

Barnet Specialist Inclusion Service

Entertainment at home

Here are some fun and inspiring ideas and resources to keep children entertained at home.



Useful Website Links

Bumble bee physio London are doing live physio for children who are wheelchair users at 10am daily on [their Facebook page](#).

Twinkl has lots of wonderful resources and ideas to stimulate and entertain children of primary school age and the [Twinkl SEND resources](#) are well worth checking out for fun stuff to do at home.

[Singing Hands on YouTube](#) has videos of songs signed in Makaton. And from next week they will be doing live sessions on You Tube at 10.30am.

[David Walliams](#) is releasing a free audio story everyday for 30 days

Joe Wicks, TheBodyCoach, is running live PE session on You Tube every morning from Monday to Friday at 9am.

[Storyline Online](#), streams videos featuring celebrated actors reading children's books alongside creative illustrations.

If your children are into animals and the natural world, [National Geographic Kids on You Tube](#) has lots of fantastic, interactive videos.

[Khan Academy Kids](#) is an educational app for children aged two to seven. Animated characters guide children through educational materials. It's an American app but lots of relevant activities.

Indoor Fun Activities

Here are some tips and fun things to do with your child if they have a disability or additional needs. Some of these tips are kindly provided by parents for parents.

- **Texture book** - Make a texture book using different textures – like wall paper, sand paper, bubble wrap, washing scourers, foam wash cloth etc
- **Foil play mat** - Use a foil emergency blanket as play matt. Great for sensory stimulation.
- **Dance competition** - Put on music and have a dance competition!
- **Dress yourself** - Using either a large piece of card or lining paper, draw around each other to create life-size figures. Then cut up old clothes to dress your portraits up.
- **Ideas book** - Roma Lear has written a range of books full of ideas of activities for people with special needs, look out for her on Amazon.
- **Sensory flour games** - Mix cornflour and water together and it makes a great sensory play tool. Also put flour into a plastic bag and seal it with some food colouring. As it gets squished round it will change colour.
- **Substitute sand** - Moonsand, for indoor play, made by Spin Master Ltd TM is available at most toy stores, including amazon. It's a soft medium that trickles like normal sand, but moulds like dough. Lots of colours. Great fun!
- **Graffiti wall** - Stick some blank paper on a wall and turn it into a 'graffiti wall'. You can also paint a wall with blackboard paint or put up a big white board for graffiti fun.
- **Bow Bubbles**- Have them blow bubbles, you might find yourself blowing some too.
- **Home Bakers**- Bake and decorate cookies, they will enjoy shaking on the sprinkles. When finished let them taste those delicious cookies on their stander's tray.

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- **Sensory tent** - Kit out a play tent (this can be a blanket held by a broom) with everyday items, such as old CDs, tinsel, fairy lights – for a great sensory space.
- **Sensory indoor tray play**- Use a plastic box, filled with different things, like dried beans, sand, shaving foam, even toothpaste, for sensory play.
- **A Book or Two**- Read books while your child stands. There are lots of great story books, or pull out photo albums of familiar family faces (a sure bet that this will bring out a smile). Adding an angled table to their stander makes reading more comfortable, and encourages them to keep their head up.
- **Matching pairs game** - Use a digital camera to photograph and make your own matching pair cards, eg: your dog, your home, family.
- **Aromatherapy** - Put on some relaxing music and have a home-made aromatherapy session. Dilute aromatherapy oils in a special carrier massage oil. Different people like different pressure so experiment a bit according to personal sensory needs.
- **Camera ready**- Give them a camera and let them take funny photos of you, the family pet, or other favourite things around the house. They will be fun to look at later. You could also be the photographer.
- **Favourite memories scrapbook** - Use a camcorder or camera phone and make a scrapbook to record special moments when you are in the garden, balcony or even window that you can look at together at the end of the day. Use a scrapbook to tell other people about the things you have been up to during this distancing crisis.
- **Smelly socks game** - Use old socks or buy some from a charity shop. Scent some cotton wool balls with different smells like tea, coffee, lemon, apple or tomato ketchup etc. When the cotton balls are dry, put them in the socks, tie them up with a ribbon, and play a game of 'Guess the smell'.
- **Smell tour** - Take a 'Smell tour' of foods/products at home (fish, cheese, fruit, etc)