

# Superhero week

Superhero week is a multi sensory week, it is fun, colourful and full of props. The first part of the class (led play) concentrates on visual activities and has some activities to do together as a group. Make sure that the city scape area is toy free for the led play section of the class, laying the toys out for exploratory during the break.



# Superhero week

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## equipment for led play

red, blue & yellow chiffons  
parachute & stars  
ribbons on sticks  
bubbles & bubble machine

## led play

1. rub, rub, rub

2. Chiffons - hand out two different colour chiffons, contrasting colours. Use the chiffons to create big shapes over eyelines (let little ones look away and come back when they are ready. Move the chiffons up and down, across and in large circular motions. For the second half of the song encourage a game of peek-a-boo, getting parents to make eye contact, use big facial expressions, use their little ones names and cover their own or their little ones eyeline. For older ones place the chiffon over their face and encourage them to remove it practicing hand-eye co-ordination. Encourage parents to continue peek-a-boo at home as in time their little ones will start to instigate the game.

3. tummy time - use chiffons as distraction

4. parachute - stretch the parachute out and encourage parents to hold their little ones on their knees and hold the edging of the parachute. Making very small bouncing movements just under their baby's eyeline place the silver star finger puppets on the parachute so that their little ones can watch the stars bounce. This is great for assisting them in developing their concentrated binocular vision and teaming their eyes together (for approx 1 min). Gather the stars in off the parachute and encourage parents to raise the parachute up, ensuring that their little ones arms are underneath the parachute when it is being raised (approx 2 mins). Ask them to lay their little ones on the parachute (ensuring mats are underneath)

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5. Ribbons - Hand each parent out a ribbon while they are settling their little ones on the parachute. Encourage them to stand and move the ribbons in circular movements for their little ones to look at. Use bubbles while ribbons are being used as calming visual input.

In this section we started with big movements for their little ones to track, went onto concentrated vision work with the stars, back to big movements of the parachute and then concentrating back on the ribbons.

## break

## exploratory play

Three sensory play areas

City scape - centre area. Leaving clear of toys during the first section as parachute is being used over this area. During the break place capes, masks, light tubes, light domes, glitter sensory bottles, links and shakers out in this area.

Super dog/rabbit - inflatable leave a cape and mask with super dog. Lots of vestibular input from bouncing on the dog, advise against bouncing if little ones don't yet have head control.

Red/Yellow/Blue area - lots of different textured fabric and toys, single colour toys for visual development, book

## calming cuddle

## notes

safety warnings please to ensure that little ones are supervised on the inflatables, make sure parents are holding their little ones at all times and caution around the props that aren't toys e.g. capes, sensory bottles. Advise against mouthing bottles. Glitter bottle instructions are on the blog.

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## packing list

ribbons on short sticks x 20  
red, blue, yellow chiffon x 40  
circular parachute  
star finger puppet x 10

superhero backdrop  
superhero capes & masks  
glitter sensory bottles  
light domes  
light tubes  
links & shakers

superdog (big inflatable dog)

rainbow ribbons  
yellow/blue sensory balls  
superhero book  
red, blue, yellow links and starlinks, balls, maracas  
red fleece blanket  
blue fabric  
yellow net  
blue baby bells and baby shakers