



Bates Drive School

Take Home Work Book
PBL/ Sensory Activities

Bates Drive School – Scope and Sequence 2020

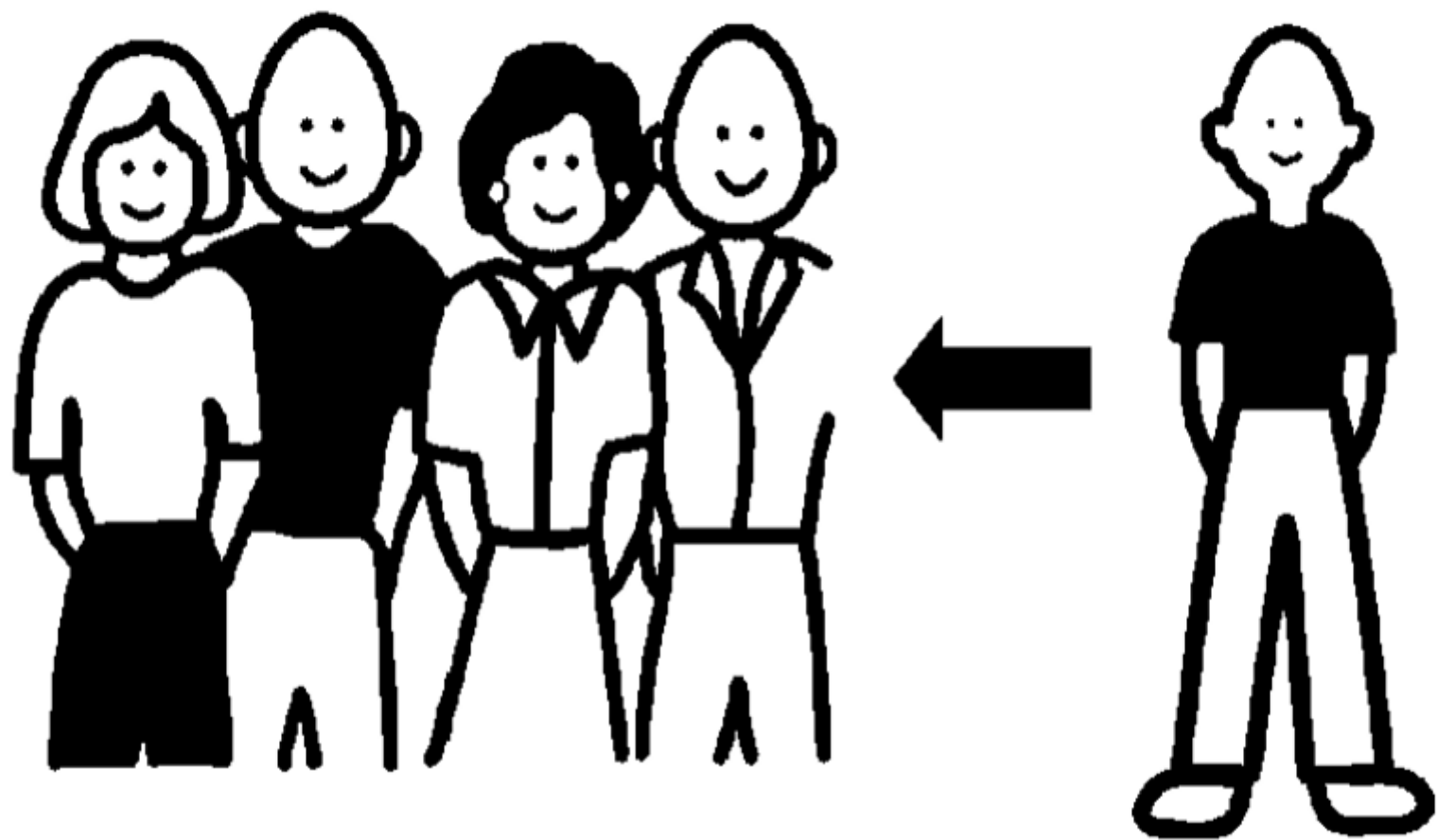
	Term 1 High School
English	Speaking Listening Writing Reading Communication
Mathematics	Number/ Time
Geography/History	History: The ANZACs
Creative Arts 7-10	Music Dance
Creative Arts 11-12	Music Dance
PDHPE	Sports Ready Swimming Zones of Regulation Positive Behaviour for Learning (PBL) (see scope and sequence on next page)

