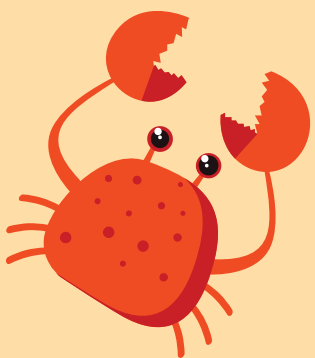
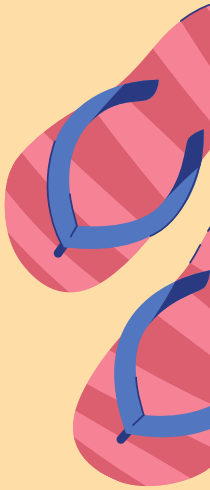


SUMMER ACTIVITY BOOK

OCCUPATIONAL
THERAPY





INTRODUCTION

Happy Summer Holidays from the
Occupational Therapy Team!

Welcome to your summer activity pack
which has been designed to assist with
providing fun, developmental activities
that can strengthen existing skills or build
new ones.

This pack will provide activity ideas,
regulation strategies and opportunities to
provide routine events that take place in
your child's life at school.

As an Occupational Therapy team, we
focus on helping individuals participate
fully in their daily lives. The summer
holidays are the perfect opportunity to
develop important life skills and explore
new activities in a fun and relaxed
environment!

PRINTABLES

As you go through the summer pack you may see some templates that you can print and use in your own home! At the end of the booklet there are some printables so that you can print them full size without any surrounding text. This will make them more suitable to use in your day. There are also some extra visuals that may be useful during the summer break!

Look out for the  which will indicate if there are printables for that page at the end.

We hope you enjoy this summer booklet, and that it not only provides some fun activity ideas but also information that will help you understand what your child may be experiencing and some ways that can help regulate them.

ZONES OF REGULATION



Zones of Regulation is a framework we use at Acorn Park to help the children and young people understand and communicate their emotions. This is often done in the mornings so that the students can communicate how they are feeling that day. It will then be used throughout the day whenever needed. You can display this poster in your home and ask your child "what zone?" they are in daily.

