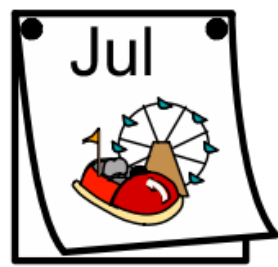




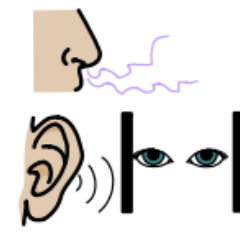
Wednesday



July



8th



Sensory



Activity

Plastic Bag Kite!

Today's Sensory Activity was sent to us by Joe in Orange Class who invented this one day in Lockdown. Well done Joe – we love your idea and thank you for sharing with us!

You will need:

- A thin plastic bag with handles
- Some string or wool
- A breezy day
- Space to run around 😊

Sensory benefits:

proprioceptive; gross-motor skills, bilateral co-ordination (using both sides of the body simultaneously)



Maybe you could send us a video of your plastic bag kite on Evidence for Learning like Joe did!



What to do:

- Cut a piece of string or wool about 2-3m long
- Tie one end of the string to one or both of the plastic bag handles
- You're good to go! Hold the free end of the string and run into the wind. The air will fill the plastic bag and keep it flying!
- Running into the wind is great for building stronger muscles and holding the kite whilst doing so improves co-ordination. Being able to sense when the bag is empty or full is great for increased proprioceptive awareness. And fun!

Watch Joe's video on the website to see just how much fun 😊