



## Info Exchange Magazine

# Apps Alert & Sensory Surprises

## No. 48 - December 2014

*Free or Lite* indicates that the app is free today. Some apps may be for Android devices, as well as for iPads.



A top ten list of music apps for different levels of understanding

<http://www.smartappsforkids.com/2013/03/top-10-music-education-apps.html>



### Christmas Baby Rattle Free

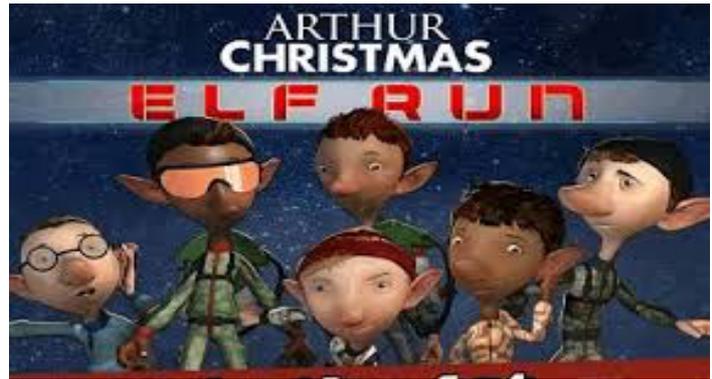
An old classic, ignore the word baby, it is just there to be shaken!



### Arthur Christmas Movie Story Free

Straight from the film, the story of how Arthur gets a lost Christmas present to a little girl. There are great graphics and stirring music.





Don't forget **Arthur Christmas**  
**Elf Run** game **Free** (for iOS and  
Android)

Watch a quick video clip on YouTube:  
<https://www.youtube.com/watch?v=B8bN6cRJUg8>



**'Twas the Night before Christmas 3D Free**

The classic old  
fashioned story!



**Talking Gremlin HD: Christmas Special Free**

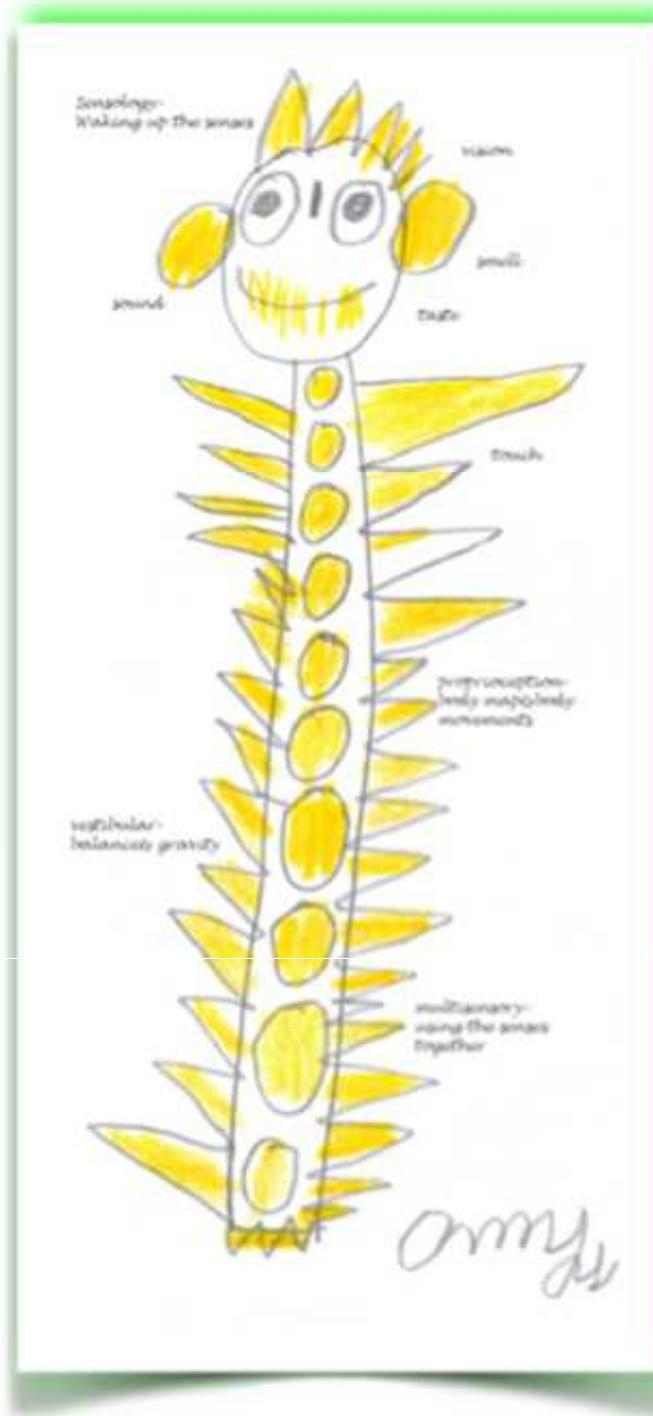
Tickle him, annoy him and give him a rotten  
Christmas!





