

Free Online Sessions Suitable for Children with Learning Disabilities

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 are hard work and 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.

Live Time	Duration	Session	Website (where available) + YouTube link
9.00	30 mins	Fitness sessions from Joe Wicks, The Body Coach	https://www.thebodycoach.com/ https://www.youtube.com/thebodycoachtv
	20 mins	Fitness sessions from Jump Start Jonny	https://www.jumpstartjonny.co.uk/ https://www.youtube.com/channel/UC8PDFwCV0HHcI08-1SzdiBw
10.00	20 mins	Play sessions from Play Hooray	https://playhooray.co.uk/ https://www.youtube.com/channel/UCtj7v0GJ6DjUJYcMYQg1bw
10.30		Singing and stories with Makaton signing from Singing Hands	https://singinghands.co.uk/ https://www.youtube.com/user/SingingHandsUK
11.00	10 mins	Fine motor skills sessions from Griffin Occupational Therapy	https://www.griffinot.com/ https://www.youtube.com/channel/UCUDF9vM1Qdz5CCKI9y_c2bw
11.30	30 mins	Dance sessions from Oti Mabuse (Strictly Come Dancing)	https://www.youtube.com/user/mosetsanagape
1.30	15 mins	Dance sessions from DDMIX	https://diversedancemix.com/ https://www.youtube.com/channel/UC8upFv9LUQ75tEoiytr1n7g
2.00	60 mins	[Tuesdays and Saturdays] Singing sessions from Soundabout (especially suitable for children with PMLD/SLD)	https://www.soundabout.org.uk/ https://www.youtube.com/channel/UCz kf-oB7V5tTguM36Km5WAA
4.00	Varied	[Mondays, Wednesdays and Fridays] Story workshops from Positive Eye's Idea Machine (especially suitable for children with vision impairments)	https://www.positiveeye.co.uk/ https://www.youtube.com/user/PositiveEyeLtd