your child, you could try setting up a checklist before they go online, with an agreed set of rules and what they should do if they see something inappropriate.



TURN OFF UNNECESSARY FEATURES

If your child is using Zoom, there are a number of features that you can turn off to make the experience safer for them. For instance, disabling the ability to transfer files or engaging in private chats can help to limit the risk of receiving any malicious attachments or receiving any inappropriate messages. In addition, you can turn off the camera if it is not needed or mute the microphone when not in use.



USER PRIVATE MEETING IDS & PASSWORDS

It is always better to set up a meeting with a random ID number generated by Zoom than by using a personal number. This means it is harder to guess and less likely to be hacked. It's important to never share meeting IDs with anybody you don't know and always set-up a password function to allow other people to sign-in. This should already be a default setting that is applied on Zoom.



USE THE 'VIRTUAL WAITING ROOM FEATURE

The waiting room feature on Zoom means that anybody who wants to join a meeting or live session cannot automatically join and must 'wait' for the host to screen them before entering. This is now a default function and adds another layer of security to reduce the likelihood of zoom bombing.



PROTECT YOUR PERSONAL DATA

It's important to discuss with your child that they should not share personal information on Zoom. This includes passwords, their address, phone number, etc. Create your child's account under a false name or pseudonym and always set a custom background to help hide details in your home. Zoom allows you to turn on virtual backgrounds and select your own image to appear behind you.



KEEP YOUR VERSION UPDATED

It's important to ensure you are using the latest version of Zoom available and always update it if you get a prompt. These updates are usually to fix security holes and without the update you will be more vulnerable to an attack. Check the official website to see what the latest version is and compare it to your own.



BEWARE OF PHISHING EMAILS

Every time you or your child gets a Zoom link, it's good practice to ensure it has come from the official platform and is not fraudulent. Signs of a phishing email include an unrecognisable email address, an unofficial domain name or a slightly distorted logo. The email itself might also be poorly written or contain suspicious attachments.



HOST IMPLEMENTED PRIVACY CONTROLS

If your child is part of a larger group meeting, then it's important to make sure that the host is abiding by Zoom's Terms of Service. This includes the fact that they have gained everybody's permission for the session to be recorded. The host should also have set screen sharing to 'host only' and disabled 'file transfer' to help keep the live stream secure.



Meet our expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



National Online Safety®

#WakeUpWednesday



SOURCES: <https://zoom.us/privacy> | <https://zoom.us/> | <https://zoom.us/docs/doc/School%20Administrators%20Guide%20to%20Rolling%20Out%20Zoom.pdf> | <https://www.theguardian.com/technology/2020/apr/02/zoom-technology-security-coronavirus-video-conferencing>

Welcome to this newsletter from Southwark's Autism Support Team. During this time of school closures, we are all still available to offer our support to parents/ carers and educational staff.

We have a telephone support service from Monday – Friday, 9am-5pm.

More Information can be found: [here](#).

Training

We are in the process of adapting our training so we can bring it to you as an online option.

If you wish to register your interest or find out more about any of the below courses please

email: AutismSupportTeam@southwark.gov.uk

- Cygnet
- Next Steps
- Toileting workshop

Games Corner

Each week we provide simplified instructions to a game you might have, or like to try at home. This week it is Snakes and Ladders.

Instruction sheet can be found [here](#)

Extra tips, links and ideas for parents [here](#)

Visual supports

Help teach learning to wait [here](#), to support learning to take turns [here](#).

Social Stories to support losing a game

These stories are at different levels, choose the one that is right for your child.

It's OK to Lose 1 [here](#)

It's OK to Lose 2 [here](#)

It's OK to Lose 3 [here](#)



Question Corner...

Q: My child climbs and jumps off of the sofa and other items of furniture. How can I stop them from jumping?

A: It is important to understand why they are jumping to help try and reduce the behaviour.