# Info Exchange

## Sensory Surprises





A simple idea, but with a seasonal Christmas focus.  
All you need is:

- shaving foam (make sure it is nonirritant to eyes)
- peppermint essence
- red food colouring

The swirly coloured effect has a lingering pepper aroma so make sure there is a Christmas peppermint stick at the end of the messy session for tasting and enjoying!  
(Linked to [www.mpmschoolsupplies.com](http://www.mpmschoolsupplies.com))

## Christmas Play Dough Gingerbread Men (or Women)

(Linked to [www.littlebinsforlittlehands.com/gingerbread-men-themed-christmas-sensory-play](http://www.littlebinsforlittlehands.com/gingerbread-men-themed-christmas-sensory-play))

This activity is enhanced by the attractive and orderly way it is presented. Try a plastic BBQ disposable tray or a school dinner plate!

As you can see in the photo, the materials have a sensory feel and smell with a dough made with spices that are associated with Christmas.





You will need a selection from:

- cinnamon sticks
- cloves
- cranberries
- sprigs of spruce
- spiced dough( see recipe below)
- mixed dried fruits
- cherries

plus

- a gingerbread cutter
- rolling pin



## Christmas Play Dough Recipe

Either make your own play dough recipe, adding in the Christmas spices, or try the quick one below. The artists could make it as well, just be careful with the hot water.

- You will need:
- 2 cups flour
- $\frac{1}{2}$  cup salt
- 2 tbs oil
- 2 tbs cream of tartar
- mixed spices

Mix together in a big bowl and then carefully add about a cup of boiling water and mix to desired consistency. If you want to make an edible Play Dough, see below...

## Tasty Christmas Messy Activity

(Linked to <http://ghostwritermummy.co.uk>)





What a glorious tasty idea using marzipan instead of Play Dough for Christmas smells and tastes. All you need is ready-made marzipan. Add a selection of tasty additions to the rolled out marzipan such as dried fruits, caster sugar and cherries. Add a roll of readymade icing and it becomes an edible 3D feast!



## Jane Farrall CONSULTING

### *Switch accessible apps for the iPad*

Here are details of an extensive range of switch accessible apps for the iPad or iPhone from Jane Farrell and Alex Dunn, who are based in Australia. There are 38 pages, which reflects the growing demand for switches of this nature. This is an excellent resource with a most up-to-date list of apps that can be used with switches.

***Well done!***

The writers offer two lists:

- The first is for switch accessible apps that are not originally designed for communication.
- The second list is for communication with switch access.

The writers offer brief information about the app with reference for keystrokes and switch access. It is up to the reader to find the app that suits the learner and their particular level of need.

<http://www.janefarrall.com/switch-accessible-apps-for-ipadiphone-non-aac/>

Alongside this information, do have a read of Jane's article:

***"How do I use a switch with an iPad?"***

29 September 2013





## Functional Reflex Therapy

Reflexology is part of the holistic world of treatments that are in general use in the UK and beyond. Massage has been used in special educational setting for many years, contributing to a good quality of life for special children. Functional reflex therapy is now being introduced into special needs settings with good effect. Reflexology concentrates mainly on the feet and it involves the application of pressure to the feet (and hands) with specific thumb, finger, and hand techniques usually without the use of oil or lotion.



Therapist, Lorraine Senior, has developed a technique differs from reflexology but is an inventive new method, called Functional Reflex Therapy. It is being successfully delivered as a timetabled therapy in schools, just as massage is offered. This gives pupils the opportunity to benefit from the calming effects of reflexology with the intention of supporting their general well-being and schooling.

There is a very interesting article on functional reflex therapy at the [specialneedsjungle.com](http://specialneedsjungle.com) UK website.



Lorraine Senior, is a teacher with over twenty years' experience and a qualified reflexologist. She has an extensive background of working with children (and their families) with autism, ASD, neurological impairment, learning difficulties and complex health needs. With her



experience as a qualified reflexologist she has created a simple, yet effective, approach drawn from original reflexology theory and practice.

The article, 'the power of reflexology on children with special needs' gives an outline of how the therapy is used and links to the work undertaken at schools such as Harlow Fields school and sixth form in Harlow, Essex.

A good feature of the therapy is that it includes a special toolkit which is a kit bag with an easily recognised logo in which to store specific FRT resources. This works as an object of reference and encourages them to take responsibility and prepare for their session. This means they are alert and ready, enhancing communication and reducing their anxiety.

Find out more about functional reflex therapy at  
[www.functionalreflextherapy.co.uk](http://www.functionalreflextherapy.co.uk)

and more about reflexology  
[www.aor.org.uk](http://www.aor.org.uk)

