

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)



SEND

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Arts & Crafts

Health & Wellbeing



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

Age Categories

The resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

SEND Activity Resource Pack

Edible Finger Painting

Instructions:

STEP 1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).

STEP 2. Pour in 1 cup of boiling water and stir thoroughly

STEP 3. Turn on medium heat on the stove and mix. The mixture will start to change, and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a custard-like consistency.

STEP 4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, we added 3 drops of yellow, green, red and blue. To make orange, we added 1 drop of red and 2 yellow and to make purple, we added 1 drop of blue and 2 red.

STEP 5. Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.



<http://www.craftychild.com/finger-painting.html>



What you need:

- 4 tbsp cornflour
- Cold water
- 1 cup boiling water
- Liquid colours or food colouring
- Edible glibber
- Small bowls
- Whisk
- Small pan
- Hob



Though this is an edible recipe, please monitor the consumption as we would not recommend mass consumption.

UNDER 5S

SEND Activity Resource Pack

Colour Sensory Bags

Instructions:

STEP 1. Squirt approximately 2 tablespoon each of the red, yellow, blue, and white paints into the bag.

STEP 2. Seal the bag, pressing out as much air as possible Tape across the top of the bag. You may also wish to tape over all the sides of the bag to reduce the likelihood of the bag splitting.

STEP 3. Your child can enjoy squeezing and moving the bag to mix the paints together and create new colours.



Materials:

- Ziplock clear bag
- Paint – red, yellow, blue, white
- Duct tape



Wear an apron or old clothes.



Please be aware to seal the edges of these bags to avoid bursting and consumption. Should any bags break or leak please remake instead of taping over to avoid any consumption



<https://www.pinterest.com/pin/203436108145156983/>

<https://www.twinkl.co.uk/resources/special-educational-needs-sen-sensory-and-physical-needs/sen-sensory/sen-sensory-activities-and-games>

6 - 11YRS

SEND Activity Resource Pack

Stretchy Putty



Materials:

- 1 cup Cornflour
- 1 cup Smooth yoghurt (any flavour)
- Bowls or tray
- Any food colouring or edible glitter



Instructions:

STEP 1.

Mix 1 cup of yoghurt and 1 cup of cornflour together

STEP 2.

Keep mixing until firm. Add more cornflour or yoghurt if needed

STEP 3.

Knead the dough until it is the consistency of stretchy putty

STEP 4.

Enjoy the stretchy, sticky dough! You may like to enhance the dough with some other edible additions such as dried fruit or edible glitter

2-Ingredient DIY Silly Putty in Less than 5 Minutes (No Borax)

This DIY Silly Putty recipe takes less than 5 minutes to make and there's no borax! Kids LOVE squeezing, pulling, stretching, and playing with their very own silly putty!

✿ Living Well Mom / Dec 10, 2019

<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-sensory-and-physical-needs/sen-sensory/sen-sensory-activities-and-games>



This is an edible sensory recipe; this recipe is safe for consumption however please monitor your child.

6 - 11YRS

SEND Activity Resource Pack

Homemade Instruments

Instructions

STEP 1. Make a hole on the bottom of the cardboard spool (this is where the paper-straw handle will go). Next, make a hole on both sides of the spool, right in the centre (this is where the beads will be attached).

STEP 2. Slide the paper straw into the bottom opening.

STEP 3. Cut two six-inch-long pieces of ribbon (or twine). Tie a knot on one end of ribbon and, using a hot-glue gun or craft glue, affix the ribbon to one of the side holes on the spool. Repeat steps for the other side.

STEP 4. Measure and cut 3.25-inch circles from card stock.

STEP 5. Have your child decorate two card stock circles with washi tape.

STEP 6. Help them glue the decorated circles onto the ribbon spools.

STEP 7. Have your child pick two beads. Help them thread the beads through the ribbon/twine and tie a knot. Secure the bead in place with glue.
Now time to make some music!



<https://www.minted.com/julep/2014/07/14/kids-party-ideas-diy-musical-instrument/>

Materials



- Empty ribbon spools (3.25 inches)
- Paper straws
- Card stock
- Decorative washi tape
- Ribbon or twine
- Wood beads
- Hot-glue gun or craft glue



Wear apron or old clothes.



Please monitor during this activity to ensure safe use of equipment.

12 - 15YRS

SEND Activity Resource Pack

Blow Painting

Instructions:

First, set up for the activity:

STEP 1. Place a sheet of paper on a tray with sides (a baking dish would work) or do this activity outside.

