

Tîm Camau Bach Let's Have Fun!



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Let's have fun on a rainy day!!

Start your day with some exercise!!! Something different today!

- Line dancing for a change!
- Put your hats on and go!
- Everyone can do this.

Lots of video's on YouTube!

"Stroll along Cha Cha" Online videos offers Wheelchair line dancing class!



Exercise idea 2:

Play balloon tennis: Use your kitchen table or sofa as the table. Balloons for balls. No bats? Make one from a paper plate on a stick like object. This could be a dish mop for dishes? Think outside the box / Use your hands?

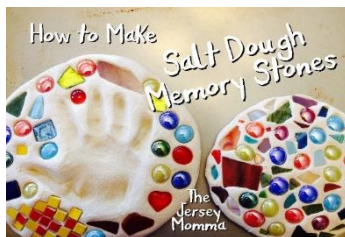


Exercise 3

- Finish your routine with a Yoga for kids to bring the children down to a state of calm.
- Cosmic Kids on YouTube do Yoga classes for little ones and older children.

Art Time now!

- Painting stones today!
- Most of us haven't got stones handy! So, we are going to make some from salt dough stones.
- Make your dough and make a design or picture on the top with playdough tools or a pencil.
- Dinosaur fossils? Memory stones? You could do emotions? Happy/Sad/Worried? Or jewellery.
- Bake your dough and then paint.
- While your salt dough cooking its snack time!!!
- Wash your hands!!!



Ok - No outside play today as it's raining!

So, we have to be bouncing indoors!!!

- Put some music on and dance .
- Put all the cushions on the floor and jump on them
- Make an obstacle course indoors.
- Use masking tape!



Ok Bouncy time over!!!

Messy play time and multi-sensory writing!

- Fill some trays with textures and lay out on your table or on some large towels on a tray. If you have a Tuftie tray use this, something like this?
- Now explore and play.
- Put some cars or little figures in to play.
- Use some mark making tools, spoons, Playdough knives, brushes, anything that makes a mark in your kitchen or a toy?

Also, you can do multi-sensory letter trays.

- Children who like to taste!! Use edible textures?
- Or something like this?
- Zipped food bag, Sprinkles and tape to stick down.

Wash your hands!



Lunch time!

Lunch over? Out for your daily walk! Take your scooter/bike/skateboard if possible but if very rainy try the following!!

- Jumping in the puddles. Jump over them and in them/
- Take your umbrella's and sing and dance in the rain
- Go in the garden and see what's in the puddles?
- Introduce big and small jumps in the puddles
- Have a race through the puddles
- Catch the rain on your tongue what does it feel like? On your hands??
- Take bubbles and blow bubbles in the rain
- There are so many ideas online!!!!
- If children are not keen to go for a walk, try a play in the garden.
- Look for worms and creatures – rain will bring them out.
- Do a sensory walk in the garden – smell and touch things. Do they feel different?



Back Home!

Ok dry off and cuppa!!!!

Movie time!!

- First battle choose a film!! If choosing is hard then children can make their own little space and watch the one, they like.
- Get some blankets to curl up with.
- Turn the lights off.
- Close the curtains



Popcorn?

- No popcorn just twist some paper into a cone and pop some sweeties in or crisps whatever's handy!



Probably need a stretch and free play time now?

- As we do in previous plans lay out your free play area.
- Your children can choose what to do but try and make distinct areas for play, so toys don't get muddled up or left strewn everywhere.
- This is confusing for children and encourages disorganised behaviour to develop making it harder for children to focus and enjoy quality play

Game Area

Sensory Play essential every day. Think, Movement, Tactile, Visual/Lights/ quiet time in Homemade sensory space.

- Oral motor box very important!!! include bubbles, windmills to blow, whistles. Blow football.
- Kazoo's
- Items to chew-chewie's!
- Don't forget your colouring corner for children at home. Try and introduce a variety of textured papers and colouring items like chinks and crayons or pens and pencils.
- Keep everything nice and organised for children and clutter free. This helps to keep children calm and less anxious and fretful.
- Try and include more bouncy time activities before tea!!!!
So, use your activities from this morning!!



Teatime!

- Time to slow down for the evening!!! Try stories, do a diary and record your day. If you have taken photo's through the day send them for printing. Plenty of free apps around.



See you next week!!!!



Don't forget to paint your salt dough stones form this morning!!!