RED ZONE

Upset
Angry
Sad
Scared

YELLOW ZONE

Excited
Silly
Annoyed
Worried
Embarrassed
Confused

BLUE ZONE

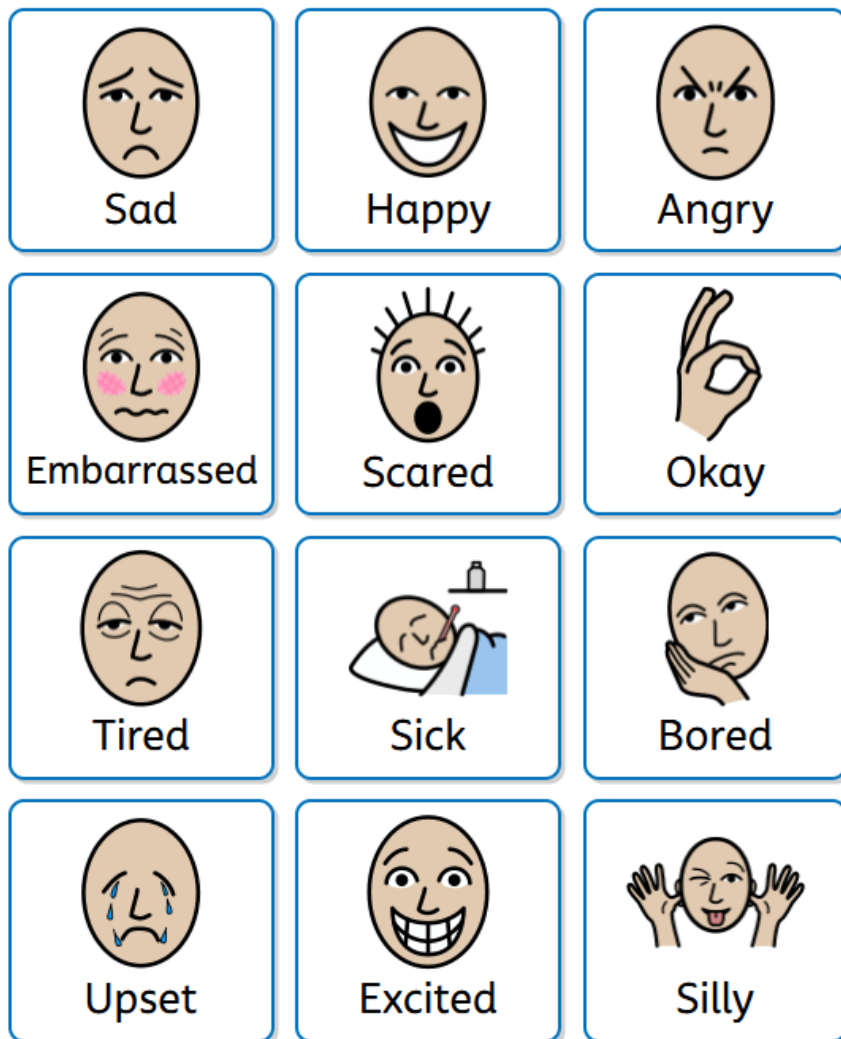
Sad
Tired
Sick
Bored

GREEN ZONE

Happy
Calm
Good
Proud
Okay

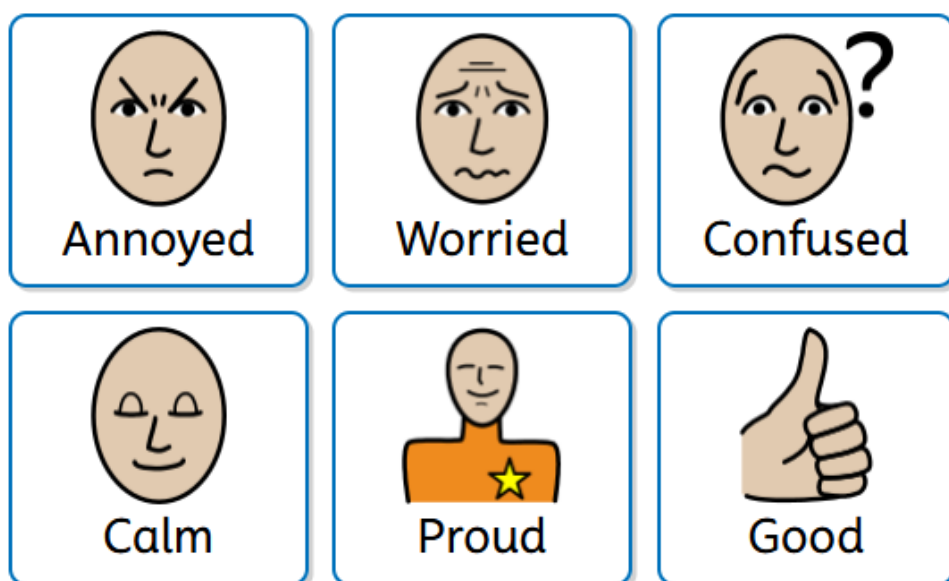


ZONES OF REGULATION VISUAL SUPPORT



Some of our young people may benefit from visual support when identifying their emotions. These visuals can be used to assist these young people.

You can use these visuals alongside the Zones of Regulation when asking your child how they are feeling.



SEND Friendly Days Out- Norfolk

Sensi Clay Modelling Group:

July 22nd

5-10 year olds: 10:00-11:00

11-16 years olds: 14:00-15:00

More information:

info@sensitreatment.com



High Altitude Trampoline Park:

SEND Sessions Tuesdays

(09:00-10:00) and Saturdays

(17:00-18:00)

<https://www.norfolk.gov.uk/40557>



SEND Friendly Parent Cafe:

Dereham Library

3 August 13:30-14:30 (Multiple dates available)

<https://www.norfolk.gov.uk/40557>

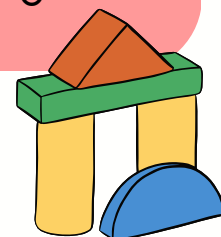


GO Banana's Soft Play:

Long Stratton Leisure Centre

Every Wednesday 17:00-19:00

<https://www.norfolk.gov.uk/40557>



Sensi Spray Paint Group:

12 August 14:00 - 15:00

11-16 year olds

More information:

info@sensitreatment.com



Sensi and Norfolk.gov.uk have some fantastic SEND friendly activities throughout the holidays. These dates are subject to change, so please check their websites/ social media for any changes as well as other activities they offer



SEND Friendly Days Out- Suffolk

Conscious Kids SENSory play:

Lowestoft

During school holidays

<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/whats-on/conscious-kids-sensory-gym>