Things to think about:

- Does the climbing/jumping happen all the time?
- Or when there is change to the routine? Some one unfamiliar is in the home?
- Have you asked the child to do something? Is there a demand to follow adult instruction?

Asking questions like these will help understand why they might jump and climb.

Sometimes with sensory processing, children find a way to satisfy the sensory input they are seeking, though it is not always the safest or most effective way. Rather than try and stop the behaviour, try and replicate the sensory input in a more safer way. **Remember:** your child has learnt a way to satisfy that sensory input; unless we provide an alternative, they will continue to climb and jump on the furniture.

[Here](#) is a video from a child's point of view about sensory input.

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

AutismSupportTeam@southwark.gov.uk

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, use the email above.

Sensory Processing

Many people with autism experience some sort of difference in the way they process the sensory information around them. A person might be over or under sensitive to sensory information and they can experience being over or under at the same time, as well as separately.

The 7 main senses are:

1. Noise (**auditory**)
2. Touch (**tactile**)
3. Smell (**olfactory**)
4. Taste (**gustatory**)
5. Vision (**visual**)
6. Movement and balance (**vestibular**)
7. Where our body is in space (**proprioception**)



Sensory differences can have a huge impact on the ability to carry out daily skills in play and learning, as well as affect a person's behaviour. These differences may result in a child seeking more sensory input because they are under sensitive or if a child is avoiding sensory input, then the child may be over sensitive and so you may see defensive, avoidant behaviours or meltdowns.

Many people will be able to identify their own differences with the first 5 senses listed; depending on whether you prefer or avoid certain sounds, smells, flavours or sights. However, the vestibular and proprioception senses are typically less spoken about and so may be difficult to identify. [Here](#) is a handout that explains a little more about these senses.

It is not always obvious why someone is experiencing a sensory overload, so we have to try and work out why they react to certain situations. [Here](#) is a parent who noticed a change in his son's behaviour. You may also find this detailed sensory handout [here](#), useful in learning about your children's sensory profile.

Visuals to support someone to choose sensory activities are [here](#)

Super Sensory Seven



Here are some fun sensory activities to try at home:

Noise (auditory) Have a singing session, write out /download lyrics and make it karaoke! You could use pots and pans and household items to make a house band! (You could add your own dance routine or learn one to go with it from YouTube!)

Touch (tactile) Freeze different items/toys in ice and allow the child to explore as it melts. Create a dry play box and add in items, such as vehicles, animals, letters.

Smell (olfactory) Play a smelling game where you encourage the child to smell and guess the scent, or indicate if they like or don't like with thumbs up / thumbs down. Use jars/ tubs and conceal the items, inside. Use scents such as lemons, ginger, fresh herbs, spices, grass, etc.

Taste (gustatory) Make a smoothie and have a taste test to see which combinations taste good.

Vision (visual) Play eye spy in the home. Draw a set of shapes on paper and go finding items that match the shapes. Use toilet rolls to make binoculars.

Movement and balance (vestibular) Take part in a yoga or movement session, [here](#) is a link to Cosmic Yoga, [here](#) are links to Joe Wick's sessions on YouTube. Set up a home obstacle course.

Where our body is in space (proprioception) Give your child a massage, this could be their hands, feet or body.

Sensory Circuits

Some schools may already be using sensory circuits as part of their daily routine.

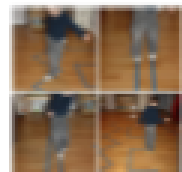
A sensory circuit is made up of 3 stages:

Alerting

- Jumping, bunny hops, star jumps, hopping, bouncing on a yoga/peanut ball etc.

Organising

- Throwing balls into a target, shape sorters, crawling through a tunnel, Simon Says, posting objects, DIY balance beam with tape!



Calmng

- Head, foot, hand or body massage: should be slow and steady; a deep pressure hug, or using a weighted blanket.

For further information on sensory circuits, have a look at this [handout](#) by Drumbeat School and for more ideas have a look at this [handout](#) from the NHS.