HOME LEARNING FOUNDATION LEARNERS SUMMER

COGNITION

(BIOLOGY)



Can you explore the signs of spring and summer using your senses?

Can you enjoy your garden and be calmed by your outdoor surroundings?

What can you hear? What can you smell? What can you see?





PHYSICAL AND SENSORY

(ATHLETICS)

Can you complete a sensory 'circuit' to calm you / increase your alertness. If you don't have any equipment at home here are some ideas.



Balancing



Climbing



Jumping



squeeze

