



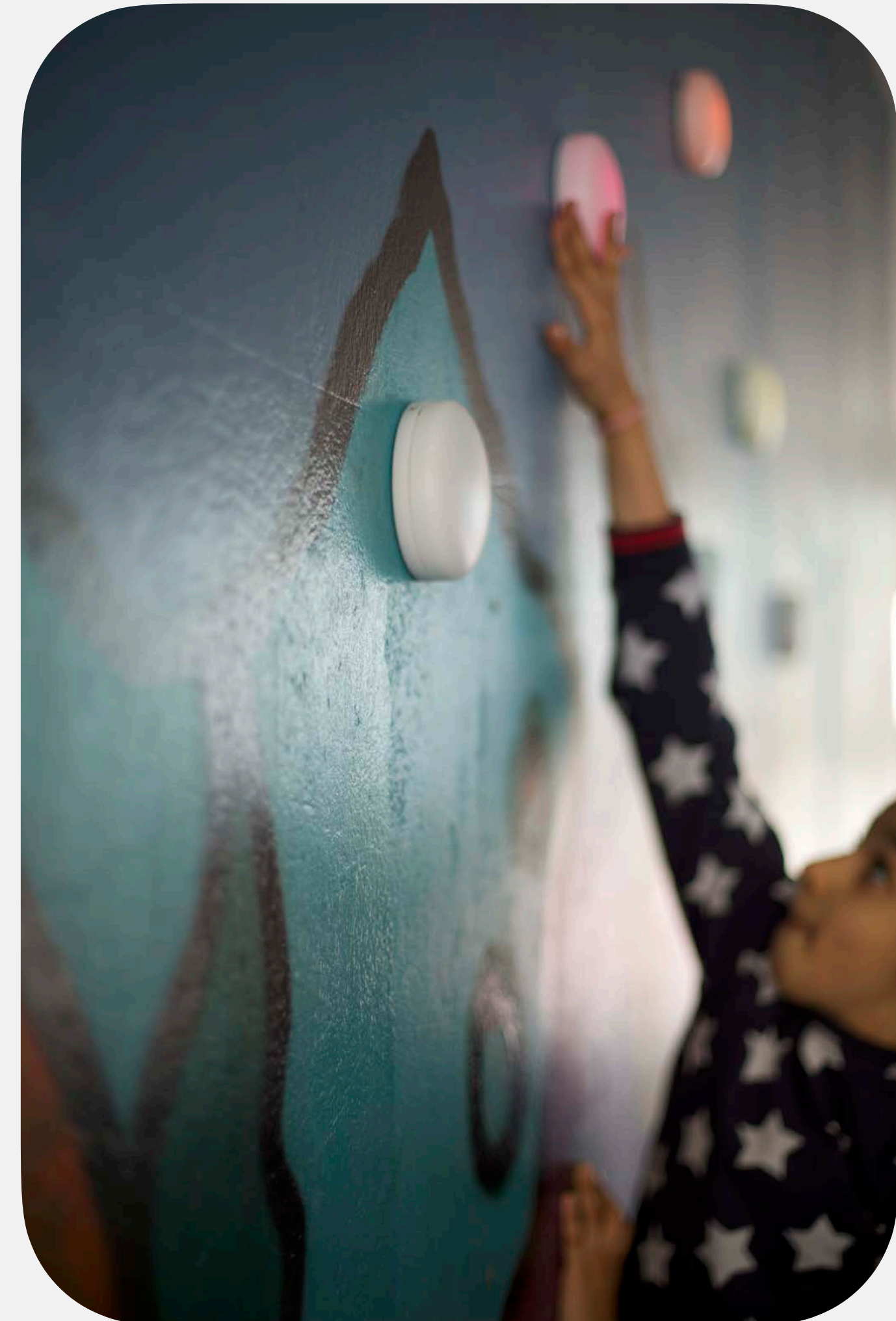
Cosmo Use Cases

- ✓ Therapy
- ✓ Learning
- ✓ Play
- ✓ Quality family time
- ✓ Inclusive
- ✓ Accessibile

- ✓ Lesson plans
- ✓ Help guide
- ✓ Lesson tips
- ✓ Blog
- ✓ Social media
- ✓ Newsletter

Occupational Therapy

- Fine and gross motor skills
- Hand and shoulder strength
- Spatial and body awareness
- Physical coordination
- Attention and concentration
- Motor planning
- Sensory circuits



- Lesson plans (*Get Moving, Gross Motor Skills or Competition Time and more*)
- Explore the **exercise-based** activities in the Cosmo Training app such as *Exercise or Showdown*.



