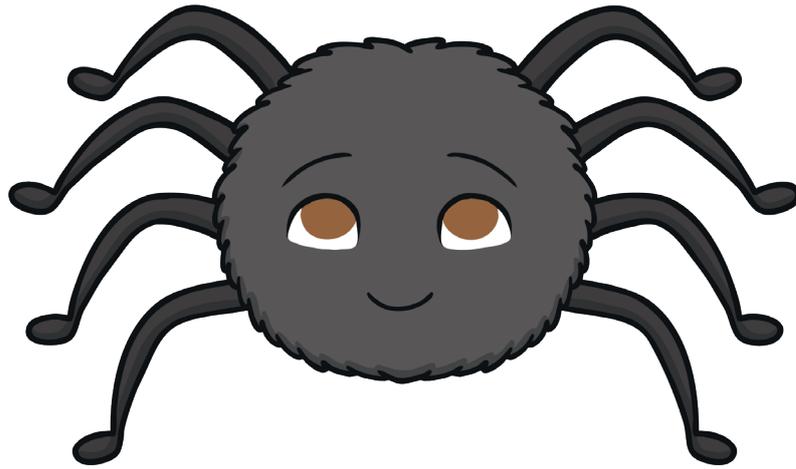


Hand Crawls

Make your fingers into a crawling spider. Make your spider walk or run across the table.



Scrunch It

See how many times you can scrunch tissue paper into a ball.



Sand Drawing

Spread a thin layer of sand into a tray. Use your finger to draw lines, shapes, pictures and patterns in the sand.



Playdough Play

Try making some different shapes with some playdough. Can you make it flat like a pancake or round like a ball?



Blowing Bubbles

Go outside and blow some bubbles. Try to chase and pop them too!



Bouncing Bunnies

Crouch down and jump into the air to do a big bunny jump. Can you do five big bunny jumps?



Deep Breaths

Take a big, deep breath and then slowly breathe out.



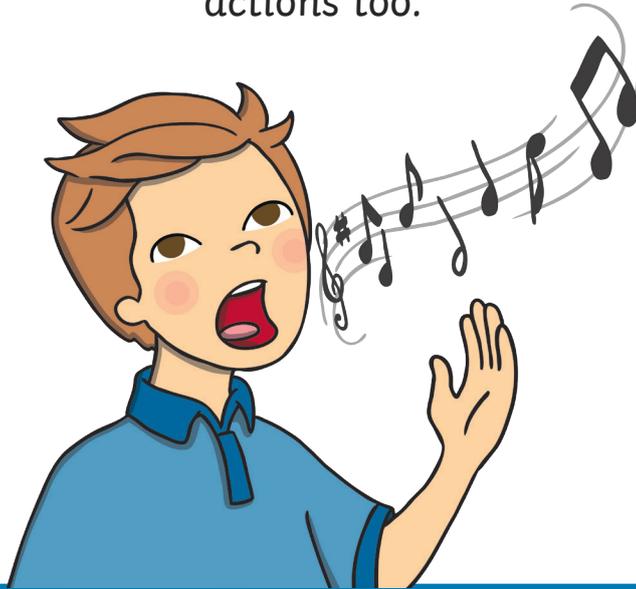
Sensory Glitter Jar

Carefully, give a glitter jar or bottle a gentle shake. Watch the glitter as it swirls around.



Sing a Song

What's your favourite song? Have a sing and try doing some actions too.



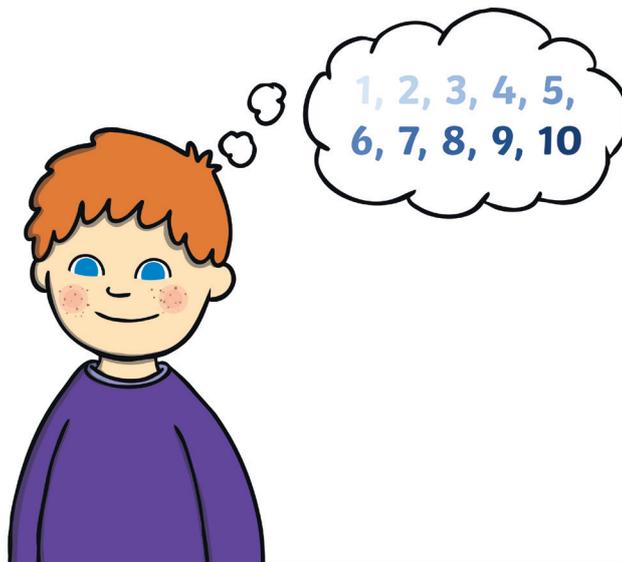
Have a Dance

Put on some music and have a dance!



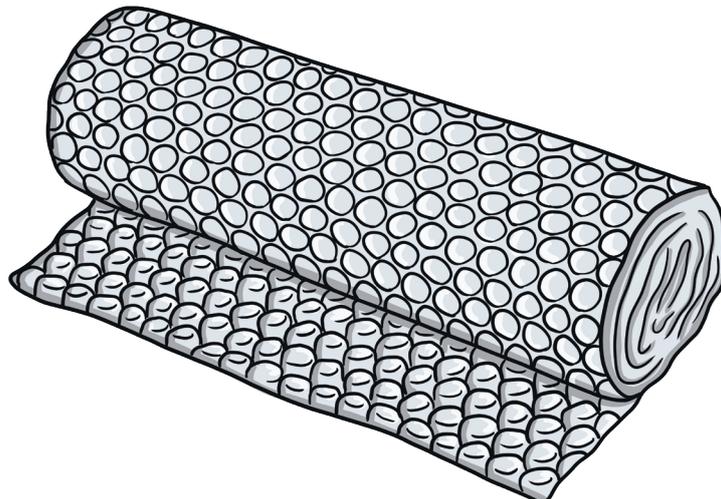
Clap and Count

Try counting up to five or ten. Try clapping as you say each number.



Bubble Wrap Pop

Try popping some bubble wrap. Press the bubble wrap between your fingers and make it pop.



Take a Pencil for a Walk

On a large piece of paper, use a pencil to draw a long, wiggly line. Create lots of shapes and patterns as you take your pencil for a walk around the page. You could colour your pattern too.



Go for a Walk

With a grown-up, go for a walk - outside is good but inside works too. Talk about the things you can see, hear, smell and feel.