Explore Outdoor-

adventure days

Multiple locations

<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/whats-on/explore-outdoor-adventure-days>

DanceEast:

Ipswich

School Holidays



<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/whats-on/danceeast>



Hill Farm Riding School:

Elmswell

School Holidays

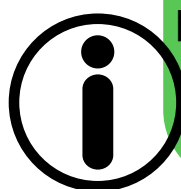
<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/whats-on/hill-farm-riding-school>

Stowmarket ASD Saturday club:

Stowmarket

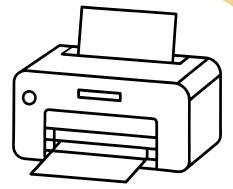
Saturdays (fortnightly) 10am-13:00pm

<https://www.suffolklocaloffer.org.uk/short-breaks-and-leisure-activities/activities-unlimited/whats-on/stowmarket-asd-saturday-club>

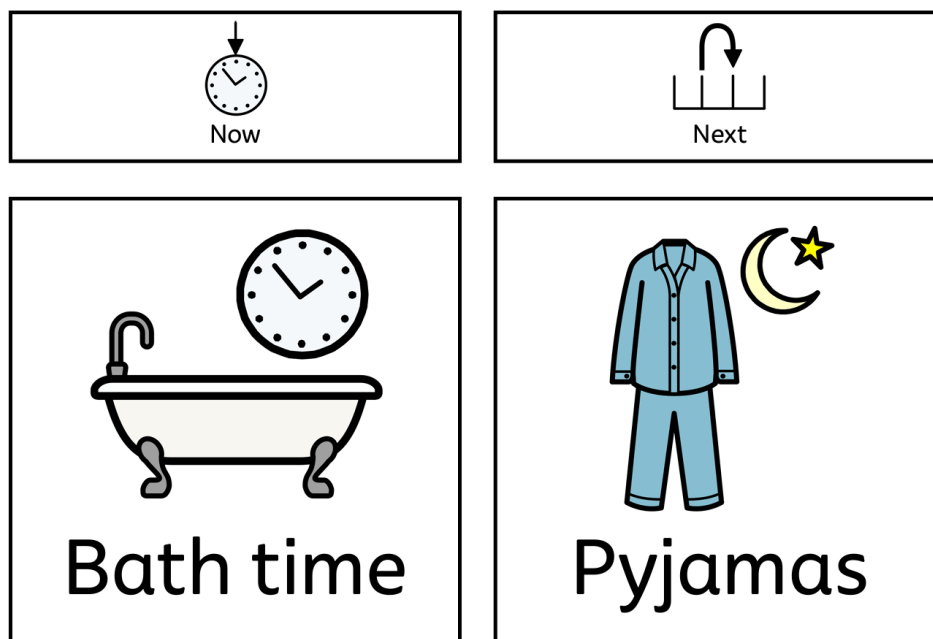


For more information, and to ensure there have been no changes to dates or times, please check the websites for these activities so you don't miss out!

Now and Next



Now and Next boards can support our young people with transitions. This can be transitioning between activities or even from one place to another. Using a now and next board can support the young person in processing what is currently happening, and what will happen after this. If your child is not at a visuals level yet, using pictures of the actual item or place will be more effective. If you are unsure, using pictures will be the ideal option. SnapFish and other similar sites allow you to print a certain number of photos for free.



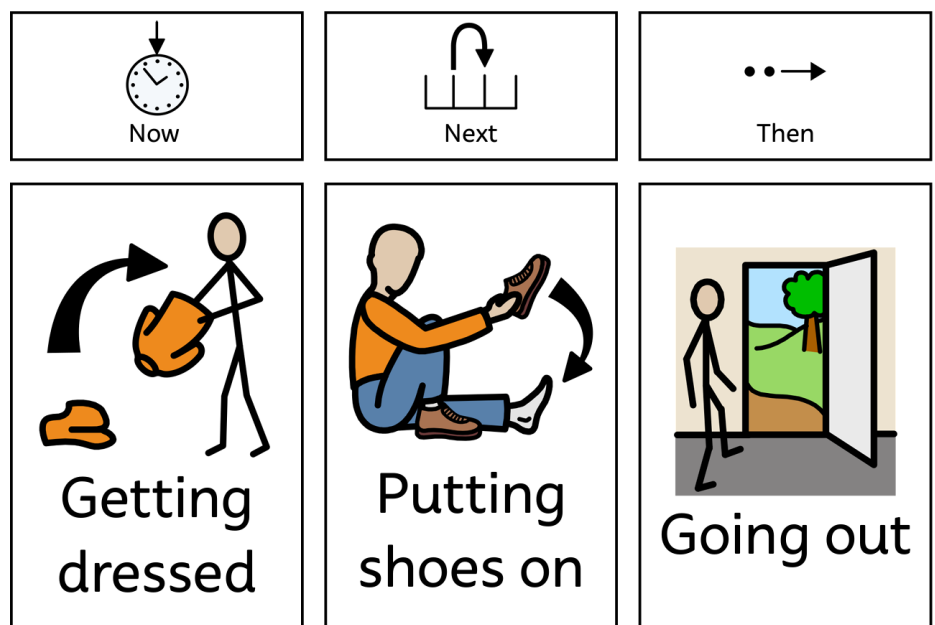
If you are preparing for the transition back to school, some strategies could be:

A calendar

A social story

Post-it notes they can remove each day

These strategies will be different for every child, so use whichever you feel best suits your child and their needs.

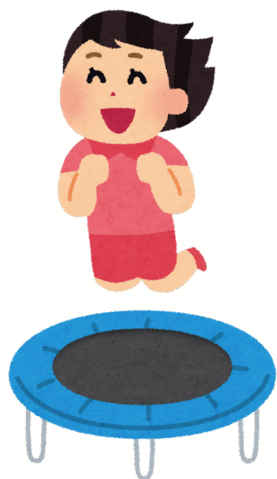




Sensory Play

1. **Tactile Play:** This type of play stimulates an individual's sense of touch. Examples of this is play that involves sand, water, playdough, shaving foam, textured fabrics.
2. **Visual Play:** These activities are ones that focus on sight like bubbles, colourful lights, painting or even glitter.
3. **Auditory Play:** Activities that involve sound fit into this element. To meet this type of play you can listen to music, use musical instruments, explore sounds of household items, rice shakers or singing.
4. **Olfactory Play:** This type of play involves activities that use the sense of smell like smelling fruits, or herbs, cooking or using scented water in a sensory tray.
5. **Gustatory Play:** These are activities that involve tasting things like different fruits or spices, cooking, blindfolded taste tests, exploring sweet vs salty.

3 hidden senses



There are 3 hidden senses that are not as common as the other 5. These are proprioception, vestibular and interoception.

Proprioception: This sense is our bodies ability to recognise its positioning in space using muscles, joints through pressure and stretching. Examples of proprioceptive input may be jumping on a trampoline, pushing heavy objects, climbing. Individuals who seek this input may find these types of activities regulating.

Vestibular: this is the sense of our bodies movement and balance. It is to do with our inner ear and the way the different systems work together when different movements occur. Examples of vestibular activities are spinning on a spinning chair, swinging on a swing, jumping on a trampoline, doing log rolls on a mat.

Interoception: This is our bodies ability to interpret bodily signals as well as understanding why we feel a certain way. Examples include understanding thirst, hunger whether we are hot or cold, or even when we need to go to the toilet.

OUTDOOR ACTIVITIES



Water play is a fantastic activity to not only cool down, but also explore different sensory items!

This activity can be fun while also exploring different textures and sensations. Below are some ideas of water play activities as well as visuals to support.

Ice Treasure Hunt:

To make an ice treasure hunt, you can put water in plastic containers, and place different items inside.

This could be animal figurines, toy cars, stretchy fidgets, anything your child may enjoy.

You can then put this in the freezer, and when frozen, take out for your child to play with. They can use plastic tools to break the ice and discover what is inside.

Optional extra: add some food colouring to add in another visual element to your ice play!

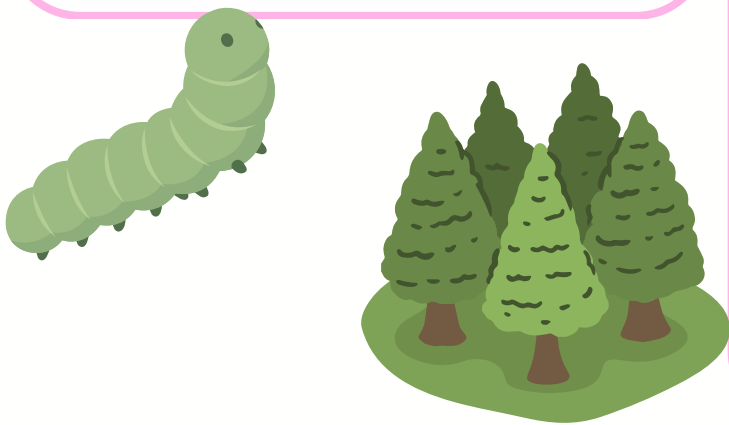


Toy washing station:

Another great activity is to set up a toy wash. This can be done with a tray or bucket of water, and some of your children's toys. You can allow the children to use sponges, loofahs, jugs, spoons, and other materials to help clean their toys. This will not only keep them cool, but they will also be exploring different sensory items. Bonus fun idea: add in some bubble bath to add in a visual and olfactory element!

