

**Active education Home Session for Rainbow-fish  
Class**

Activities	Verbal Prompting	Manual Prompting	Resources
	SONG CAN BE CHANGED TO AGE APPROPRIATE MUSIC	PLEASE NOTE THESE ARE GENERAL IDEAS TO HELP !!! NOT STUDENT SPECIFIC ! Try out the program and send me some pictures or updates if you can! <a href="mailto:J.sebok@st-Nicholas.kent.sch.uk">J.sebok@st-Nicholas.kent.sch.uk</a>	
Arrive and welcome	Hello Setting aims & goals of the day		
Sitting position correction	I put both my feet flat. I keep my arms on my knees I stretch my back I lift my head up I am sitting tall “Everybody sit tall sit tall sit tall”	Help by Helper hands over the Knees Hips supported by the side	Small stool, child size chair, exercise bench if you have.
Single arm lifting, palm opening and lowering arm exercise. Repeating with both arms alternatively	I lift my arm up I stretch my elbow 1-2 I open my fingers open-open-open I have a look at them and shake my arm down- down- down	Help by the elbows, first just a small touch wait to see if there is an initiation of the movement Help to raise the arm supporting it by the long bones! Never raise the whole arm my holding the wrist!	magic wand wooden spoon stick
Dual arm lifting/grasping exercise by holding on to a long wooden stick with both hands. Version 1 to lift it to chest level Version 2 lift it above head to achieve elbow extension.	I hold on to my stick 1-2 I lift my arm up, up, up I hold it I have a look at it I move my stick down on my knee, I move it down, down, down “Are you sleeping?”	Help by the elbows, first just a small touch wait to see if there is an initiation of the movement Help to raise the arm supporting it by the long bones! Never raise the whole arm my holding the wrist!	magic wand wooden spoon stick
a. Clasp hands, hold on to a ring b. Push away from the body c. Driving	I clasp my hands together, together, together I hold on to my ring with both hands 1-2,1-2	Help by the elbows, first just a small touch wait to see if there is an initiation of the movement Help to raise the arm supporting it by the long bones! Never raise the whole arm my holding the wrist!	Ring Bowl Lid

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<p><i>Fine manipulation/grasping exercise using bean bags or sponge balls</i></p>	<p><i>I lean forward- forward- forward I pick up a bean bag I lift it above my head I let go and I drop it Repeat several times with alternate hands</i></p>	<p><i>Support hand over hand Assure eye contact and eye coordination</i></p>	<p><i>Bean bag Sponge Small soft toy Ball</i></p>
<p><i>A. Passing object from right hand to left hand and back B. Team building exercise by passing objects to each other ( to siblings, parents)</i></p>	<p><i>I hold on to my bean bag with my right hand I keep it- I keep it- I keep it I pass it to my left hand I let go- I let go- I let go Repeat several times I stretch my arm out- out- out I have a look at it- at it- at it I open my hand and I pass the object and I sit up tall "Round and round the garden"</i></p>	<p><i>Support hand over hand Assure eye contact and eye coordination</i></p>	<p><i>Anything, Keep it fun and change</i></p> <p><i>Ideas: Duck: 5 little duck song Frog: 5 little speckled frog song Fish: 1-2-3-4-5 once I bought a fish alive song</i></p>
<p><i>Holding on to a hoop/ring and pulling it up the opposite arm (replication of putting on a coat/jumper) Repeat with both arms Coordination exercise with a hoop/ring</i></p>	<p><i>I hold on to my ring- I hold on- I hold on I have a look at it and I pull it up my arm- I pull it up- I pull it up I have a look at it and I pull it down- I pull it down- I pull it down Switch arms and repeat several times</i></p>	<p><i>Help the grip of the hoop with hand over hand if needed Guide the hoop up on the arm</i></p>	<p><i>ring Make a circle out of pipe cleaners Or paper box</i></p>
<p><i>Marching with the legs in sitting position</i></p>	<p><i>I hold my chair beside me 1-2 I lift my right leg up 1 and I put it down 2 I lift my left leg up 1 and I put it down 2 "Old the grand Duke of York"</i></p>	<p><i>Help the step by stimulating the foot or the knees If needed lift the leg by holding the feet and supporting the knees</i></p>	<p><i>You can ask the children to squash a pillow to make it fun</i></p>
<p><i>Rolling a ball between each other</i></p>	<p><i>I sit tall, I use my hand to push the ball "Here comes the rolling ball..."</i></p>	<p><i>You may need to help by the knees or shoulders to ensure balance is regained in case they feel wobbly.</i></p>	<p><i>U can use small table front of your child or just roll the Ball on their legs while seated.</i></p>

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<i>Single leg kicking a ball alternately</i>	<i>I bend my right knees,I bend it I bend and I kick the ball!"</i>	<i>Help the knee flexion by supporting the leg below the knees Help keeping the bent position Start each kick from a corrected sitting position foot flat on the floor.</i>	<i>Ball</i>
<i>Drumming</i>	<i>Placing a toy ball or doll front of them I open my fingers and tap the drum...</i>	<i>Support the elbow extension above or below the elbow joints</i>	<i>Drum Empty food container with pulses inside to make noise</i>
<i>Pom Poms</i>	<i>I hold on to my pom pom and move my arms apart-apart-apart Together -together-together 'oh can you make those pom pom dance"</i>	<i>Support the elbow extension above or below the elbow joints</i>	<i>Pair of pom-poms</i>
<i>Bells</i>	<i>I use my hands to keep my grasp Keep it-keep it-keep it I move my arms to shake the bells</i>	<i>Hand over grip may be needed.</i>	<i>bells, shakers, maracas or Small water bottles filled with dry pulses</i>
<i>Sitting up on the bench. Standing up from sitting position by holding on to bars</i>	<i>I put both my feet flat 1-2 I hold on to the bars ahead of me 1-2 I lift my head up I put the weight on my legs 1-2 I lean forward I push my weight through my legs and I stand up, I stand up "I am standing tall"</i>	<i>Assure safety. This movement supported with the minimal physical prompt required to keep the balance and assure safety.</i>	
<i>Evaluation and praising Summary of the work they have done Announce exceptional performance of the day</i>			