Health and Body

Rainbow Class, Summer (1) 2026 Libby Cross

My Communication

Our sensory story will be 'ten little fingers and ten little toes'. We will use real objects, symbols and simple words to tell the story in an engaging way.

We will explore the zones of regulation though photos or ourselves and familiar people/characters to explore what different emotions can look like.

We will explore factual picture books about the body and use different parts of the body to mark make.

MAGIC

This term we will be CREATIVE, we will be creative though art and movement.

My Thinking

We will count 1-10 using our fingers and use this skill in daily tasks. This also links to our sensory story.

We will use our body parts to make different sounds during our weekly music sessions and when listening to songs throughout the day learning songs linked to our Topic.

We will complete a group activity measuring and comparing our heights.

How my World Works

We are going to sort foods into two groups (healthy and unhealthy/fruits and vegetables) we will use real foods, toy foods and symbols.

We will take part in body care activities such as hair brushing, teeth cleaning and hand washing. We will also practice this after our swimming sessions.

We will watch calming videos and make choices to develop relaxation skills.

Ideas for Home

- Practice the topic-based signs
- Practice listening to and recognising the key topic words.
- Engage with stories and songs about the body/foods.
- Role play games using self-care items in real scenarios.
- Visit swimming pools, parks and other pupil facilities where possible.

Me and My Community

We will role play hair dressers and dentists. We will explore the equipment they would use and look at our reflections in mirrors.

We will play turn taking games with peers and adults in class and work on sharing toys and equipment during our daily toy's session.

We will use local parks to exercise for fun!

My Creativity

We will draw outlines around our body and label our body parts using symbols.

We will make a face collage using fruit in the style of Italian artist Giuseppe Arcimboldo.

We will imitate adults body movements to music during our dance sessions with songs such as head, shoulders, knees and toes!

Me and My Body

We will take part in weekly 'food exploration' sessions and will smell, taste and play with healthy foods.

We will use mirrors and look at photographs to explore our facial features.

We will exercise for fun and for sensory regulation. We will use the outdoor trampoline, trim trail, track and therapy room.