

# Wellbeing

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This is one of the 4 area's in the SHINE Curriculum, it is referred to in the EHCP goals as Social, Emotional and Mental Health.

## Yoga

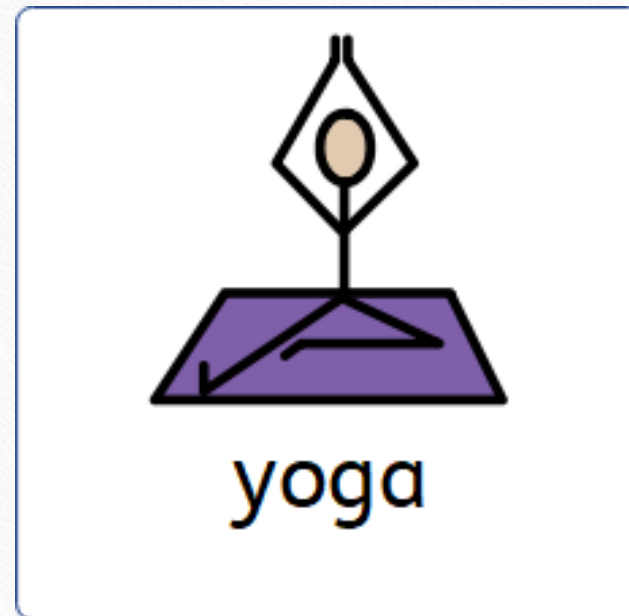
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One of our amazing parents shared this video link with me!

Yoga for children with Cerebral Palsy

This video is fantastic and has some different poses suitable for any child on the MOVE or Active Ed programmes.

- <https://www.youtube.com/watch?v=W-v3Xs6LVFc>





## Mirror Games

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Another great all about me activity is mirror games:

using a mirror and hats/ wigs/ sunglasses/ fancy dress or face paint if suitable (please test on a small patch of skin first to test for allergies and follow the manufacturers guidelines)

using the words:

- 'I look in the mirror and who do I see?
- who is that face looking at me?
- I look in the mirror and who do I see?
- 'That face in the mirror is me!'

encourage your child to look into the mirror, pulling funny faces and trying on any of the different clothes and see if they recognise themselves or if they recognise anything different.



Mirror

## Face mask

A fantastic and funny way to relax, show then there face in the mirror, join in and try a face mask too... or a fantastic messy play recipe that explores natural food textures.

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Ingredients: oats, natural yoghurt & honey

Stir together 1 teaspoon each of oats, plain full-fat yoghurt and honey.

Leave on for up to 5 minutes and then wash off with warm water.

Please test for allergies on a small patch of skin first!





## Natural Herbal Playdough excellent for encourage the development of fine motor skills.

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### Ingredients:

1 cup salt

2 cups flour

1.5 cups boiling water

2 tbsp oil

a few drops of fresh lemon juice (this works in the same way as cream of tartar!)

fresh herbs eg rosemary, thyme, sage, oregano, mint (anything that smells nice and is not irritant!)

- Mix all of the ingredients together in a bowl with a metal spoon. As soon as it is cool enough to touch, start kneading until it becomes soft, stretchy and pliable. Mix in the herbs.
- You can explore with hands, sticks and its taste safe!



## Story Massage

- build the sensory awareness
- develop relaxation skills
- build storytelling skills
- increase imagination

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You will need

Your child's favourite cream or oil

A towel

A warm quiet place

This massage story can be undertaken on your child's hand, foot or back. As with most massage activities, tailor it to your child's needs, attention and tolerant span.

- Once upon a time, there was a tiny little caterpillar (gently and slowly walk your fingers around the child's hand) and he was going on a journey. As he went along, sometimes the path he was on would end in a dead-end and he would have to slither backwards. (Walk your fingers backwards on the child's hand) At times the little caterpillar would need to climb up a plant; this was a bit harder to do. (Press your fingers slightly harder on the child's hand) Once he reached the top, he look around to see what he could see.
- (Gently move your hand in a clockwise action on your child's hand) He looked the other way. (Gently move your hand in anticlockwise actions of the child's hand) Whilst looking he spotted a beautiful flowers and thought I would like to build my cocoon. So he slowly went down the plant. (Move your fingertips in clockwise actions of the child's palm) Once he manoeuvred his way down the plant, he squirmed and slithered over the ground towards the flower. He was going over twigs, leaves and Pebbles. Sometimes bits were prickly on his belly and sometime bits were smooth and soft. (With your forefinger and thumb, gently massage each finger.



