

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

### Example Session Plans with Body Rhymes activities

You can

- Use one or more Body Rhymes on their own
- Do a sequence of mixed activities for example a Body Rhyme plus sensory experiences, vision activities, other People Play Games.

#### 1. Vision activities and Body Rhymes

- *Hello song* or other familiar way to greet your child
- Activity your child likes, to help them begin to respond to you, such as peekaboo
- Light tracking activities
- One or two Body Rhymes
- Interactive game such as pushing a ball between you or hiding under a foil blanket.
- Sensory activity for example vibrating massager. You could then use a vibration Body Rhyme (Bumble Bee, Wiggles or Elephants).
- Eye tracking / focusing, for example light and sound toy or iPad
- Activity child likes
- *Finished song* or other familiar way to indicate activities have finished

#### 2. People play games and interaction

- *Hello song* or other familiar way to greet your child
- Tickle game your child likes for example Round and Round the Garden
- Spiders Web Body Rhyme (like peekaboo)
- Intensive interaction – with or without equipment from Body Rhymes
- Wheels on the Bus with improvised on-body actions
- *Finished song* or other familiar way to show activities have finished

