Pre Formal - CT/CC List of possible activities to do at Home

1. Soundabout

Visit the soundabout youtube channel at; <https://www.youtube.com/channel/UCzkf-oB7V5tTguM36Km5WAA>

Here you will find great interactive sessions. Also, look for soundabout on Facebook. They are currently doing live events, which are great to join in. Currently they are on a Tuesday and Saturday.

You could create your own session. Its great fun, to get all the family involved. In your own sessions, the importance is the vocalisation of the young person. Encourage these through chants, noises or song. Repeat the young person’s vocalisation back to them. Pauses are great too as they can encourage initiated vocalisation. Give it a try.

1. Rambling

Go for a ramble and explore some of lovely scenery some our park and open spaces have. With it being quitter outside, the sounds of nature can be lovely to listen too. Go on different ramble’s to take in different scenery, including flowers, lakes and safe woodland (places have wheelchair accessible parts of woodland).

1. Revisit your favourites

Continue to look back at learning activities from the previous weeks and repeat some favourites. You might find the interaction is different. You might notice some anticipation. It’s good to repeat learning activities several times. Remember to give ownership of the learning to your child, and allow them to guide you in the learning/interactions.

1. Physio / Movement Programmes

Please follow your child’s individual movement programmes as often as possible.