

## FREE LIVE SESSIONS ONLINE – SUITABLE FOR CHILDREN WITH SEND

The sessions below happen on one or more of the following platforms: YouTube, Facebook, Instagram, Vimeo, Zoom. The organiser's Facebook page is often a good place to find out about the sessions. Their YouTube link usually stores previous sessions, and most live sessions are also streamed live there. Some of the sessions may not be accessible - especially the fitness and dance sessions - but *all* of them foster a sense of fun, purpose, structure and connection. All are available to watch after the event. This list will be updated throughout the closure period.

| Live Time | Duration | Session   | Website (Look for social media links in corner of homepage)   |
|-----------|----------|---|---|
| 9.00      | 30 mins  | Fitness sessions from Joe Wicks, The Body Coach                                       | <a href="https://www.thebodycoach.com/">https://www.thebodycoach.com/</a>                           |
|           | 20 mins  | Fitness sessions from Jump Start Jonny  | <a href="https://www.jumpstartjonny.co.uk/">https://www.jumpstartjonny.co.uk/</a>                   |
| 10.00     | 20 mins  | Play sessions from Play Hooray  | <a href="https://playhooray.co.uk/">https://playhooray.co.uk/</a>                                   |
| 10.30     | ?        | Singing and stories with Makaton signing from Singing Hands                           | <a href="https://singinghands.co.uk/">https://singinghands.co.uk/</a>                               |
| 11.00     | 10 mins  | Fine motor skills sessions from Griffin Occupational Therapy                          | <a href="https://www.griffinot.com/">https://www.griffinot.com/</a>                                 |
| 11.30     | 30 mins  | Dance sessions from Oti Mabuse  | <a href="https://www.youtube.com/user/mosetsanagape">https://www.youtube.com/user/mosetsanagape</a> |
| 1.30      | 15 mins  | Dance sessions from DDMIX   | <a href="https://diversedancemix.com/">https://diversedancemix.com/</a>                             |
| 2.00      | 30 mins  | [Mondays and Thursdays]<br>Sensory making sessions from Sensory Spectacle             | <a href="https://www.sensoryspectacle.co.uk/">https://www.sensoryspectacle.co.uk/</a>               |
|           | 15 mins  | [Tuesdays and Thursdays]<br>Massage stories from the Story Massage Programme          | <a href="https://www.storymassage.co.uk/">https://www.storymassage.co.uk/</a>                       |
|           | 60 mins  | [Tuesdays and Saturdays]<br>Singing sessions from Soundabout                          | <a href="https://www.soundabout.org.uk/">https://www.soundabout.org.uk/</a>                         |
| 4.00      | Varied   | [Mondays, Wednesdays and Fridays]<br>Story workshops from Positive Eye's Idea Machine | <a href="https://www.positiveeye.co.uk/">https://www.positiveeye.co.uk/</a>                         |
| 7.00 GMT  | 60 mins  | Dance sessions from Kidz Bop (USA)  | <a href="https://kidzbop.co.uk/">https://kidzbop.co.uk/</a>   |