

## Special Educational Needs and Disability Support Service Children's Speech and Language Therapy Service

### Body Rhymes Information for Professionals

#### What are Body Rhymes?

Body Rhymes are Multisensory People Play activities. These activities use objects for different sensory experiences such as vibration, textured balls, scarves, and fluffy cloths/ gloves. **For more information, video and listening examples go to the Body Rhymes Website.** Scan QR code on a smartphone or click link. [bit.ly/LPTBodyRhymes](https://bit.ly/LPTBodyRhymes)

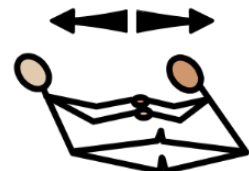


#### People Play Games

- help children learn that playing together is fun.
- give extra practice and opportunities to develop early communication, thinking and visual skills.

Examples of People Play Games are:

- Hiding games, such as *Peekaboo*,
- Action songs for two people, such as *Row the Boat*,
- Tickle games, such as *Round and Round the Garden*.



People Play Games follow a pattern:

- **Play** – Start the activity
- **Pause** – Stop and wait in the middle or at the end of the rhyme
- **Watch and notice** – Notice how your child reacts.
- **Interpret** - Guess what your child's reaction may mean
- **Respond** to what you think your child's reaction means.
- **Repeat** – repeat the rhyme and actions,
- **or finish** - stop if you think your child does not like it/ has had enough.

#### Who are Body Rhymes for?

- Children at an early stage of learning and communication development,
- Children with movement difficulties and/ or significant visual impairment,
- Children who love songs and music,
- Children who respond best to preferred sensory experiences,
- Children who are more interested in people interaction than in toys or things,
- Mostly preschool and primary school age children. Some older children and young people may enjoy them too.