	Term 1 Primary
English	Speaking Listening Writing Reading Communication
Mathematics	Number/ Shape
Geography/ History	History: Present and past family life
Creative Arts	Music Dance
Personal Development, Health and Physical Education	Sports Ready Swimming Zones of Regulation Positive Behaviour for Learning (PBL) (see scope and sequence on next page)

We are safe

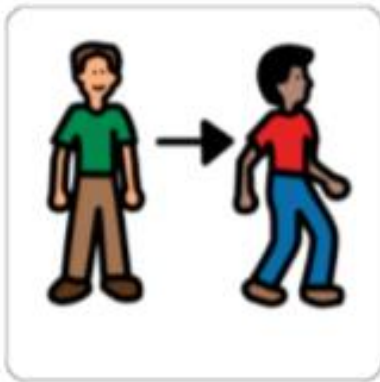
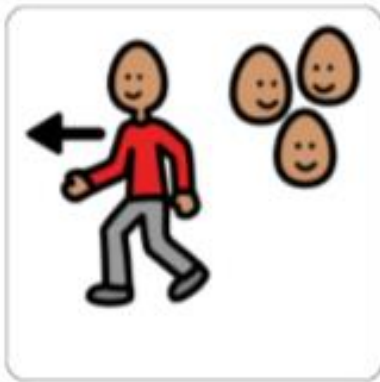
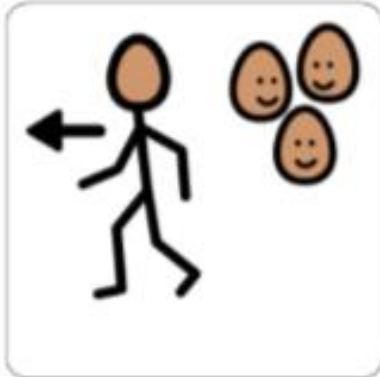
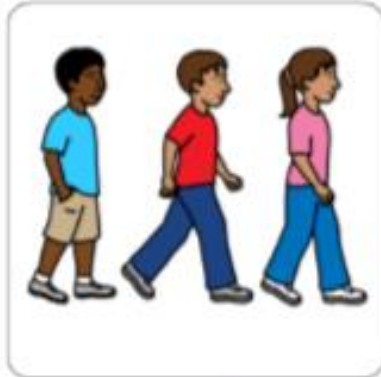
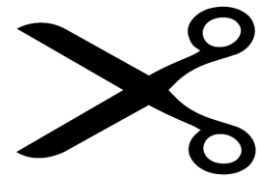


Stay with the group



How can we stay with the group? Sort the images below.



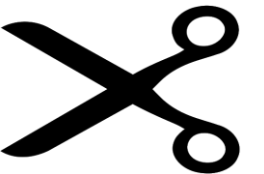


Stay with the group.

