

## SENsational learning ideas – The Sky’s the Limit!

Dear Parents / Carers,

Welcome to our fourth edition of the SENsational newsletter. Our focus this week is on Space and the sky. Some of you may have spent time last week satellite spotting for Starlink Satellites or looking for meteors from the Lyrid meteor shower. This week and next week offer other space related opportunities for learning which we have included.

### Thought for the week

**“I always believe that the sky is the beginning of the limit.”**

M.C. Hammer. American rapper.

### Deciding what to do

You could link activities to upcoming national events. The following events link to our theme and we have put the links in from the Days of the Year website below which you can visit for ideas.

1 May	<a href="#">Space Day</a>	<a href="#">Christ the King Catholic Primary School</a> in Birmingham have ideas on their website that you can have a go at. Why not find out about space by looking at archive film on YouTube or visiting the <a href="#">NASA website</a> .
2 May	<a href="#">International Astronomy Day</a>	Visit the <a href="#">European Space Agency</a> website for ideas of things to do including information about space in the learn section, games and things to do.
4 May	<a href="#">Star Wars Day</a> #StarWarsDay	Visit the <a href="#">Star Wars Day website</a> for videos, an activity kit, games and recipes.

Find out about different events through online calendars such as Days of the Year which can be accessed at this weblink <https://www.daysoftheyear.com/>. Be aware that not all of the days are appropriate for celebrating with young people.

### Managing choice

- Choice board Do your children get bored easily? Do they need help to think of ideas in their play? If so create a visual choice board for them with different options to play. For example a certain board game, imaginary game, craft activity etc. Sometimes children become 'bored' because they have reduced praxis (planning and sequencing) skills. Make sure you don't provide too much choice at one time. [Weblink](#)
- You can also create choice boards or now and next boards using objects to represent activities and hang them up.
- Remember that timetables can be used to help to manage choice. Work together to agree a range of activities. There are timetables on the home page of our learning site at <https://www.integra.co.uk/home-learning/>

**Frequently Asked Questions** - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

**Contact us with your COVOD queries on [SENDCOVIDenquiry@southglos.gov.uk](mailto:SENDCOVIDenquiry@southglos.gov.uk) or 01454 866123.** The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.

## This week's activities you might want to try

### Skills Builders activities

- Ideas on how to support your child with maths in the attached document.
- Our list of everyday objects that you could use for maths is also in the attached.
- Try our offline fun activities all about the number 10.
- Arcademics - why not try out the fun games on this site? Race a jet ski, hit the meteors, Chase the puppies, make the penguins jump – all by answering the calculations correctly. [Weblink](#)
- Daily 10 has maths 10 questions, you can choose the maths topic you want to practice, how easy or hard you want to make the calculations and then select the speed of the questions. [Weblink](#)
- Oxford Owl has fun games and activities both on and offline for primary ages 3 upwards. Just choose the age of your child [Weblink](#)

### Calm and Happy (wellbeing)

- 7 outer space themed sensory bottles perfect for kids who love planets, galaxies, and all things space related. These could be the perfect calming strategy for early years and primary. [Weblink](#)
- Best stargazing apps for 2020 – get to know our cosmos by exploring apps such as Skyview Free, NASA, Star Rover and Cosmic Watch. [Weblink](#)
- Starry sky relaxation guided imagery script that will reduce anxiety and stress by describing relaxing at dusk and watching the stars appear in the night sky for secondary, post 16 and adult. [Weblink](#)
- CBeebies - make a stargazing picture sit quietly, draw and colour a stargazing or space picture. Add stickers or use glitter pens to make pictures sparkle! Upload it to the Cbeebies website.
- Join in with 'Mission Explore' to see what has been discovered about the night sky. Primary [Weblink](#)
- A-Z coping skills cards - practical and simple ideas to support your child to cope better when things get tough. Coping skill cards [weblink](#).
- A mindful minute Take a minute out of your day to check in with yourself and do these 5 simple but effective things to help you feel better connected. [Weblink](#)

### Be Creative

- To Infinity and beyond – a range of carefully planned space themed sensory experiences - poetry, stories, songs, ICT, art and music. For PMLD/SLD, Early Years and Primary. [Weblink](#)
- Astronomy in isolation: stargazing and night sky activities Fun and informative activities for both children and adults, for clear nights, cloudy evenings and rainy days. [Weblink](#)
- Sensory Science rocket for primary children presented by Dr Sarah Bearchell. [Weblink](#)
- CBeebies - sing and dance to Songs from Moon and me, the Tyrannosaurus Rex Rap, Alphabet songs, Days of the Week songs and many more. Early Years Primary [Weblink](#)
- Rebecca shows you how to make your own moon mobile, inspired by Moon and Me from Cbeebies. using everyday items (paper plates, paint, scissors etc.) Early Years and Primary [Weblink](#)

### Keep Active

- 10 Easy ways to get primary kids moving indoors using everyday items. [Weblink](#)
- A series of 10 crossing the mid-line activity breaks with You Tube videos for primary. Crossing the mid-line is the ability to co-ordinate both sides of the body. This encourages communication between both sides (hemispheres) of the brain. This helps develop bi-lateral co-ordination, or the ability to use both sides of the body simultaneously. [Weblink](#)
- 8 Gross motor activities which require just pillows and a bucket! They are a good way to, generally, burn off energy, but are also good for providing proprioceptive sensory in-put for children. (Proprioception is the awareness or perception of the position and movement of the body). [Weblink](#)
- Animal walks Simple movements designed to replicate the movements of certain animals. Designed by Occupational Therapists for lower to mid-primary. [Weblink](#)
- Free Virtual Dance Classes - Flamingo Chicks is an inclusive community giving all early years and primary children, including disabled and those with illnesses, the opportunity to enjoy dance and explore movement alongside friends. They also provide a peer support network for parents and carers. [Weblink](#)