

# Free Play and Leisure Activity Ideas

## for children and young people with SEND during the Covid19 lockdown



The following resources have been gathered from a variety of sources and have been put together to support families of children and young people with SEND across all ages and abilities during the Covid19 lockdown.

**N.B:** The suggestions are not recommendations, just suggestions and it is the parent/ carer's responsibility to decide the suitability of the activity or resource for their child or young person.

### Play Activities and Resources

- ▶ **Empowering Little Minds** - Sensory and messy play ideas for children with SEND
- ▶ **SENict Activities** - Activities for children with PMLD and SLD
- ▶ **Have a Pretend Birthday Party** - Resources to have a pretend birthday party
- ▶ **Power of Play from GOSH** - Play ideas to do at home from the play experts at Great Ormond Street Hospital
- ▶ **Above and Beyond** - A wide range of activities to do at home using everyday objects
- ▶ **Orchard Toys** - A wide range of creative activity ideas and resources
- ▶ **Usborne Books 'That's not my....'Activity Sheets** - That's not my.....Activity and colouring sheets
- ▶ **Help Kids learn** - Over 100 accessible games and activities designed for children with SEND
- ▶ **Seussville** - Dr Seuss themed games
- ▶ **British Judo Activities** - Judo themed activity sheets
- ▶ **NHS Disney Shake Up Games** - Disney themed games to play at home
- ▶ **Canoe Kids** - Canoe themed activities
- ▶ **Friends of the Earth** - Planet friendly wildlife themed activities
- ▶ **Percy the Park Keeper** - Percy the Park Keeper themed activities
- ▶ **Wildlife Trust** - 30 wildlife themed activities
- ▶ **Penguin Books** - Famous children's books themed activities
- ▶ **Forestry England** - weekly newsletter full of nature themed activities and a weekly challenge
- ▶ **PDSA** - Pet themed activity ideas in the 'Downloads for Kids' section
- ▶ **Girl Guiding 'Adventures at Home'** - Ideas for adventures at home with new activities every week including ideas for children's wellbeing

- ▶ **Scouts 'The Great Indoors'** - A wide range of indoor activity ideas
- ▶ **Barefoot Computing** - Computer activities without the need for screen time
- ▶ **Activity Village** - A wide range of activities based on different themes
- ▶ **London For Kidz** - A range of simple art and craft ideas
- ▶ **Fields in Trust** - Outdoor activities which engage with nature
- ▶ **Cosmic Kids** - Activities for children to support mindfulness
- ▶ **Ageas** - Five indoor adventures for the whole family and other resources
- ▶ **Michelee Puppets** - Videos on how to make simple puppets
- ▶ **The Gamer** - Ten of the best table top games that can be printed at home.

## Story Time

- ▶ **Greenside School** - Sensory stories for children with SEND
- ▶ **Special Sensory Stories** - Special Sensory Stories
- ▶ **The Sensory Projects** - Free guides to sensory stories
- ▶ **World of David Walliams Story Time** - Free story time read by David Walliams
- ▶ **Unite for Literacy** - On-line library of children's books
- ▶ **Anansi and The Pot of Wisdom** - On-line interactive sensory story
- ▶ **Sensory Dispensory** - A range of sensory stories to download
- ▶ **Scholastic Free Home Learning Packs** - Julia Donaldson and Axel Scheffler picture books home learning packs
- ▶ **CBeebies Story Time** - Makaton signed story 'Ten in a Bed'
- ▶ **The Gruffalo** - Weekly story time of The Gruffalo and other stories on 'The Gruffalo' Facebook page
- ▶ **Story Imagin-ory** - Hairy Maclary activity pack to download.
- ▶ **Story Imagin-ory Facebook Page** - Story sessions on their Facebook page with phonics, signing, singing, and activities. Also available on You Tube
- ▶ **Story Massage** - Live story massage sessions for children with SEND on social media
- ▶ **Leicestershire Libraries** - Access thousands of digital books and audiobooks on your phone, computer or tablet
- ▶ **Story Time from Space** - Listen to a real astronaut tell a story from space

## Sensory Play

- ▶ **Sensory Learning Activities** - A-Z of sensory learning activities
- ▶ **Special Education and Inclusive Learning** - 150 sensory learning ideas
- ▶ **Sensory App House** - Apps for children with PMLD or SLD
- ▶ **Sensory Spectacle** - Facebook videos of sensory play ideas using everyday household items
- ▶ **Messy Senses Facebook Community Page** - Join the Facebook Group for lots of messy play ideas
- ▶ **Sensory Atelier** - Sensory activity ideas using resources you can find around the home
- ▶ **Molooopi** - You Tube Channel of sensory animations

