

Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- BBC Teach - Super Movers
- letters-and-sounds.com
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources/ TES (sign up for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- bigactivities.com
- theactivitychest.com
- ichild.co.uk
- Twinkl
- Go Noodle

Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride and scooter or bike
- Running/Jumping games
- Carry shopping bags
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities
- Dance Along to a 'Just Dance' video on YouTube
- Jack Hartmann Kids Music Channel on YouTube
- Kids Yoga on YouTube
- Cosmic Kids Yoga www.cosmickidsyoga.com
- Play Dough
- BBC Teach - Super Movers

Sensory Regulating Activities

- Jump on a trampoline
- Running and jumping games
- Play in sand pit and with wet sand
- Bounce on a space hopper
- Skipping
- Bouncing on an exercise ball
- Go for a run
- Star Jumps etc.

Sensory Calming Activities

- Roll tightly in a towel or blanket
- Sit with a pillow on lap
- Fidget Toys
- Blowing bubbles
- Pilates Plank
- Listen to calming/relaxation music
- Sitting on a bean bag, cushion and/or blanket