Bug Hotel:

A nice outdoor activity is to create a bug hotel in the garden. To do this, you can use a box and place toilet roll tubes, sticks, leaves, and any other outdoor materials. Leave this box in the garden and allow the bugs to visit. This is a good way to get outside, and also discuss different types of bugs and their features, starting some great conversations with your child.



Woodland walk:

A woodland walk is another activity that incorporates many of the sensory systems. Walking through a forest/wood exposes an individual to many visual stimuli, as well as different tactile opportunities. There may also be some different smells that an individual will experience. While on a woodland walk, your child could make a nature wristband. To do this:

1. Use some masking tape and wrap this around your child's wrist, loosely, with the sticky side facing up.
2. While walking around the woods, your child can pick up leaves, sticks, flowers, anything they find to stick onto their wristband.

This activity can keep them engaged and motivated in the walk.

Attracting butterflies:

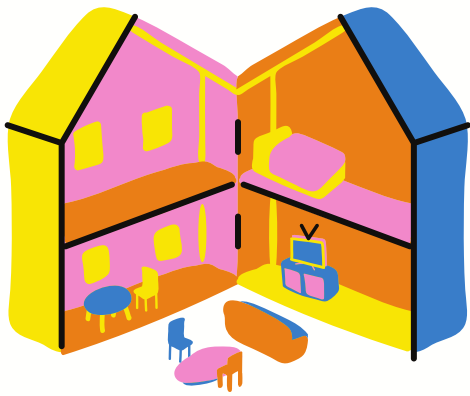
An activity to provide some visual stimulation as well as to get your child's taste buds tingling, is to attract butterflies with fruit.

To do this, you will need some different fruits, a plate and a knife. Please ensure this is done safely as sharp materials are being used.

You and your child can cut up some different fruits and before placing them on a plate, your child can have a taste. Some encouragement may be needed, as well as modelling so you have a taste too!

Your child may not be keen to taste it, that is okay. They may even lick it rather than bite it, this is great! A smell is great too, this is still a form of exploration and a step closer to trying new foods.

Once you have had a taste, place some cut up fruits on the plates, and some butterflies may come and visit!



INDOOR ACTIVITIES

Playdough is an effective tool to develop and improve fine motor skills, as well as providing some proprioceptive input. It is a fun and creative material that we can provide the young people while supporting them in developing important skills.

Homemade Playdough

You will need:

- 2 cups plain flour
- ½ cup table salt
- 1-2 tbsp vegetable oil
- 1 cup boiling water
- Food colouring – liquid or gel

Method:

1. Combine dry ingredients in large mixing bowl.
2. Mix the liquids in a separate container. Add the food colouring to this mixture too.
3. Combine ingredients by making a well in the centre of the dry ingredients and pour in wet ingredients. Stir until all ingredients are combined.
4. Knead the dough until it is the desired consistency.

 The playdough will be hot, so allow it to cool down before allowing your child to play with it.



Playdough Hide and Seek:

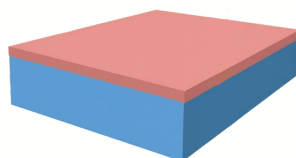
A great way to incorporate some hand exercises while playing with playdough is to hide some small toys inside.

These toys can suit your child's interest, and once hidden they can seek them out.

DIY Crash Cushion

We have observed that many of the children and young people enjoy jumping onto things, like crash mats. This quick and easy DIY will provide them with the necessary equipment to be able to do this at home if they do not have a crash mat.

1. You will need a duvet case and some soft items like blankets, cushions, teddies etc.
2. Fill the duvet cover with these soft items, and spread them around evenly until it is tightly packed.
3. Button up the duvet cover and now your child can crawl, jump or fall onto their crash cushion.

