

# Reach beyond....

28/03/20 - Edition 1

Hello to you all,

We are missing seeing your wonderful faces at Reach, but we are still here and want to find ways of keeping us connected! We will be sending you regular updates with a variety of activities you can have a go at online, as well as some worksheets which you can fill in.

We hope that these will give you the chance to learn something new, keep up your creativity, fitness and provide some relaxation.

## And breath.....

The world seems a bit scary and confusing at the moment. We need to take care of our body and our mind. Take some time to breath and have a go at this relaxation.

<https://www.youtube.com/watch?v=W8a3T8pl9Ns&t=8s>

In this pack, you will also find a scripted relaxation. Ask someone to read out loud slowly for you.

Find a comfy quiet spot, make sure you are warm, **know that we are with you and all is well....**



Think back to December and our wonderful performance in the Southwell Minister, singing and signing our heart out to 'This is me'!

When we come back together again, we will sing and celebrate. Have a go at this and get ready to **"Shine!"**

[https://www.youtube.com/watch?v=\\_vqkJkBEffI](https://www.youtube.com/watch?v=_vqkJkBEffI)

## Book worms...



Why not have a go at the book review in your pack and let us know what you think to David's story or perhaps a review of a book you already have at home!

Every day, David Walliams, comedian and Author, will be reading one of his fabulous audio books. Take a look at his website and listen to all of his stories so far.

[www.worldofdavidwalliams.com/elevenses](http://www.worldofdavidwalliams.com/elevenses)



Our hands have been through a lot recently and need some extra care and attention! Have a go at a few of these simple hand exercises to improve your coordination and strength. Either click on the link below, or take a look at the worksheet in this pack.

[https://www.youtube.com/watch?v=cuHLNTTMoE0&feature=youtu.be&fbclid=IwAR2dbunOTMxNISaptvXq\\_Q8ZpO85BissirnlI57g2j9yUZrpGrg1viRZys](https://www.youtube.com/watch?v=cuHLNTTMoE0&feature=youtu.be&fbclid=IwAR2dbunOTMxNISaptvXq_Q8ZpO85BissirnlI57g2j9yUZrpGrg1viRZys)



**Makaton sign  
of the week....**



**SHINE!**

## **Creative corner...**

For all of you that love sketching, pick up your pencil and try this out! Create a variety of animals, simply by drawing around your hands.

<https://www.youtube.com/watch?v=kRGPCyKkKic>

Or perhaps get outdoors, collect lots of natural objects and create some mini natural sculptures and pictures, just like these ones....



Different Zoo's across the world are offering virtual tours including Edinburgh, Paignton and San Diego. Visit their websites and complete the Zoo alphabet worksheet in your pack. Use the Makaton hand symbols to have a go at signing each letter!

**We would love to hear from you! Share your photos or well wishes and we will add them to our next edition.**

**Email us at**  
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