

Beat the Corona Virus Blues!

By Pete Wells (email: sensorystoriespodcast@gmail.com)

If you're self-isolating, don't feel sad and don't feel blue!

While you're staying safe inside your home, there's lots that you can do!

Why not try a bit of sand play? It's a great way to explore!

Digging for hidden treasure, like shells and toys and more!

(Find sensory objects in sand)

Why not do bit of cooking? Make some biscuits or Milkshakes!

On that elderly neighbours doorstep, why not leave some fresh-baked cakes?

(Taste biscuits, cakes or milkshake)

While we're self-isolating, we can still get out and about!

To the beach or the park or the National Trust! Let's shake those cobwebs out!

(Vestibular 'walk'/ feel sand/leaves/twigs or wadding)

Play with some running water! Making soap bubbles is very nice!

While you're there why don't you wash your hands? Singing 'Happy birthday' twice!

(Waterplay)

Why not potter in the garden? Smelling flowers, feeding birds?

Or make mischief with your BigMac, with the rude sounds or cheeky words!

(Smell flowers, bird Whistle, practise AAC)

Spend some time playing with bubbles, see how many you can pop!

Have a popping competition, see who'll come out on top!

(Bubble machine (with switch))

Why not listen to some music, and dance a little jig!?!

Or make your own musical instrument, and put on a special gig?

(Listen to music, shake musical instrument.)

Why not get your favourite blanket, and in your living room make a den?

Or have some guided massage, feeling calm, and chilled, and Zen!

(Time in a blackout tent/ massage, guided massage (YouTube))

Let's all beat this thing together! We are fierce! We're not toddlers!

Let's grab this Covoid Virus, and kick it in the cobbles!

(Physio on legs followed by a nice massage!)