After a little time, the little caterpillar reached the flower and he could smell the most beautiful scent coming from the flower. This scent with his favourite smell ever (encourage your child to take a slow deep breath in through their nose and then slowly breath out, repeat twice.) Once he'd found the most perfect safe place, he began to build his cocoon. (Gently rubbed the child's whole hand again and again) He added more and more layers to make the cocoon cosy and strong. Then he rested. (Gently stroke your fingers down the top your child's hand)

After a while caterpillar had grown and changed and he knew it was time to begin to push out of the cocoon. He began to push at the cocoon decides. (Gently and slowly rub your thumb pads up the child's palm from the fingers to their wrist) Finally he emerged from the cocoon and felt different. He looked around and saw that his body was different and he saw the most beautiful wings attached to his back. He flapped his wings, gaining more strength each time. (Gently bring your child's hands up to your eyelashes, blinking eyes and let your eyelashes touch the child's hands.) With a gentle whoosh of wind, he flapped his wings and flew away. (Gently blow on your child's hands.)

## Mindfulness

<https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK>

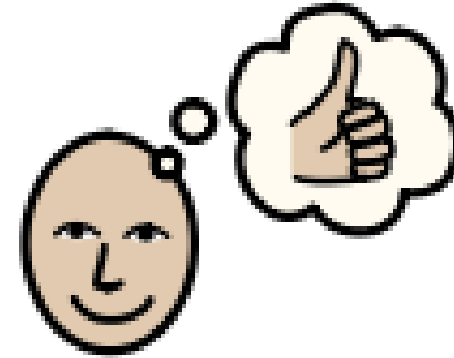
Mindfulness videos for emotional and mental health.

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<https://www.youtube.com/watch?v=XVflu70T4ns&list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&index=2&t=0s>

This also gives some great ideas as to how to approach these conversations with your child.

Put it together with our symbolised social story on our website.



# Mindfulness

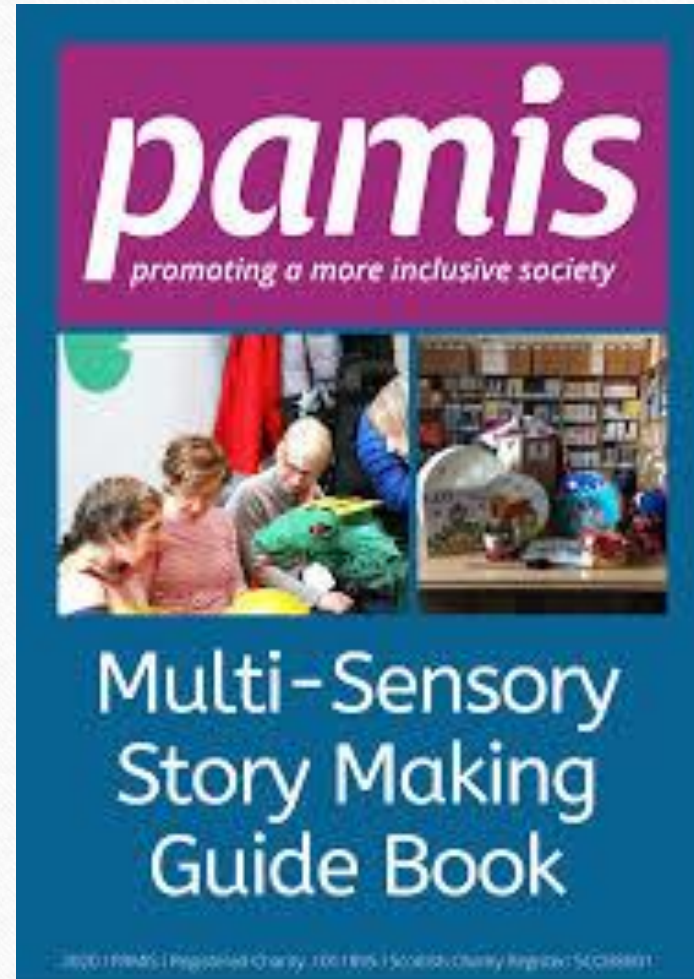


## Creating Sensory stories

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<http://pamis.org.uk/site/uploads/multi-sensory-storymaking-1.pdf>

This is a great short guide into how to create sensory stories when out on walks or in the backgarden.



## My Sensory Tea Party

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On the following slides are ideas for different taste safe (with some alternative recipes) ideas for activities that make up a sensory Tea Party.

These can be done one at a time or together.





# Lavender Sensory Rice

Dried or fresh lavender (picking or planting some is a great activity)

Purple paint/ or food colouring

Rice

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Mix purple paint/ food colouring into the rice till evenly coated and allow to dry.