Experiment with different movements e.g. mimic the movements of different animals e.g. crab, frog, worm, kangaroo.

Plan an obstacle course using Cosmoids. Set up the obstacle course using everyday objects, hard and soft surfaces and available sensory equipment. Place Cosmoids along the course on the floor or attached to the walls and play *Exercise*. Encourage the learner to explore various movement styles (crawl, jump, climb etc.) to press.



Nursery Rhymes

Experiment with well-known children's games and nursery rhymes e.g. *Head and Shoulders, Simon Says*.

Head and Shoulders: Instead of using hands to touch body parts, use the body parts to light up the Cosmoids. When you hear *head*, kneel on the floor and touch the Cosmoids using your head. Similarly, when you hear *shoulders*, use your shoulder to light up the Cosmoid.

Simon Says:

Prepare activity cards where each movement corresponds to a different colour of Cosmoids:
purple=*sit down*; yellow=*jump*; red=*turn around*;
green=*clap your hands*; blue=*wave 'Hello'*;
orange=*do a silly dance*.



Play *Exercise* and invite learners to perform the movements whenever the respective colour lights up.

Sensory circuits

One way to help children with sensory regulation and concentration on the day's activities is through **sensory circuits**. Short sensory circuits are a great way to help children settle into the day.



How to enrich sensory circuits with Cosmo?



Sensory circuits: Alerting station

Each sensory circuit consists of three stations: alerting, organising and calming. They provide sensory feedback through various repetitive activities to help children end the circuit feeling calm and collected. Read more [here](#)

Alerting station

Areas: Sense of balance, physical coordination

- Position the Cosmoids around the room (including using magnets). Use *Exercise*, *Showdown* or other exercise activities from the Cosmo app and encourage children to do squat jumps pressing Cosmoids.
- Place Cosmoids on the floor at an equal distance. Encourage children to do bunny hops or frog jumps and use hands to press Cosmoids one by one.

Organising station

Areas: Motor planning, following sequences, timing, body awareness

- Attach Cosmoids to the wall using magnets. Open Exercise activity. Invite children to use a ball to throw it at a Cosmoid that lights up to practise attention and concentration.
- Use Copy Me to practise following sequences and concentration.



Calming station

Areas: Deep pressure, spatial awareness, relaxation



Open *Exploration* activity. Use Cosmoids to play your favourite music track and experiment with the *Effects* feature, where the force of the touch changes the texture of the sound.



Use *Fireworks* and *Cosmonaut* activities to complement relaxation time. Press Cosmoid to see visual feedback on the screen.



Experiment with the responsiveness of Cosmoid to support deep pressure exercises.

Speech and Language Therapy

- Communication
- Vocalisation
- Following sequences
- Expressing preferences
- Taking turns
- Sequencing
- Problem solving
- Intentional communication
- Cause & Effect

Speech and Language Therapy

My Voice

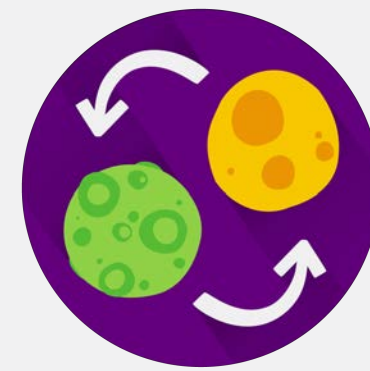
Record a learner's voice or any other sound e.g. their name or environmental sounds. Press the Cosmoid to hear the recording back with sound effects.



Record a different word/phrase in each button. Press them in the right order to support creating sentences or playback of stories.