## Musical Activities

- ▶ **Soundabout** - Twice weekly music sessions on Facebook for people of all ages with SEND
- ▶ **Little Amber Trust** - Musical resources for children who are visually impaired
- ▶ **Music with Myleene Klass** - Music classes for all ages and abilities on YouTube
- ▶ **Sing a Rainbow with Mr Tumble** - Learn the Makaton signs for colours with Mr Tumble on YouTube
- ▶ **CBeebies Nursery Rhymes with BSL** - CBeebies Nursery Rhymes with British Sign Language on YouTube
- ▶ **Singing Hands** - The Singing hands have released a series of Makaton signed music videos onto their Facebook page
- ▶ **Funky Feet Music** - Weekly music and movement sessions daily on their Facebook Page
- ▶ **Chiltern Music Therapy** - Music therapy sessions by qualified music therapists live from their Facebook page every Thursday at 3pm
- ▶ **Bamboozle** - Songs to learn, along with craft projects based on the last Bamboozle production 'Moon Song' on YouTube

## Dance

- ▶ **Flamingo Chicks** - Virtual dance classes for children with SEND
- ▶ **DDMix Seated Dance** - Seated dance sessions with DDMix on YouTube
- ▶ **Disney Dance-Along** - Disney Dance-Alongs for children
- ▶ **Stay and Ballet** - Series of ballet sessions for children with SEND on their Facebook page
- ▶ **Side Kick Dance** - Inclusive dance sessions on their Facebook page for young people with SEND
- ▶ **Just Dance** - Fun dance routines to popular pop songs on YouTube

## Physical Play

- ▶ **Go Noodle** - Short interactive activities to get children moving
- ▶ **Active Anita** - 14 day programme of activity ideas and videos to get children active
- ▶ **LRS Healthy at Home** - Ideas and resources to keep younger children active at home
- ▶ **Jump Start Jonny** - Fun children's workouts to music
- ▶ **Active Kids Do Better** - Ideas for games at home to get the whole family active
- ▶ **TB Sport** - Physical activities with TB Sport
- ▶ **Get Set** - A range of activities to get the whole family active, all with a Tokyo Olympics theme
- ▶ **Access Sport** - Inclusive physical activity ideas for children with SEND
- ▶ **Lila Yoga** - Inclusive children's yoga sessions with Makaton signing on YouTube
- ▶ **Superhero Series** - Exercise sessions on their Facebook page for children with SEND including seated exercise
- ▶ **Mini Movers Anstey** - Toddler sing and sign sessions from their Facebook page every Tuesday at 11am
- ▶ **BBC Andy's Wild Workouts** - A series of 10 short fun activity videos themed on different parts of the world

- ▶ **Get Kids Moving** - Superhero, science fiction, Harry Potter, Frozen themed 5-10 minute workout sessions on YouTube
- ▶ **Cosmic Kids Yoga** - Children and family yoga and mindfulness sessions
- ▶ **The FA 'Football's Staying Home'** - Football themed activities for at home
- ▶ **British Cycling 'Ready Set Ride'** - Videos for learning to ride a bike for all ages on YouTube
- ▶ **LTA Youth Tennis** - Tennis activity ideas for the whole family
- ▶ **Table Tennis Kidz** - Table tennis activities to do at home
- ▶ **Northamptonshire Sport** - Sport themed games and activities
- ▶ **CP Sport** - Health and exercise resources including a children's wheelchair workout
- ▶ **Manchester United Foundation** - Football themed video's, activities and challenges
- ▶ **Wheelpower Exercise Sessions** - Wheelchair exercise sessions on YouTube
- ▶ **UK Active Kids** - A range of physical activities deigned to get children moving

## Other Activities

- ▶ **Children's Gardening Week** -Garden themes activities using everyday items
- ▶ **Virtual Museum Tours** - Virtual tours of famous museums
- ▶ **Zoo Cameras Around The World** - Watch animal webcams from zoos around the world
- ▶ **Harry Potter at Home** - Harry Potter themed quizzes, activities, crafts and stories
- ▶ **Educational Technology and Mobile Learning** - Over 30 apps for children with SEND
- ▶ **Wildlife Watch** - Wildlife spotting sheets to download
- ▶ **Mencap**- A wide range of activities for all ages including activities when you go for a walk, garden activities and lots more
- ▶ **Smarty** - Links to well known theatre productions including Cirque Du Soleil
- ▶ **Heart and Soul Creativity Packs** - Download Creativity Packs to help express feelings about what is happening in the world currently. A project run by and for people with a learning disability or autism.
- ▶ **My Lockdown Diary** - Create a Lockdown Diary
- ▶ **Covid19 Time Capsule** - Create a Time Capsule

And if the above isn't enough, then try **101 Ideas on How to Keep Your Children Busy During the Coronavirus Closures** for even more ideas!