Add in your lavender grains and sprigs

Add in uncoloured a small amount of normal rice

A couple of drops of lavender oil or bath salts can be added (no longer taste safe after this)

For added dimensions to the play experience provide; cardboard tubes, some cut in half lengthways to make open slides, spoons, pine cones, a wooden bowl and some little cups.



Learning and Play Outcomes:

Physical Development: raking, scooping, pouring, transferring, pincer grasp, fine motor skills. Moving arms, head and torso Gross motor skills

sensory: learning about the world using all of the senses, description of how things feel and smell



## Rosemary and Honey Tea

Boiled water (please keep away from children)

Fresh Rosemary

Honey

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Fill up and boil the kettle, allow water to cool till hot but not boiling.

Explore using; vision, touch, taste and smell, the honey and rosemary.

Place the rosemary sprigs in a glass and add the hot water.

Allow to 'brew/steep' for 5 minutes

Stir in ½ teaspoon of honey

Allow to cool before using for water play or tasting.



Learning and Play Outcomes:

Wellbeing: exploring the world using all of the senses, co-operative play

Knowledge & Understanding: investigating how things work, pouring water, understanding that some plants have a scent

Physical Development: gross motor skill, pouring with control, hand: eye co-ordination



# Orange and Lemon Playdough Cakes

1 cup salt

2 cups flour

1.5 cups boiling water

2 tbsp oil

a few drops of fresh lemon juice (this works in the same way as cream of tartar!)

Lemon zest and orange zest

Yellow and Orange food colouring

Explore all ingredients separately using vision, taste, smell and touch.

Mix together the salt, flour, oil and lemon juice.

Keeping at a safe distance from the child add boiling water.

Stir ingredients with a spoon, it should begin to cool quickly, adult to check temperature before allowing child to touch.

Split the dough into  $\frac{1}{2}$  and place in different bowls.

Knead in with hands; lemon zest and yellow food colouring to one. Orange zest and orange food colouring to the other.



Learning and Play Outcomes:

sensory: exploring and investigating materials/ textures using all the senses

K & U investigating capacity / weighing/ measuring/ counting (during the cooking process)

PD: fine motor development through: pinching/ squeezing/ pushing/ pincer grip/ poking/ squishing/ rolling/ rolling/ digging

Wellbeing making dough represent other objects/ sculptures/ role-play/ imaginative play/ sustained involvement in play

C&I: role-play language/ new vocabulary eg herb names

# Coconut Cloud Dough Ice-cream

1 cup vegetable oil

4 cups plain flour

1 cup cornflour/starch

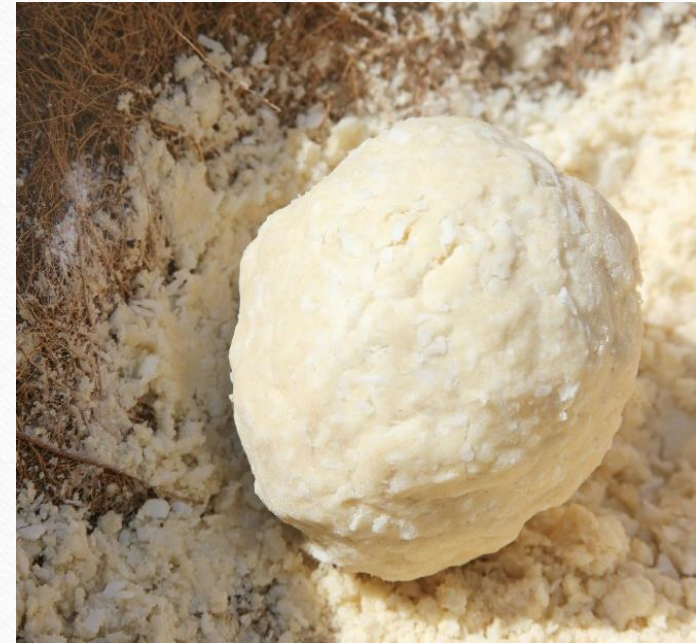
2 cups desiccated coconut

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Explore all ingredients separately using; vision, taste, touch and smell.

Mix the oil into the dry ingredients until fully combined. It should feel a bit like damp sand.

Can be placed in the fridge to add the sensation of cold to the touch.



Learning and play Outcomes:

Physical Development: fine motor skills, rolling, forming, modelling, crumbling, pinching, scooping, patting. Gross motor skills, arm movement, head and neck movement

Sensory: exploring using all senses

Knowledge and Understanding: combining materials to create new ones