

Active Education

We are coming 'live' via ZOOM throughout the School



Ideas for Play

I will be able to support you with some hand function activities to practice your skills.



What to do in your free time independently? homework each week for you to practice

Zoom online Sessions on Tuesdays Wednesdays Thursdays



It will be great to see you all!!

Active Education 'Live' ZOOM sessions

Active Education will continue at home

Dear St Nicholas School Family, Teachers, Active Education Kids and Parents,

I am Judit Sebok-Rose, or Active Ed Judy as many of the children know me. I and my Active Ed Team; Jane White, Jo Robson Rachel Shipperley have been working with pupils at St Nicholas School for the last 10+ years. Together we provide one to one, small group or whole class sessions continuously throughout the academic year. Active Education is a program that unique to St Nick and bears some very important principals.

We are really missing you all and would like to continue our Active Education journey together!!!

1

WRITTEN HOME PROGRAMS

Contact: Judit.s@st-nicholas.kent.sch.uk

2

ZOOM LIVE SESSIONS

Zoom ID is secure so please get in touch or see the email from your class teacher

3

ONE TO ONE LIVE SUPPORT ON THURSDAYS

Limited number of sessions available on first come first basis

Contact: Judit.s@st-nicholas.kent.sch.uk

- Active Education is practicing skills in an active, fun group session as independently as possible
- Active Education allows time for active learning and independent problem solving and teaches functional skills for life.
- Active Education uses a repetitive routine and familiar songs to build confidence, body awareness and gradually enables pupils to begin to take control of their bodies
- Active Education builds each individual pupils goals into a shared routine within a group
- Active Education encourages each group member to celebrate each others achievements therefore builds self-esteem and self-belief

Please get in touch with me on the e-mail address above if you have any specific question.

We aim to have fun and some social interaction in the first place and of course we will do our best to keep up with; and learn some **new skills** :)

ZOOM Active Ed Timetable from the 12th of January 2021

Time	TUESDAYS	WEDNESDAY S	THURSDAYS
10.30	Hand Task Session with Music for All	Hand Task Session with Singing Specially for Primary but ALL welcome !!!	Hand Task Session with Music for All
13.00	N/A	Hand Task Session with Music for All	N/A
11.30 12.00 12.30 13.00 13.30 14.00	N/A	N/A	Limited numbers of (20 min long) One to One sessions are available with Judy Please get in touch to book your slot!! Sessions will be allocated on First come first basis!

Video link to how to join: https://www.youtube.com/embed/hIkCmbvAHQQ?rel=0&autoplay=1&cc_load_policy=1

Active Education Hand Task Program Resources

Name	Household Object Ideas	Amazon Links if you wish to order for home
magic wand stick	wooden spoon Cut of an old broom stick Make it colourful with a felt-tip pen or shine and unique by using paint or ribbons or glitter	Glitter wand https://www.amazon.co.uk/Spiral-Glitter-Tubes-Multicoloured-Playlearn/dp/B01BGRJTRU/ref=sr_1_4?dchild=1&keywords=glitter+wand&qid=1585136456&sr=8-4&swrs=D5E1AA94A0B67A89FEC6C3FB844AF8EB
Shaker Maracas	Small water bottle with rice or beans inside Personalise it by adding some glitter or some torn paper strips from an old magazine	Bell shakers, rattles https://www.amazon.co.uk/Wooden-Rattles-Rainbow-Handle-Jingle/dp/B07F1QRHSR/ref=sr_1_21?dchild=1&keywords=bell+shakers&qid=1585136724&sr=8-21&swrs=6CE45OFDBB796994C4EBE4B37403CDAE
Hoop	Lid or plastic bowl	Hoop https://www.amazon.co.uk/Classic-Pet-Products-Solid-Rubber/dp/B00LS06JG6/ref=sxbs_sxwds-stvp?cv_ct_cx=dog+toy+hoop&dchild=1&keywords=dog+toy+hoop&pd_rd_i=B00LS06JG6&pd_rd_r=4a22c49a-11d8-42f4-8edf-9bae139f72a3&pd_rd_w=q0M3N&pd_rd_wg=Qcemz&pf_rd_p=03b06a71-8075-4a7d-9aff-765240508d0a&pf_rd_r=GGVKBSEEDOMM8JV4V14B&psc=1&qid=1585136926&sr=1-1-718396de-69ac-46a0-9195-9669abo086b2
Bean bags	Sock filled with pulses	Bean bag https://www.amazon.co.uk/Tri-Juggling-Bean-Bags/dp/B004ZPWHAR/ref=sr_1_31?dchild=1&keywords=bean+bags&qid=1585137120&sr=1-31&swrs=62F105F7CFECBA9A955371224D113825

Active Education Hand Task Program Resources

Name	Household Object Ideas	Amazon Links if you wish to order for home
Rainmaker	1 litre plastic bottle with various grains and glitter inside it Dough roller	https://www.amazon.co.uk/Limewier-Rainmaker-Education-Auditory-Instrument/dp/B07YTM6G67/ref=sr_1_2?crid=36LAYLOLVTTGGW&dchild=1&keywords=rainmaker&qid=1585137225&s=kids&prefix=rainmaker%2Ctoys%2C150&sr=1-2
Drum	small cushion a plastic food container upside down out some grains inside to make it noisier	Ocean drums https://www.amazon.co.uk/Hotaluyt-Musical-Educational-Percussion-Instruments/dp/B07VSQGQXH/ref=sr_1_3?dchild=1&keywords=ovean+drum&qid=1585137705&s=kids&sr=1-3-spell