

## Live Sessions

These sessions take place on one or more of the following platforms: YouTube, Facebook, Instagram, Vimeo, Zoom.

Live Stream	Duration	Session	Website:
9:00	30 minutes	Fitness: Joe Wicks, The Body Coach	<a href="http://www.thebodycoach.com">www.thebodycoach.com</a>
	20 minutes	Fitness: Jump Start Jonny	<a href="http://www.jumpstartjonny.co.uk">www.jumpstartjonny.co.uk</a>
10:00	20 minutes	Play: Play Hooray	<a href="https://playhooray.co.uk">https://playhooray.co.uk</a>
10:30	Various	Singing, signing, stories: Singing Hands	<a href="https://singinghands.co.uk">https://singinghands.co.uk</a>
11:00	10 minutes	Fine motors skills: Griffin Occupational Therapy	<a href="http://www.griffinot.com">www.griffinot.com</a>
11:30	30 minutes	Dance: Oti Mabuse	<a href="http://www.youtube.com/user/mosetsanagape">www.youtube.com/user/mosetsanagape</a>
1:30	15 minutes	Dance: DDMIX	<a href="https://diversedancemix.com">https://diversedancemix.com</a>
2:00	30 minutes	Sensory activities: Sensory Spectacle [Monday, Thursday]	<a href="http://www.sensoryspectacle.co.uk">www.sensoryspectacle.co.uk</a>
	15 minutes	Massage story: Story Massage Programme [Tuesday, Thursday]	<a href="http://www.storymassage.co.uk">www.storymassage.co.uk</a>
	60 minutes	Singing: Soundabout [Tuesday, Saturday]	<a href="http://www.soundabout.org.uk">www.soundabout.org.uk</a>
4:00	Various	Story workshop: Positive Eye's Idea Machine	<a href="http://www.positiveeye.co.uk">www.positiveeye.co.uk</a>
7:00	60 minutes	Dance: Kidz Bop USA	<a href="https://kidzbop.co.uk">https://kidzbop.co.uk</a>