

Busy Bags

- 1 – **Cold Pouring** – Support independent living skills by teaching your child to safely pour liquids using an audible liquid level indicator.
- 2 – **Edible Sensory Rattle** - This sensory activity is primarily about sound and listening, but also works on developing important fine motor skills too.
- 3 – **Pom Pom Painting** – Encourages skills needed for higher level fine motor tasks such as colouring with a crayon, cutting with scissors, and writing with a pencil.
- 4 – **Sock Skills** - Practicing the basic concepts needed for putting on and taking off socks!
- 5 – **Treasure Basket** – To stimulate one or more of the five senses. Concepts such as: weight, size, texture, colour, taste, temperature, and sound can be considered.
- 6 – **Bath Paints** - Great for working on fine motor skills, body awareness and body movement. Helps to develop a mature and efficient grasp of the pencil.
- 7 – **Urban Trail** - Introduce the 'wider environment' to your child as early as possible and you will be improving concept development, encouraging exploration of the environment and promoting independent travel.
- 8 – **Spoon Control** - This particular skill encourages accuracy to transfer and hand/eye co-ordination. Helps them manipulate the spoon in a more controlled way and successfully transfer less sticky foods.
- 9 – **Money Game** - Handling money can be a challenge if you're blind or partially sighted. Use this game to support your child to identify coins by touch.
- 10 – **Use a Whisk** – Support independent living skills by mastering the technique of whisking whilst holding bowl at an angle.
- 11 – **Postural Control Exercises** - These skills may help to support: delayed gross motor skills, fine motor skills, Difficulty holding an upright position when seated, poor attention and distraction.

- 12 – **Skipping** - Skipping may be the single best exercise you can do for your overall body and mind health. Have fun!
- 13 – **Tactile Discrimination** - It is important that we help a child to develop confidence to explore tactilely, as this will be how they learn to understand much about the physical world. Use these ideas to provide them with a great variety of textures and tactile experiences.
- 14 – **Shoe Laces (Part 1)** - Have you ever tried to teach kids to tie their shoes? It's definitely not an easy skill to learn. Or to teach. Hopefully this document will help!
- 15 – **Wake-up, Shake-up** - Children who have special needs "switch off" more frequently than the average child. This is a quick, easy-to-do, developmental movement programme to wake up the brain!
- 16 – **Bilateral Skills** - The use of both hands together is very important for feeding skills, dressing, playing, and a number of independence skills. Here are some ideas!
- 17 – **Messy Play** - Messy Play can be a great multi-sensory experience, however, for some children with a visual impairment, it can also prove challenging. The benefits of helping a child build up a greater tolerance for things will allow them to learn more about their world.
- 18 – **Balance and Core Strength** - Gross motor abilities also have an influence on other everyday functions. Children benefit immensely from hours spent at the park! But here are some additional ideas.
- 19 – **Fastenings/Dressing Skills** - Learning to dress independently is an important skill for all children to learn. This is equally important for students who are blind or partially sighted. Here are some ideas.
- 20 – **Shoe Laces (part 2)**- techniques for fastening laces
- 21 – **Posting a letter** – activities around sending yourself or someone else a letter, learning about your name address and the postal system. Activities prepared for print and braille users
- 22 - **Fine motor skills activities** – dough disco involves moulding dough in time to music to develop finger isolation, strength and dexterity.

23 – Let’s Talk- learn how to recognise and understand different feelings and how using those feelings can help keep you safe.

24- Body Awareness and Movement- learn the parts of the body using music, movement and activity cards

25- Brushing Teeth- use the toothbrushing song to encourage tooth brushing and become familiar with the whole process..

Individual activities in electronic format	£2 each
Any 10 Activities in electronic format	£15 set of 10
All 25 Activities currently available in electronic format	£30 full set

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