

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	https://www.thebodycoach.com/
	20 mins	Fitness sessions from Jump Start Jonny	https://www.jumpstartjonny.co.uk/
10.00	20 mins	Play sessions from Play Hooray	https://playhooray.co.uk/
10.30	?	Singing and stories with Makaton signing from Singing Hands	https://singinghands.co.uk/
11.00	10 mins	Fine motor skills sessions from Griffin Occupational Therapy	https://www.griffinot.com/
11.30	30 mins	Dance sessions from Oti Mabuse	https://www.youtube.com/user/mosetsanagape
1.30	15 mins	Dance sessions from DDMIX	https://diversedancemix.com/
2.00	30 mins	[Mondays and Thursdays] Sensory making sessions from Sensory Spectacle	https://www.sensoryspectacle.co.uk/
	15 mins	[Tuesdays and Thursdays] Massage stories from the Story Massage Programme	https://www.storymassage.co.uk/
	60 mins	[Tuesdays and Saturdays] Singing sessions from Soundabout	https://www.soundabout.org.uk/
4.00	Varied	[Mondays, Wednesdays and Fridays] Story workshops from Positive Eye's Idea Machine	https://www.positiveeye.co.uk/
7.00 GMT	60 mins	Dance sessions from Kidz Bop (USA)	https://kidzbop.co.uk/