STEP 2. Cut your straws in half, so your blowing action is more effective and closer to the paint. If you're doing this with young children, poke a hole halfway up the straw with a pin. This will prevent them from sucking paint into the straw by accident.

STEP 3. Put your liquid watercolour paints in small dishes or use paint cups in a base as shown here.

STEP 4. Get out your dropper.

Now to play with paint!

STEP 1. Add Paint Drops to Paper

STEP 2. Blow at Paint Through Straw

STEP 3. Repeat with more paint



Blow Painting with Straws - Super Fun, Super Simple Art Idea for Kids!

Blow painting with straws is simple yet lots of fun for kids of all ages. Use a straw to blow liquid paint around on paper, creating interesting designs.

The Artful Parent / Jean Van't Hul / Jun 1, 2018



Materials:

- A4 paper (heavy duty if you have some, if not normal paper will be fine)
- Liquid watercolour paint (or watered-down paint)
- Dropper or pipette
- i. Paper drinking straws



Wear an apron or old clothes



Consumption of this product is not advised. If you would like to create as an edible, please use water and food colouring to create edible watercolours

12 - 15YRS

SEND Activity Resource Pack

Sensory Bottles



Materials:

- Containers, drink bottles, water bottles, soda bottles, whatever you have! Try to find bottles with different size openings to fit different types of objects.
- Fillers of your choice such as rice, sand, salt, rocks, water.
- Goodies to search for and discover.
- Glitter
- Food colouring
- Liquid Glycerine - 20ml to every litre of water (optional)

Instructions:

STEP 1.

Fill the bottle 3/4 of the way full of warm water

STEP 2.

Add the liquid glycerine (you can add more in if needed to as this makes your items inside flow slower)

STEP 3.

Add glitter. Lots of glitter.

STEP 4.

Squeeze a few drops of food colouring into the water.

STEP 5.

Make sure the lid it on tightly (even glued or taped if necessary)

STEP 6.

Enjoy!



Do-It-Yourself Sensory Bottle: The Perfect Summer Craft

Hello everyone! Prepare to become mesmerized with these eye-catching sensor...

[Toneworks Music Therapy / Lyndie Walker / ...](#)



Wear clothes you don't mind getting wet!



Please monitor during this activity to ensure safe use of equipment

15+

SEND Activity Resource Pack

Calming Squeezer

Instructions:

STEP 1. Put the funnel into the water bottle and pour the flour through it.

STEP 2. Stretch the balloon around the opening of the water bottle

STEP 3. Turn the water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open so the flour can all go in.

STEP 4. After the flour is all in, pinch the balloon and release it from the bottle. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.

STEP 5. Tie the balloon and wipe away any excess flour from the outside.

STEP 6. Toss them in a basket or bucket, and your kids will have fun playing with them throughout the day. Make stress balls kids can play with.



Materials:

- Water bottle
- Funnel
- Balloons
- Plain flour

www.naturalbeachliving.com/make-stress-balls-kids-will-love



Though this is an edible recipe, please monitor the consumption as we would not recommend mass consumption.



15+

SEND Activity Resource Pack

Bird Feeders



<https://www.handimania.com/diy/plastic-bottle-bird-feeder.html>

Instructions:

STEP 1. Remove the cap from a clean plastic bottle.

STEP 2. Use the pin to make two level holes on opposite sides of the bottle, near to the base. Use the scissors to widen them slightly.

STEP 3. Push a stick through the holes. There should be around 5 centimetres of stick left outside the bottle on each side for the perches.

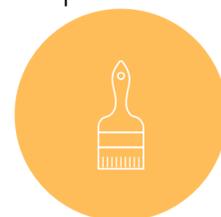
STEP 4. Slightly above each perch, use the scissors to cut a feeding hole the size of a 5p coin.

STEP 5. Create a second set of perches and feeding holes: repeat steps 2 to 4 further up the sides of the bottle and offset by 90° from the original.

STEP 6. Use the pin to make two holes in the neck of the bottle, on opposite sides and level with each other. Widen these with scissors.

STEP 7. Thread the string through the holes, then fill the bottle with a bird food and replace the bottle cap.

STEP 8. Find a sheltered location outside to hang your feeder - tying it onto a tree branch or washing line would work well.



Materials:

- plastic bottle (with cap)
- two sticks
- a pin
- scissors
- string
- Bird feeder mix



Please monitor during this activity to ensure safe use of equipment

0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



kooth

Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