Speech and Language Therapy

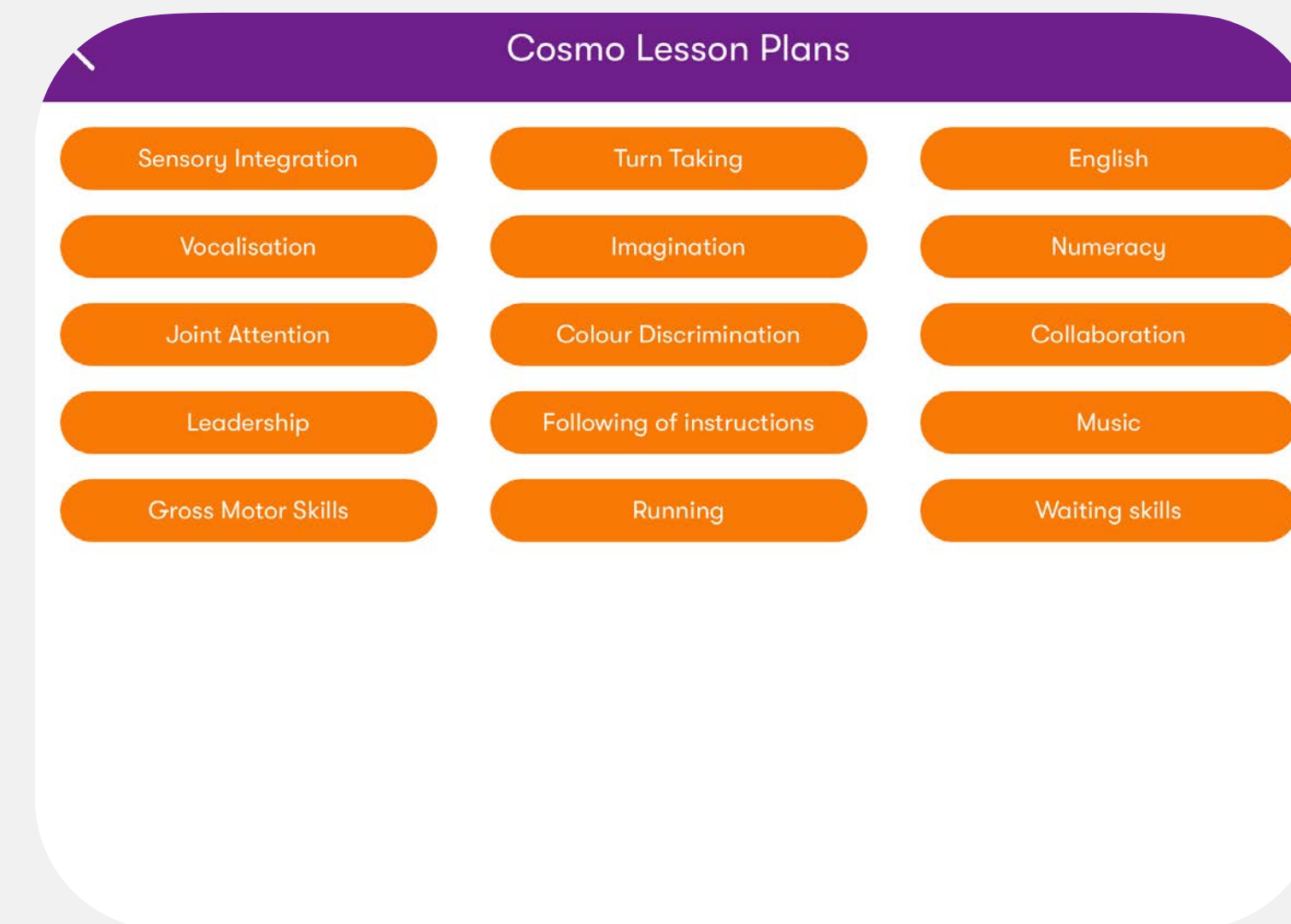
Use *Turn-Taking*, *Orchestration* to practise taking turns and active communication skills.



Practise expressing preferences with *Exploration*, *Orchestration* and *Improvisation*.