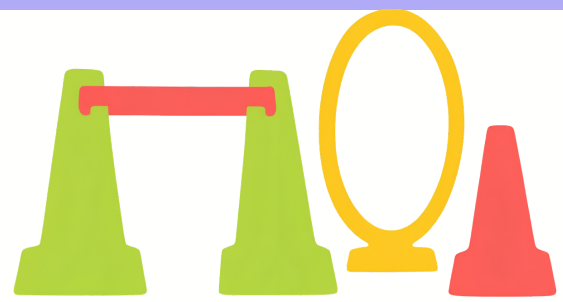


Obstacle Course

Create an obstacle course using pillows, blankets, chairs, cushions and other items you can find in your house.

Some children may enjoy proprioceptive input so including activities like crawling under pillows, animal crawls, or even pushing heavy items may be an effective element to add to the obstacle course!

Some children may enjoy vestibular input, so activities like spinning, jumping, forward rolls, may provide more regulation.



Homemade Facemask

A facemask can provide sensory input that some children may seek. The soft, smooth and cooling feeling on their skin may be an experience they enjoy. This facemask is quick and easy to make with just a few ingredients.

You will need:

1. 1 ripe avocado
2. 1 Tablespoon of raw honey
3. 1-2 tablespoons of Greek yoghurt

Method:

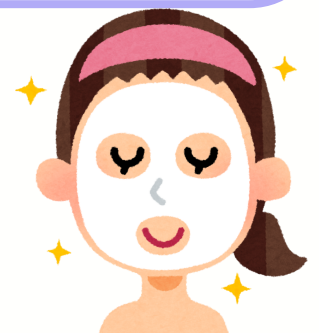
1. Cut the avocado in half, remove the pit and scoop the flesh out
2. Mash the avocado until smooth
3. Add honey and mix until it is a spreadable consistency
4. Fold in greek yoghurt and then apply to face. Leave on for 10-20 minutes and then wash off with warm water.

Dance Party:

An easy activity that can be set up in seconds, is to have a dance party.

Stick on some of your child's favourite songs, whether that is from a movie or specific artist, and just dance! A great auditory play idea, while also getting in some proprioceptive and vestibular input through jumping up and down, and dancing around.

Extra idea if you have more time - set up some lights to add a visual elements, or put coloured tissue paper over your ceiling lights to have some colourful effects.



Intensive Interaction

Intensive interaction is a highly researched and effective strategy to interact and build relationships with individuals who may struggle to develop social and communication skills otherwise. Engaging in intensive interaction allows for meaningful interaction between you and your child. To explain intensive interaction, an example of water play will be used.

When your child is playing with the water, join them and copy their movements, like pouring water from a jug, or scooping water with a spoon. Your child may not show engagement with you but this is okay. After a while they may start to look at your hands, or at your face, showing they have recognised you there. Continue to mirror your child's movements and sounds, whether these are words or vocalisations.

Eventually, your child may show more recognition of your presence, and after a while start to engage with you. This may happen in one play session or after a few, but consistency in this method will allow for great steps forward to be made. Intensive interaction can build and strengthen relationships, as well as develop your child's social skills through play.

Here is a link to a website that provides examples and more information about intensive interaction:

<https://www.intensiveinteraction.org/>



Summer Walk Scavenger Hunt



Print out this scavenger hunt to do when you go on a walk, need something to do in the house, or are out and about and would like some backup activities.

Sunflower



Daisy



Ice Lolly



Berries



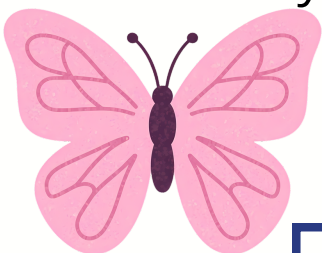
Ladybird



Fly



Butterfly



Bird



Paddling Pool

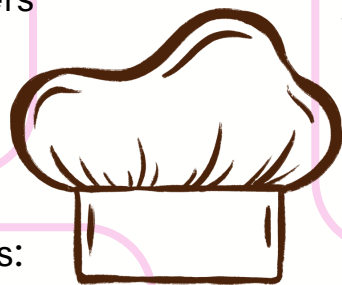
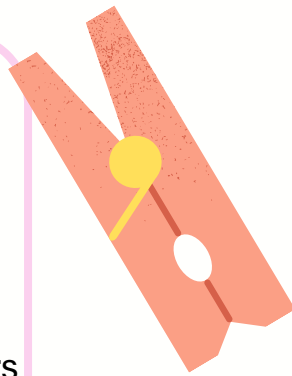


Fine Motor Activities

Fine motor skills are the small movements we make with our hands, fingers, and wrists. They use the muscles in these areas to help us carry out everyday tasks, whilst also using hand-eye coordination to help along the way. These skills are important to develop in children as they help with handwriting, becoming independent in things like eating and getting dressed, as well as increasing confidence. Consistently working on fine motor skills will increase hand-eye coordination, stamina in hands, ability to grip items appropriately and being able to use scissors and writing equipment.

