

Activities to try

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Roll forwards on the peanut ball on your tummy

In calm room or on mats



Roll backwards on the peanut ball on your back

In calm room or on mats



Blow bubbles



March or run around the garden



Put on a body sock



Do some drumming



Do some deep breathing



Do some star jumps



Do some mopping, raking or sweeping



Stretch out an exercise band






Butterfly feeder



WHAT WILL YOU NEED:

- 1 x small shallow container with a rim
- 4 x pieces of garden twine
- Scissors
- Photos of butterfly's / nature from magazines.
- PVA glue
- Sugar water
- Small sponge to fit the bottom of your bowl, we cut up some scouring sponges
- Place sponges into container

WHAT TO DO:

	<p>Use the scissors to make four holes equal distance around the bowl</p>
	<p>Cut out images from a magazine</p>
	<p>Glue the images around the sides of the container. Then whilst the glue is drying pass the four lengths of string through the four holes in the rim and (secure with a small knot atop)</p>
	<p>Making sugar water: add 2 parts boiling water to 1 part sugar, dissolve and let cool)</p>
	<p>Take the sponge and dip it in the sugar water, soaking it up, then place inside the bottom of the container</p>



Hang in the garden on a tree

Created by Polly Dawe- Occupational Therapist
Liberty Care Ltd






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