

## Class 5:1 suggested activities – week 1:

Hi,

Please have fun and be creative with the below activities. If it applies, get the kids involved. We have tried to consider activities that would enable them to be included to support you to complete the tasks and hopefully have some fun with them too.

Thank You.

### 1. Tac pac

Please create and where possible (with own kids?) try your created tac pacs and make any changes that might be necessary to support its success. This week, please create 3 tac pacs – two of which are in the style of handy tac pacs and one that is a more sensory tac pac. Please pick a theme for each tac pac, excluding nature sounds and musical instruments. Please see below example for a nature sounds tac pac.

Sound of nature (no music) - <https://www.youtube.com/watch?v=U7NKyMYHatY>

[Full finger tap massage circles](#)

Tribal jungle music - <https://www.youtube.com/watch?v=jwWMcOcpIKk>

[Tapping palms across arms and legs](#)

Nature sounds and birds - <https://www.youtube.com/watch?v=PLP5d5BqwP8>

[Gently squeezing muscles](#)

Ocean music and sounds - <https://www.youtube.com/watch?v=5Tg7lbsREr4>

[Gently snapping with fingers on arms and legs](#)

Relaxing rain music - <https://www.youtube.com/watch?v=ow-dhYYG94k>

[Piano fingers across the body and head](#)

### 2. Sensory story

Please create a short sensory story using everyday household items as the sensory stimuli. Please see example below of a story I made up about the Jolly Postman.

Slide	Story	Stimuli	Auditory support during stimulus exploration
1	One cold windy morning, The jolly postman arrived at work. Today he has 8 special parcels to deliver.	Letters/parcels to deliver	<a href="https://www.youtube.com/watch?v=7D6eRK2l-rl">https://www.youtube.com/watch?v=7D6eRK2l-rl</a>
2	The jolly postman got parcel one in his hands.	Soap/bubbles	<a href="https://www.youtube.com/watch?v=Ogfyl_wBSnk">https://www.youtube.com/watch?v=Ogfyl_wBSnk</a>

	The first parcel delivered was to the soapy cleaners.		
3	The jolly postman got parcel two in his hands. The second parcel delivered was to the gritty road workers.	Stones/gravel	<a href="https://www.youtube.com/watch?v=El-INkagsrY">https://www.youtube.com/watch?v=El-INkagsrY</a>
4	The jolly postman got parcel three in his hands. The third parcel delivered was to the crunchy groundsman.	Leaves/grass	<a href="https://www.youtube.com/watch?v=VCmfpYvHicE">https://www.youtube.com/watch?v=VCmfpYvHicE</a>
5	The jolly postman got parcel four in his hands. The forth parcel delivered was to the smelly florist .	flowers	<a href="https://www.youtube.com/watch?v=BaKwRXMoL1Q">https://www.youtube.com/watch?v=BaKwRXMoL1Q</a>
6	The jolly postman got parcel five in his hands. The fifth parcel delivered was to the furry vet .	Fur/soft cuddly fabric	<a href="https://www.youtube.com/watch?v=TWhJuOfWeSs">https://www.youtube.com/watch?v=TWhJuOfWeSs</a>
7	The jolly postman got parcel six in his hands. The sixth parcel delivered was to the tickly clown.	Water spray / tickling feather dusters	<a href="https://www.youtube.com/watch?v=2Z3Mg9dgHOo">https://www.youtube.com/watch?v=2Z3Mg9dgHOo</a>
8	The jolly postman got parcel seven in his hands. The Seventh parcel delivered was to the noisy dj.	Disco lights, party poppers etc or lights off & dancing	<a href="https://www.youtube.com/watch?v=jGkajKtYEso">https://www.youtube.com/watch?v=jGkajKtYEso</a>
9	The jolly postman got parcel eight in his hands. His last one of the day. The eighth parcel delivered was to the sticky bakery.	Sticky icing sugar	<a href="https://www.youtube.com/watch?v=aNZ9d7ApwPQ">https://www.youtube.com/watch?v=aNZ9d7ApwPQ</a>
10	The jolly postman has delivered all eight parcels. It's time to go home for a cup of Coffee and his dinner. See you all next time for some more delivery fun!	Drink/biscuit (smell/taste)	<a href="https://www.youtube.com/watch?v=Ard3COVAHV0">https://www.youtube.com/watch?v=Ard3COVAHV0</a>

### 3. Soundabout

Please come up with some new chants that could be used in soundabout along with a short paragraph explanation of how as a parent you could do soundabout with your child at home.

Examples of chants are:

In style of football chant –

There's only one tommy smith

One tommy smith

Wheeling around

Singing a song

Smiling in a meadows wonderland

Cheerleader chant –

2 – 4 – 6 – 8

Who do we appreciate

F-R-E-D-D-I-E

FREDDIE!

Waffle doggy song –

Everybody

Danny Jones

Danny Jones

Danny Jones

Your such a cleaver lad

Your such a clever lad you are

Whooa oa oa oa ooooooh

Made up rhyme –

Great big feet

Walking down the street

Great big feet

Walking down the street

Who's got big feet

Walking down the street

Who's got big feet

Walking down the street

Beth's got big feet

Walking down the street

Beth's got big feet

Walking down the street

Stop.....

And waving Hello!