Lego:

Lego is a great tool to use when working on developing fine motor skills. The picking up of small pieces as well as placing them on top of others uses the muscles in the fingers and wrists and requires precision and control.



Spider paper plate:

With a felt tip and paper plate, draw on a spider face and then provide your child with 8 pegs. Your child can then pinch the pegs open and place them around the paper plate so they look like legs. You could do this with different animals/creatures by drawing different faces on the paper plate, and even gluing a pom pom on the back for a tail.

Tweezer activities:

Using tweezers to pick up beans, count cheerios, or even count buttons will help with your child's fine motor skills while also making it enjoyable and fun. Using your child's interests to find activities you can do will increase engagement and lengthen attention span.

Baking:

A fun, tasty, and maybe slightly messy way to improve fine motor skills is to do some baking or cooking. The pouring of ingredients, mixing of batter, and the pincer grip to place cupcake cases in a tray all work the muscles in the hands.

Creating a calm corner

Having a calm corner at home can provide a calm and soothing place for your child to use when they need this type of input. Below are some steps that you can follow to create one in your own home.



1. Finding an appropriate space

A low traffic, quiet area in your home is the perfect space for a calm corner. It can be a corner in your house, a small closet, or even a pop up tent. The space should be large enough for the child to fit comfortably, as well as some sensory equipment.

2. Preparing the space

To ensure the space meets the needs of your child, remove any unnecessary items to avoid clutter. You can add some soft flooring so that it is comfortable, like blankets, cushions, a mat or even a duvet.

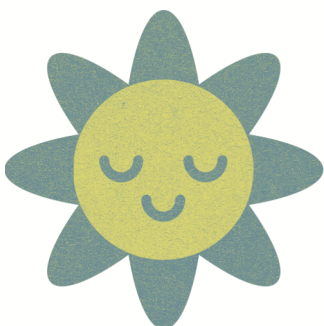
3. Create a calming atmosphere

To make the space more calming, use some soft, adjustable if possible, lighting. This could be fairy lights, lava lamps, LED lights. Colours like blues, greens and purples are perfect for decorations.

4. Personalisation

This is the time to make the den reflect your child. You can incorporate elements of their interests including colours, themes or specific toys.

On the next page there are some sensory element ideas that you can add to the den.



Adding Sensory Elements



VISION

Things you can
SEE

- Light projectors
- Bubble tube
- LED lights



HEARING

Things you can
HEAR

- White noise
- Soothing music
- Rain chimes



TOUCH

Things you can
TOUCH

- Soft blankets
- Weighted teddies
- Sensory bins



SMELL

Things you can
SMELL

- Essential oils
- Scented playdough
- Reed diffusers

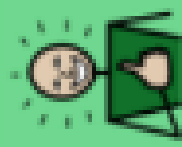
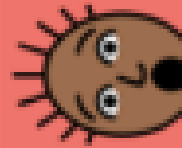
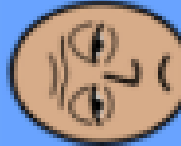
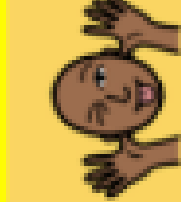


TASTE

Things you can
TASTE

- Favourite snack
- Drink
- Crunchy/soft food

The ZONES of Regulation®

 sad	 bored	 happy	 ok	 worried	 frustrated	 scared	 angry
 tired	 poorly	 calm	 ready to learn	 silly	 excited	 hitting	 yelling
Blue Zone		Green Zone		Yellow Zone		Red Zone	