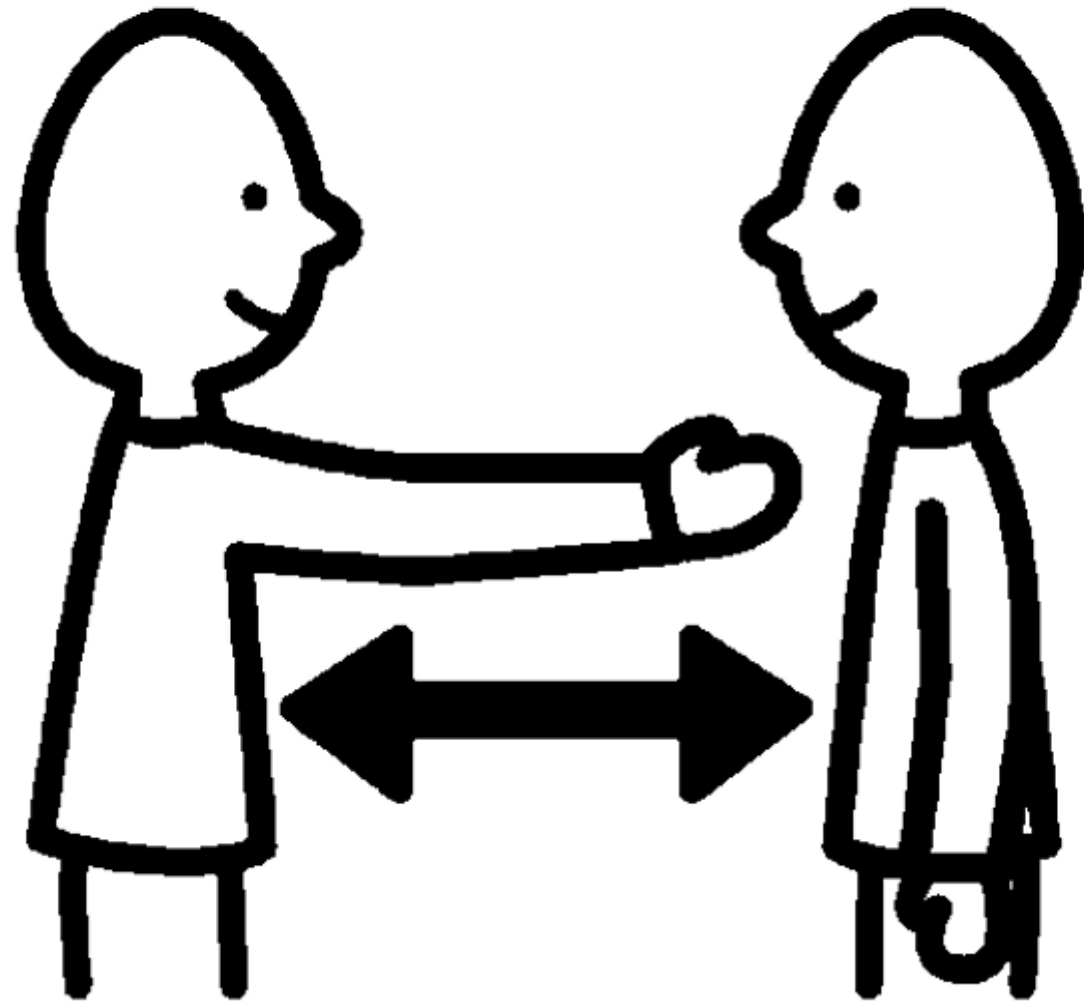
Cut out and match the words.

I can stay with the group.

I can stay with the group.

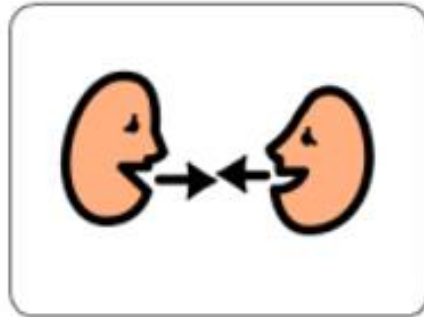
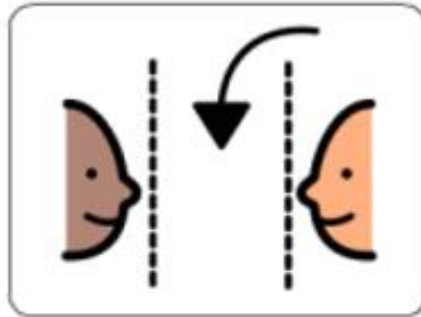
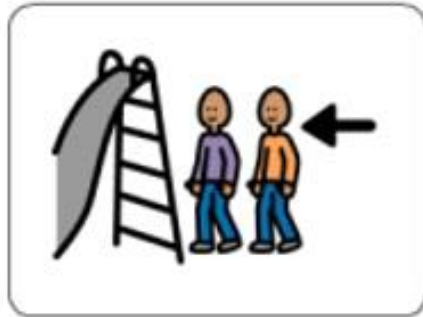
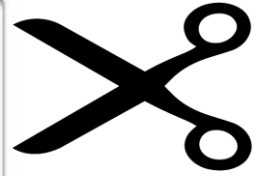
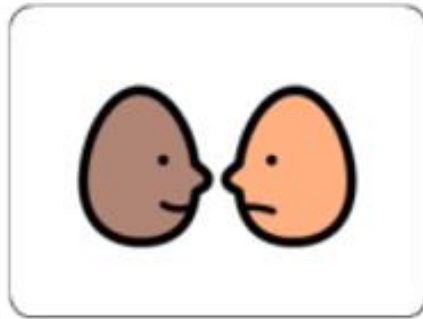


