**PMLD Website Home Learning Jan 2021**

In the table below are a list of free online resources you can try with your PMLD learner.

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| **INFO** | **LINK** |
| This is an online support network in which parents/carers, teachers and other professionals share ideas, and discuss any ideas | <https://our.choiceforum.org/c/pmldnetwork> |
| Oily Cart are a sensory drama company who have set up a group for parents/carers to share ideas/support | <https://www.facebook.com/groups/OilyCartFamilies/> |
| **STORIES AND COMMUNICATION** | |
| This link is relevant for all parents/carers of PMLD learners. This website shows videos of intensive interaction in action, which is vital to develop communication for our learners | <https://www.intensiveinteraction.org/> |
| Pete Wells’ Sensory Stories/Podcast –  Free sensory stories that come as a powerpoint package along with other activity ideas.  This is relevant for all parents/carers of PMLD learners. | <https://sensorystoriespodcast.com/free-special-stories/> |
| These links are for Sensory Stories and are relevant for all parents/carers of PMLD learners | <http://www.greenside.herts.sch.uk/Creative/SensoryStories/SensoryStories.html>  <https://sensorystoriespodcast.com/free-special-stories/>  <https://www.simplestuffworks.com/wp-content/uploads/2016/10/The-Beach-House-a-sleepy-sensory-story.pdf> |
| Surviving through story resources | <https://www.survivingthroughstory.com/resources> |
| Drama based communication | [www.mainspringsarts.org.ukstringsandthings](http://www.mainspringsarts.org.ukstringsandthings) |
| These links are more relevant for Secondary/College aged learners, however could be adapted if needed.  These activities are based around how to inform your learner about the Coronavirus via social stories | Social Story around Coronavirus –  <https://search3.openobjects.com/mediamanager/hackney/fsd/files/the_garden_school_-_ot_s_social_story_on_cv.pdf>  <https://cb257a31-b0b1-439c-bf98-3ed0e66a9103.filesusr.com/ugd/365e31_1f45a448a895445c832247f01136626d.pdf>  If a family member is unwell |
| This link is relevant for all parents/carers of PMLD learners that utilise symbols or PECS at home/school. | Visual Cue Cards –  <https://ccea.org.uk/downloads/docs/ccea-asset/Resource/Resource%201%3A%20Visual%20Cue%20Cards.pdf> |
| Tacpac draws together touch and music to create a structured half hour of sensory communication between two people. | Tacpac set 1 - <https://www.youtube.com/watch?v=KVRIknOGpyA>  Tacpac Set 2 - <https://www.youtube.com/watch?v=zjfFVENVrbA>  TacPac set 3 - <https://www.youtube.com/watch?v=A6V5tgKxLyg>  www.rosewood free school.org.uk |
| **WELLBEING** | |
| These links are relevant for all parents/carers of PMLD learners, and are based around mental health and wellbeing activities. | Breathing Exercises - <https://www.youtube.com/watch?feature=youtu.be&fbclid=IwAR2hrO425XjCp6Zhu145VEgh5VizIDq2xJJMvLPNhNhIexf4CJEVkw4rj-4&v=mEZn_DxfMEs&app=desktop#menu>  Chair Yoga –  <https://www.youtube.com/watch?v=1DYH5ud3zHo>  Chair Zumba –  <https://www.youtube.com/watch?v=V4XW74W9t4o>  Gong Therapy –  <https://www.youtube.com/watch?v=wRRhi9CcLps>  Laughing Yoga –  <https://www.youtube.com/watch?v=SVkG3L79sL4>  Guided Meditation for kids –  <https://www.youtube.com/watch?v=DWOHcGF1Tmc>  PMLD yoga - <https://www.tygwtnschool.com/p> |
| **MUSIC** | |
| This link is relevant to all parents/carers of PMLD learners. Soundabout are offering free online music sessions for you to join in at home. Please note: you have to have a Facebook account to join in | Online Music Session -  <https://www.facebook.com/SoundaboutUK/> |
| Big Top music have a range of interactive music sessions. This link is related to ‘forest’ | <https://www.youtube.com/watch?v=qZDBLX_AVrU> |
| Our very own -Edd music session | <https://youtu.be/JJanu6syDmo> |
| Soundabout live - Soundabout Live! interactive music-making sessions for people of all ages with SLD and PMLD are led by different members of our amazing music practitioner team on our Facebook page every Tuesday & Saturday at 2pm | - <https://www.soundabout.org.uk/clubs/>  <https://www.soundabout.org.uk/tv/> |
| **PLAY** | |
| This link is relevant for all parents/carers of PMLD learners and provides a ‘sensory shopping list’ to support your sensory play at home. | Sensory Shopping List –  <https://e28383d3-9cbb-4848-a3e3-8a82c4de34d0.filesusr.com/ugd/e2560e_30b12b0b915c4dfda91a14c30b5ed778.pdf> |
| **PHYSICAL** | |
| Physiobods – body awareness session | <https://www.youtube.com/watch?v=7TmvZ7AYMpM> |
| **ART** | |
| Sensory art club - | <https://www.facebook.com/sensorycreativeMakingSENse/> |
| Sensory rainforest theme - | <https://youtu.be/X2ffkVmg0W0> (set of 3 videos) |
| **OTHER** | |
| This link is relevant for all parents/carers of PMLD learners, and provides a range of different activities to try at home, which can be adapted to fit your specific learner | Range of Activities -  <https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnx0aGVzZW5zb3J5cHJvamVjdHN8Z3g6MzYyMTU2M2JlZjI3MDdkZQ> |
| Wilson Stuart YouTube Channel | <https://www.youtube.com/channel/UCJvwAekceWeOy4xEeyMOF3w> |