Speech and Language Therapy

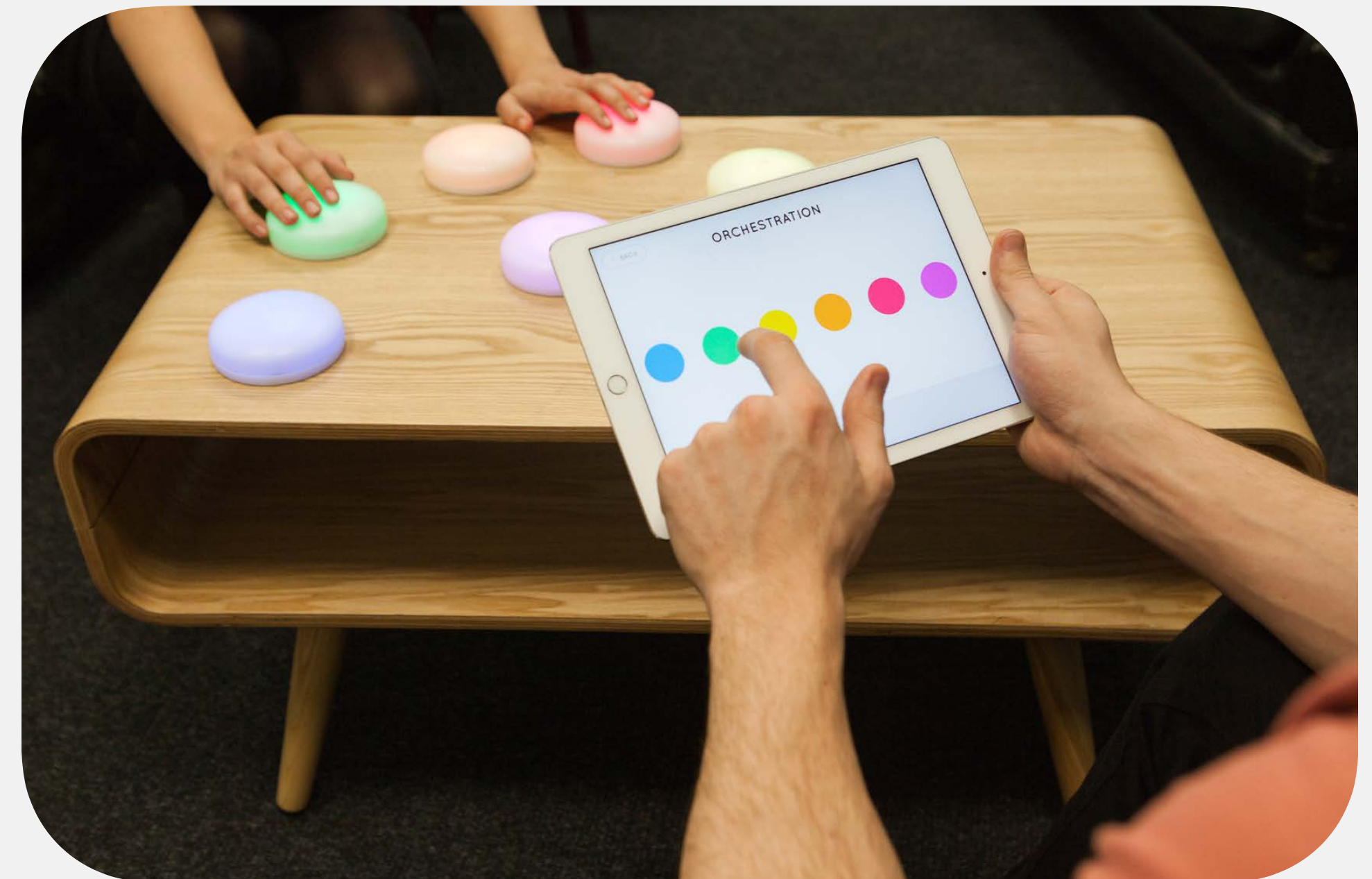
Explore lesson plans to support vocalisation and alternative communication e.g. *Colour Fun*, *Familiarisation* and *My Voice*.



Sensory stories such as *Little Goat* and *Scared Tumi* and *Familiarisation* can be used to practise matching and sorting things.

Music Therapy

Invite learners to sit in a circle. Open *Orchestration* and assign an instrument to each learner. Ask a learner to press their Cosmoid to activate an instrument. The learner needs to mimic how to play the instrument using body language. The other learners repeat the movement. Each learner gets to play their instrument and the other learners mimic the instrument.



Explore the lesson plans designed to support musical expression and vocalisation such as *Hugs in the City* or *Small Bird's Big Adventure*.