Personal space



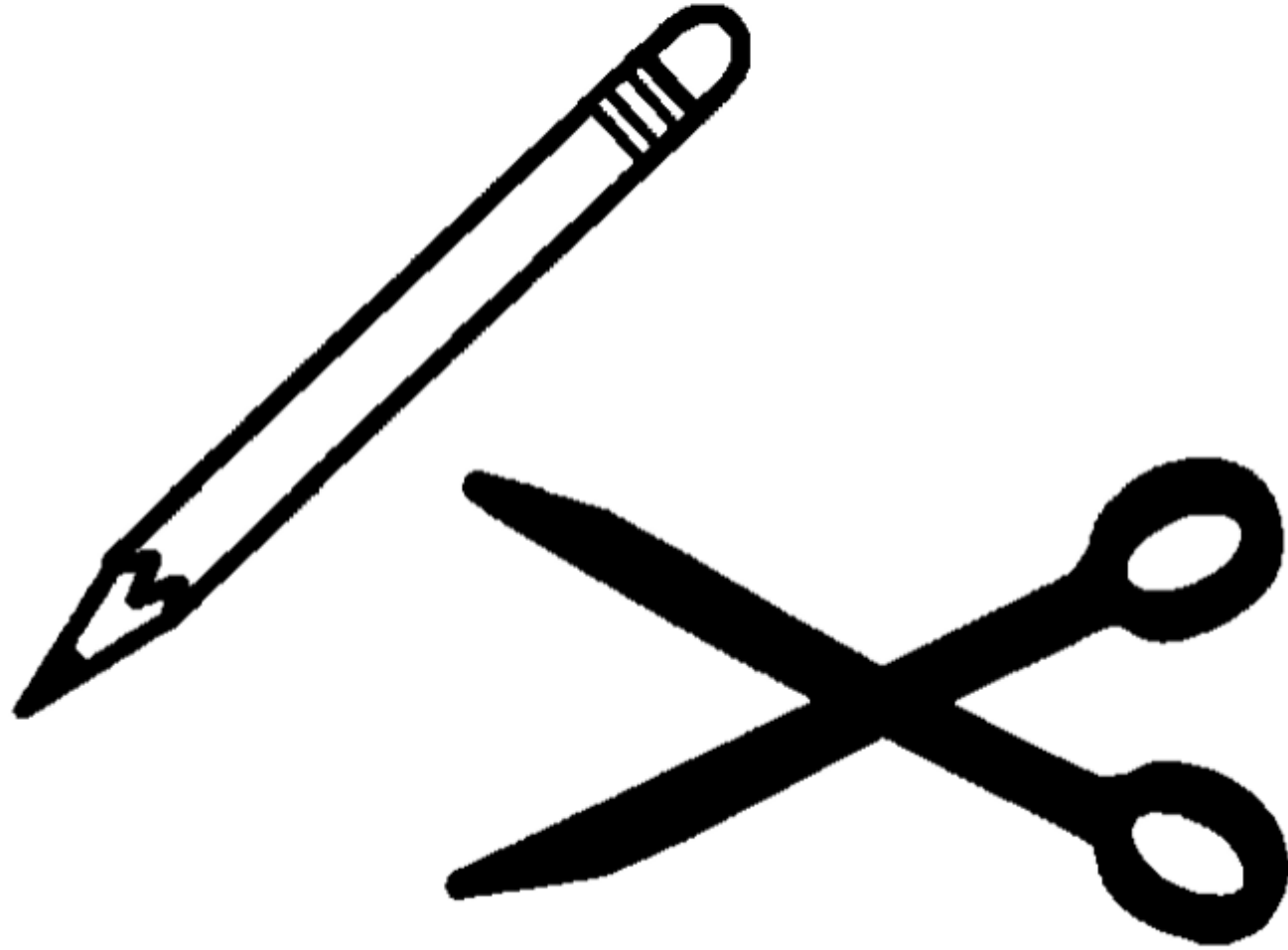
How can you keep personal space? Sort the images below.





