**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/>  |
| Jensory 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>  |