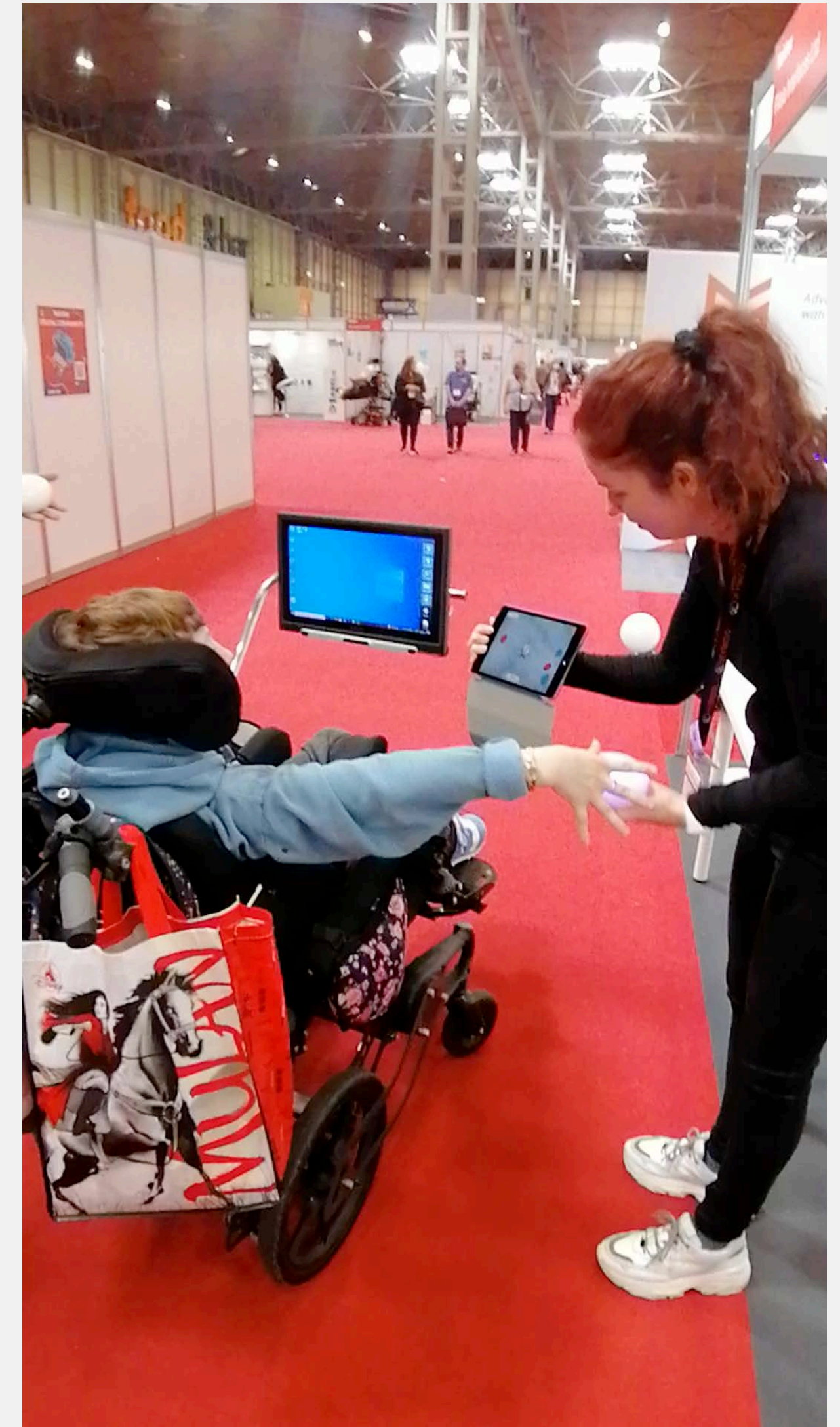
Cosmo plays a significant part in inclusive learning and therapy.

Use *Orchestration* to encourage learners to take turns, collaborate and experiment together. Encourage each learner to become a conductor and indicate using words, gestures or signs which instruments they want to add.

Physiotherapy

Use Cosmoids with our cognitive training activities to help people who suffered stroke or a brain injury to increase the speed and range of movement.

Use any of our numerous activities, place the Cosmoids to the left and right of the user and encourage them to lean over to reach and press them to practise balance.