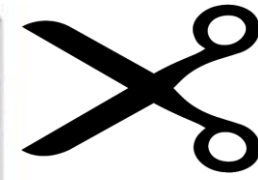
Personal
Space.

Use equipment safely



How can you use equipment safely? Sort the images below.



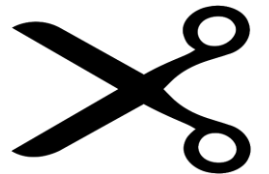


Use equipment
safely.

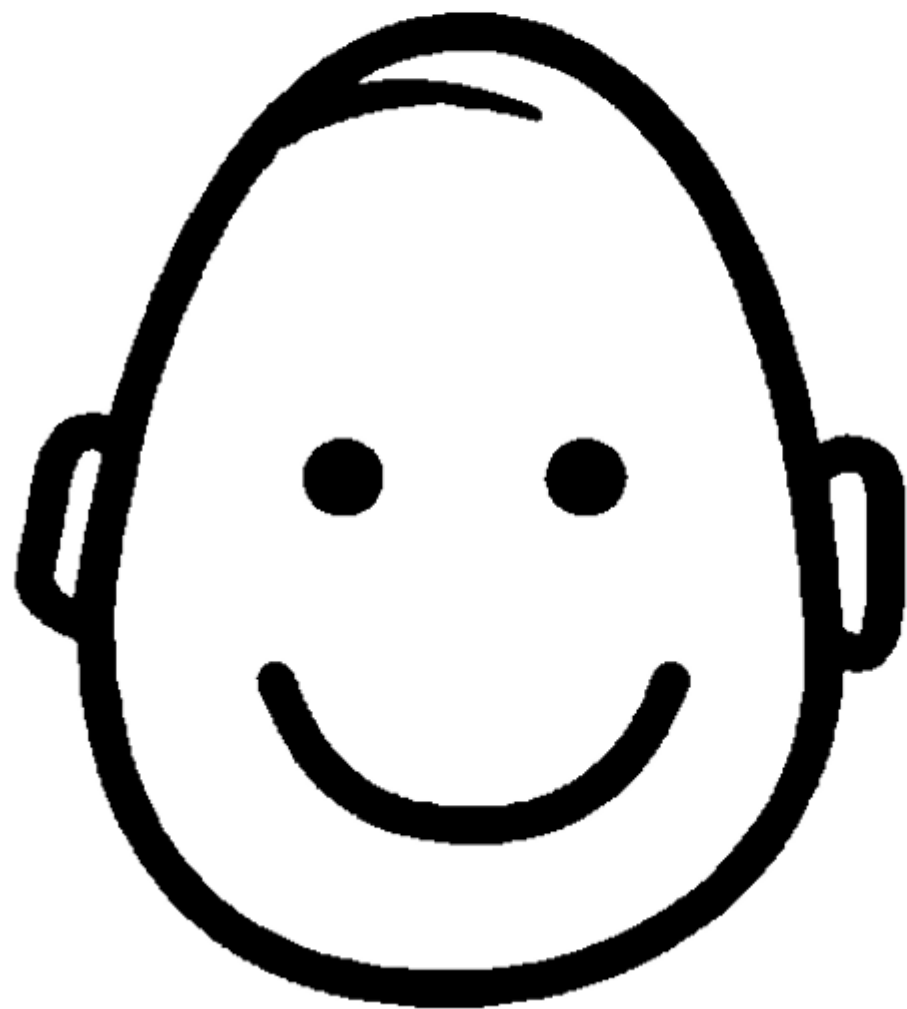
Cut out and match the words.

