



## Special Educational Needs and Disability Support Service

### Children's Speech and Language Therapy Service

## Body Rhymes Activity Index and Resource Ideas

Rhyme	Tips for using the activity	Suggested things to use
Bubbles	Good for supporting your child to look at something steadily and follow the bubble wand with their eyes. Catch a bubble on the wand and hold it near your child. Can they look at the bubble or pop it?	 Bubbles
Bumble Bee	Good for noticing when vibration stops. Give your child a chance to feel the toy in the pause.	 or  Vibrating toy or massager
Elephants	Good for noticing when vibration starts or stops. Does your child show where they like vibration on their body?	 Vibrating snake
Furry Hand	Good for noticing when something stops. Experiment with going slow, fast, or steady.	 or  Fluffy glove or duster mitt
Hat Song	Choose something that will balance on your child's head and slide easily. Shiny or noisy things can help with following with their eyes, and awareness of objects. Good for anticipation of what's going to happen or making things happen.	 or  or  Something to stand for a hat, such as tinsel pom-pom, bells, or a hat
Hedgehog	Good for noticing when something stops. Good for anticipation of what's going to happen.	 Spikey massage or bouncy ball
Jelly	Good for anticipation of what's going to happen. Think about what kind of touch your child likes and where – tickle, bounce, roll or jiggle.	 or  Puffer ball, wobble cushion or hand
Spiders web	A see-through (chiffon) scarf helps you see more of your child's face. A sparkly scarf helps some children look and follow with their eyes. Good for anticipating what's going to happen.	 or  and  Fluffy glove or duster and scarf

Wiggles	Good for anticipating when vibration starts or stops. Give your child a chance to feel the toy in the pause.	 or 
		Vibrating toy or massager

### For sessions with several activities

Rhyme	Using the activity	Suggestions for resources
Hello	Optional Do something familiar to say hello your child or start the session.	None
Now it's time for Body Rhymes	Optional You can use this to introduce a Body Rhymes session.	None
Finished	Optional Do something familiar to tell your child they are finishing these activities.	None
Away it goes	Optional Use while tidying up	None

### Challenge

- What Body Rhyme would you make up?
- What things would you use?

**For more information, video and listening examples go to the Body Rhymes Website.** Scan QR code on a smartphone or click link.

Try to do the songs at your child's pace. Do not rely on how fast the video or listening example goes.



SCAN ME

[bit.ly/LPTBodyRhymes](https://bit.ly/LPTBodyRhymes)