Sad



Happy



Angry



Embarrassed



Scared



Okay



Tired



Sick



Bored



Upset



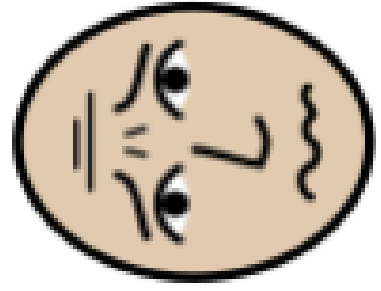
Excited



Silly



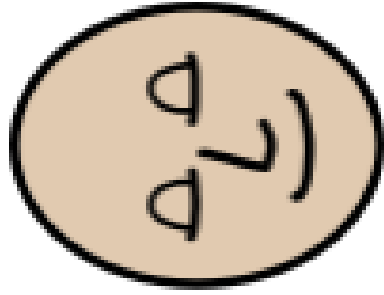
Annoyed



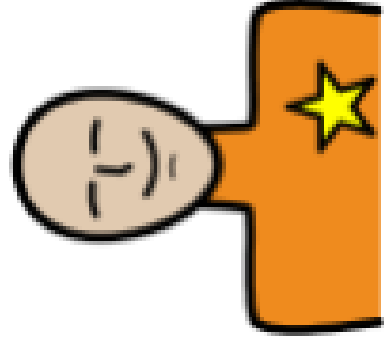
Worried



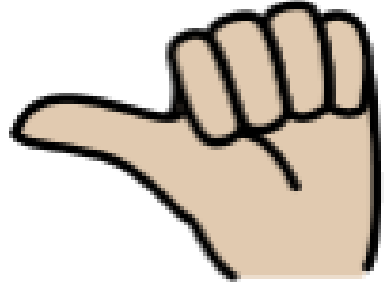
Confused



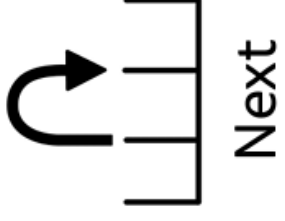
Calm

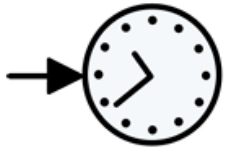


Proud

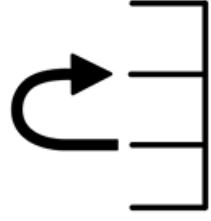


Good





Now



Next



Then

Sunflower



Daisy



Ice Lolly



Berries



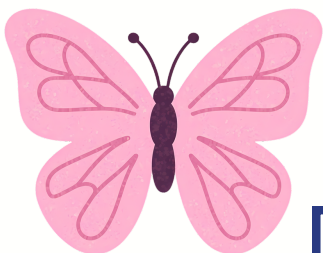
Ladybird



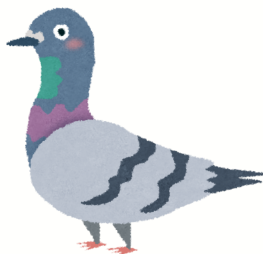
Fly



Butterfly



Bird



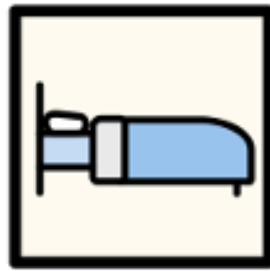
Paddling Pool



At home



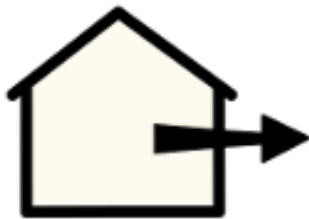
Home



Bedroom



Kitchen



Outside



Pyjamas



Getting dressed



Toilet



Brushing teeth



Dinner



Breakfast



Lunch



Drink



Snack



Bathtime



Shower



Brushing hair



Tidy up



Shoes on



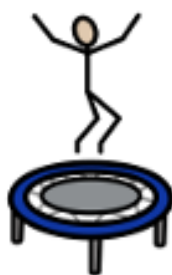
Activity



Playtime



Garden



Trampoline



Paddling pool



TV

Going out



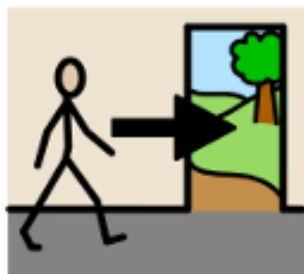
Swimming



Beach



Park



Go for a walk



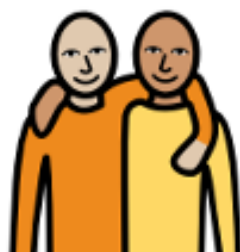
Car



Library



Cafe



Friends



Fair



Back to school



Soft play



Restaurant