I can use equipment safely.

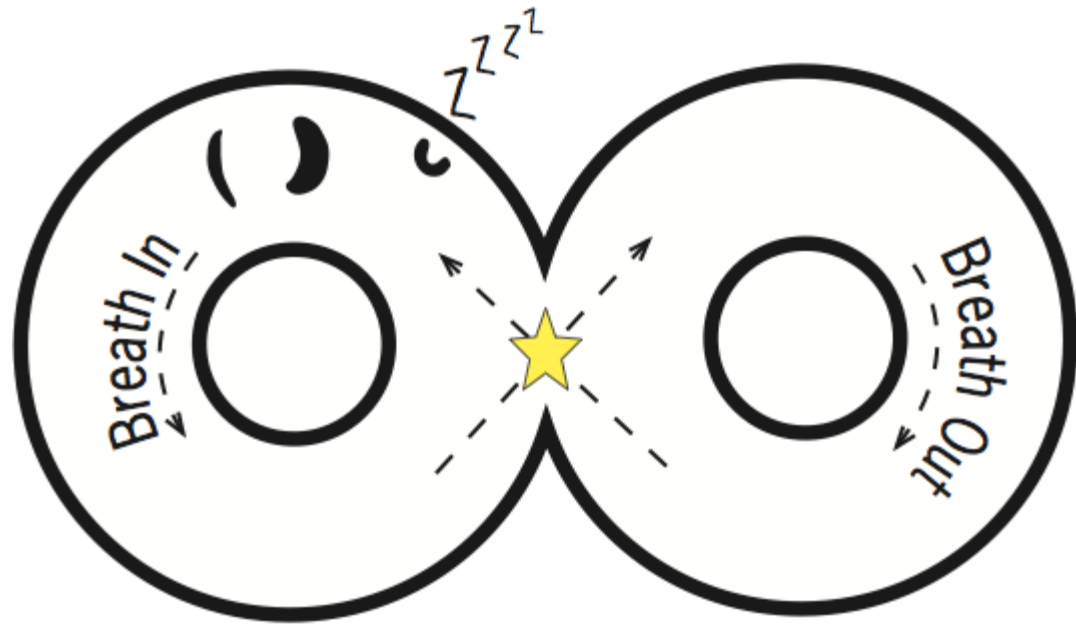
I can use equipment safely.



Calm and sensible



Lazy 8 Breathing









Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

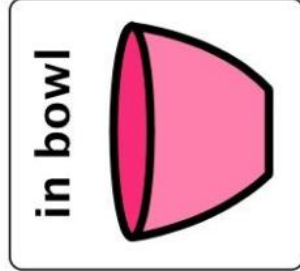
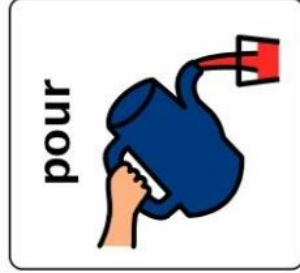
Continue breathing around the Lazy 8 until you have a calm body and mind.

Calm Down Corner

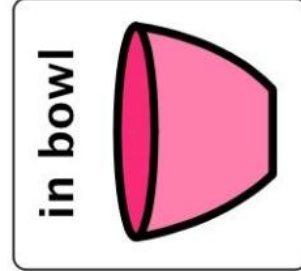
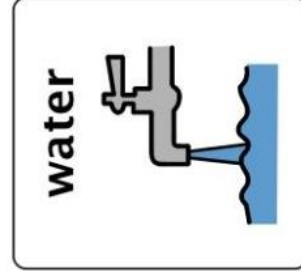
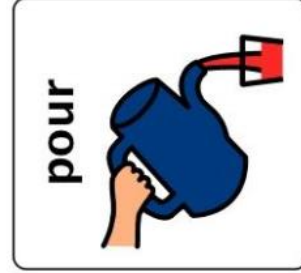
1 Close your eyes 	2 Take 3 deep breaths 
3 Count to 10 	4 Nice quiet hands 
5 Nice quiet feet 	6 Talk it out with an adult 

