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Learning and Participation Resource Pack

The Weather: Session 1 – The Sun

Originally for EYFS/KS1 pupils with ASD and Learning Difficulties. Can be used for varying ages – depending on individual needs.



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Overview

Lesson ideas for the topic of the weather. Including activities for: drama, music, dance and sensory. Exploring different types of weather in a practical way with a focus on turn taking and communication/interaction.

Lesson Ideas

Warm up/icebreakers

- Sing a welcome song, hello song, a song to signify to the children that this lesson has begun, whether it be drama, music, dance, sensory or a combination.

Task ideas/starting points

- This lesson comprises a singing, dance and drama activity.
- Have the children in a circle either on the floor or chairs.
- You will need a speaker and access to YouTube for this session.
- You will also need a piece of fabric.
- Dance scarves can be used for the dance activity if you have access to them.

Task developments

- Singing: Shine so brightly yellow sun – to the tune of Twinkle Twinkle Little Star. Teach it using my turn/your turn method and use Makaton signs (see below) for the words yellow, sun, everyone, high, sky.

Lyrics:

“Shine so brightly yellow sun,
Shine your light on everyone,
Shine down on us from up high,
Shine down from the big blue sky,
Shine so brightly yellow sun,
Shine your light on everyone.”

- Dance: Flower Dance. This can be done with any piece of music you feel is appropriate. I recommend “*I love to Boogie*” and call it boogying flowers and that the sun is making us come out and dance. In time with the beat of the song, the moves are:

In seed position – curled up or sat down with head down.

Head up

Slowly grow

When fully grown – if you have scarves wave them around if not wave your hands around.

- Drama: The sun is bringing the animals out of hibernation. This activity can be done with musical accompaniment. Get the children to lie on the floor asleep. One by one wash a piece of fabric over them, this is the sun waking them up, get them to yawn and stretch.

Differentiation for lower/higher ability

- Dance activity: Here is a more complex routine

On floor – wiggling hips

Sit up and wiggle heads

Wiggle hands

Water hands – move hands and fingers up then down as if a flower is being watered.

Sun hands – draw sun in sky

Wiping sweat

Move shoulders and grow holding scarf



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Move head Movement with scarf as grown

- Drama: If understanding of spoken language is limited in the class, each child can have an individual turn with an adult supporting them. The support can be lessened throughout the activity if you have the time to do it multiple times.

Cool down ideas

- Using a piece of fabric, lift it high above the individual's head and then wash it over them. This is best accompanied with music and when doing this activity in groups put a calming visual on for them to have something to focus on whilst they wait for their turn.

Outcome

The children will have explored the theme of weather in a practical way and used multiple disciplines and skills to do so. If it is part of a wider curriculum theme, sessions like this can be used to generalise their knowledge.

Resources and useful links

Resource 1: Dance scarves: https://www.amazon.co.uk/Geboor-Juggling-Movement-Performance-Accessories/dp/B07NTHC9D1/ref=sr_1_3_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585824582&s=kids&srefix=dance+scarves%2Caps%2C269&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE2UFNGOFAXUUhGNFUmZW5jcnlwdGVkSWQ9QTAWmzEwOTQ4WUk1QkIKRUc2WFYmZW5jcnlwdGVkQWRJZD1BMDQ0OTU4MzE1MFFPREdZQjNMWUYmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNSaWNrUmVkaXJlY3QmZG90b3Rmb2dDbGljaz10cnVl

Resource 2: Makaton for yellow:
<https://www.youtube.com/watch?v=cxQtDeh9rGo>

Resource 3: Makaton for sun:
<https://www.youtube.com/watch?v=it3RujwYeJg>

Resource 4: Makaton for everyone:
<https://www.youtube.com/watch?v=bi3Yf2hTdhl> (skip to 25 seconds)

Resource 5: I Love to Boogie <https://www.youtube.com/watch?v=PL-el3AdOlg>

Resource 6: Chill out playlist on Spotify
<https://open.spotify.com/playlist/11HXfRNi5ynyb08n1U23f8?si=qPAn-W1VRJqmwROoAbeCw>

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