

02:21:46 Kate Lynch: car

02:21:49 Lyndsay Sealey: rain

02:39:56 Elisabeth Brierley (abcd): 16

02:54:47 Kate Lynch: This is a lovely one to do "sat in canoes" and paddling to the pulse

02:59:07 Alexander Kyle: Alliteration!

02:59:26 juliamayall: So many fab ideas and practical approaches - thank you both! Do you have any specific ideas for teenagers/older children? I know many of the ideas you could use with older ones, but do you have any tips re KS3/4? Some of the fun tongue twisters etc I know my secondary students would love btw and many of the other ideas you have too

03:00:47 Alexander Kyle: <https://youtube.com/playlist?list=PL0w4ZePR30aJKwygUuh1Qxm5InuctRhJh>

03:01:27 Alexander Kyle: A playlist of videos for KS3+ above!

03:04:18 juliamayall: chicken and chips KS3 would love

03:04:57 juliamayall: cheese

03:04:59 Richard Jeffries: Kippers

03:04:59 Kate Lynch: chilli

03:05:12 Chris Hutchings: Cheddar

03:05:12 Richard Jeffries: Chewits

03:05:14 Andrew Kirk: Chipolatas

03:05:24 jane Bryant: Chocolate

03:05:26 Alexander Kyle: children

03:06:16 Alexander Kyle: Choir and chips

03:06:34 Chris Hutchings: Chorizo

03:06:53 Elisabeth Brierley (abcd): <https://abcdorguk.sharepoint.com/:b:/g/EVChz2q7VCpCkaCg9Hdkf3ABV3CZY5MvWK4uiXfeDoZ3AA> - you should be able to access the handout from here!

03:11:48 Kate Lynch: Also - you can add "sit banana" to calm them down and "sh banana" which gets quieter and quieter