Play Dough

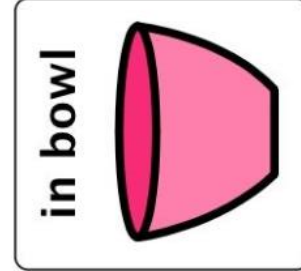
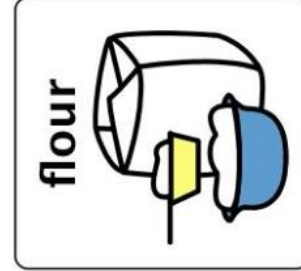
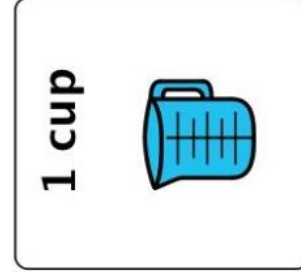
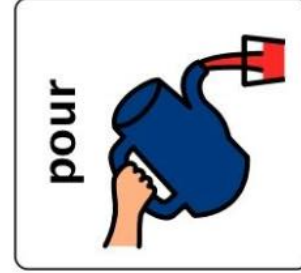
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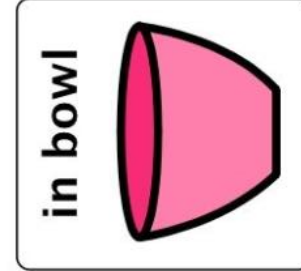
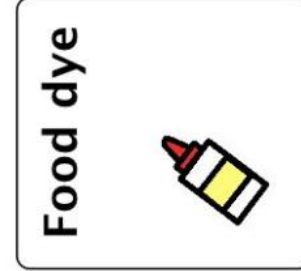
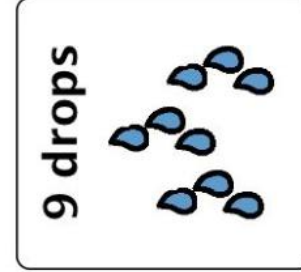
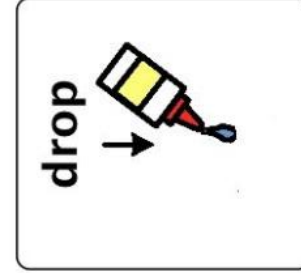
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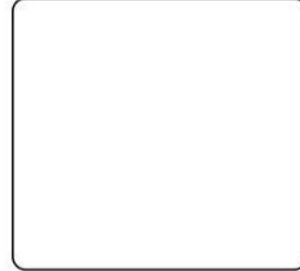
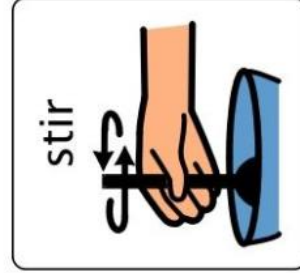
3



4



5



Calm and Sensible Videos on YouTube



Belly Breathe – Sesame Street



Bates Drive School – Calm and Sensible



Be the Pond – Cosmic Kids Den



Meditation for Children (Calming activity)



Hands and feet to yourself

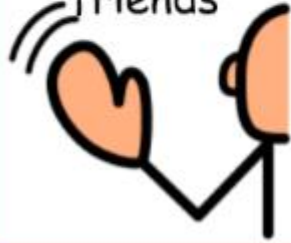




What is gentle hands?



Waving to friends



Giving High Fives



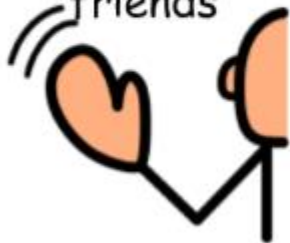
Hands at Side



Quiet Hands



Waving to friends



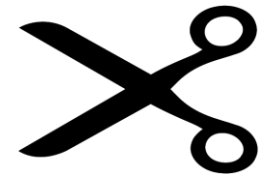
Giving High Fives



Hands at Side



Quiet Hands



Trace your hands inside the box.