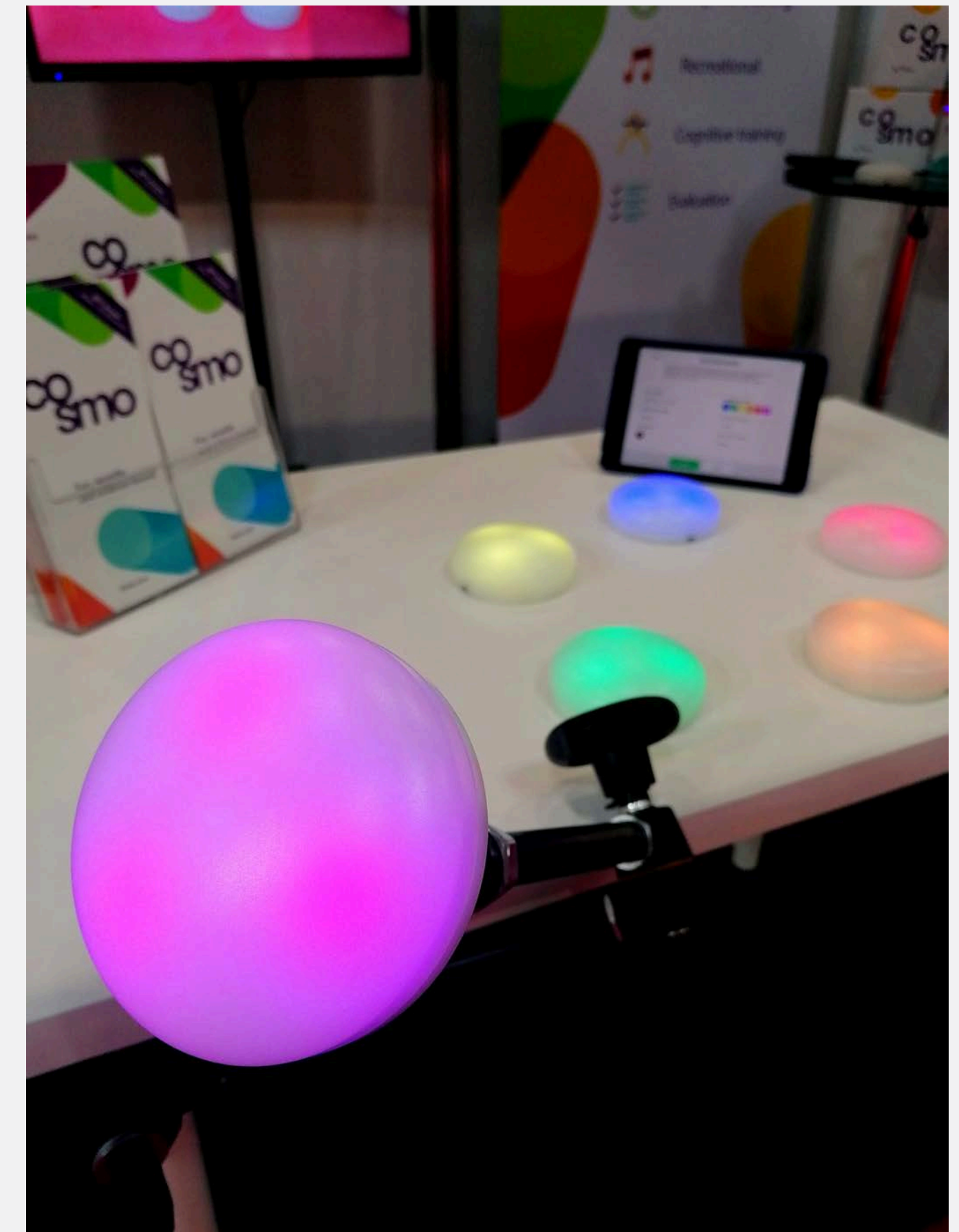


The Cosmoids are equipped with dynamic, force sensors. Use the Cosmo Training app together with the devices to adapt the responsiveness of each Cosmoid to support strengthening exercises and to engage different muscles.



Place the Cosmoids on different surfaces and heights to complement exercises involving sitting, kneeling and standing.

You can attach the Cosmoids on to the mounting arms to make the Cosmo activities accessible to learners with limited physical mobility.



Ask the learners to hold the Cosmoids like burgers and play the Cosmonaut activity to practise fine motor control.



Learning

- Creative and practical activities
- Stimulating learning opportunities for SEN and EYFS
- Curriculum-related subject areas
- Cognitive, social, communication, motor & creative skills
- Embedded inclusive play opportunities
- Individual vs group learning
- Cosmo Teacher Guide
- Lesson plans
- Help Guide + Lesson Tips

If you are working from a skills-based curriculum, see Lesson Plans where you can filter the plans based on the skills you want your learners to work on.



All Cosmo activities are designed to be easily incorporated into the **National Curriculum**. The Teacher's Guide will help you choose activities that focus on the development of particular skills within curriculum subjects including Music, PSHCE, Physical Education, English, Maths, and Drama.

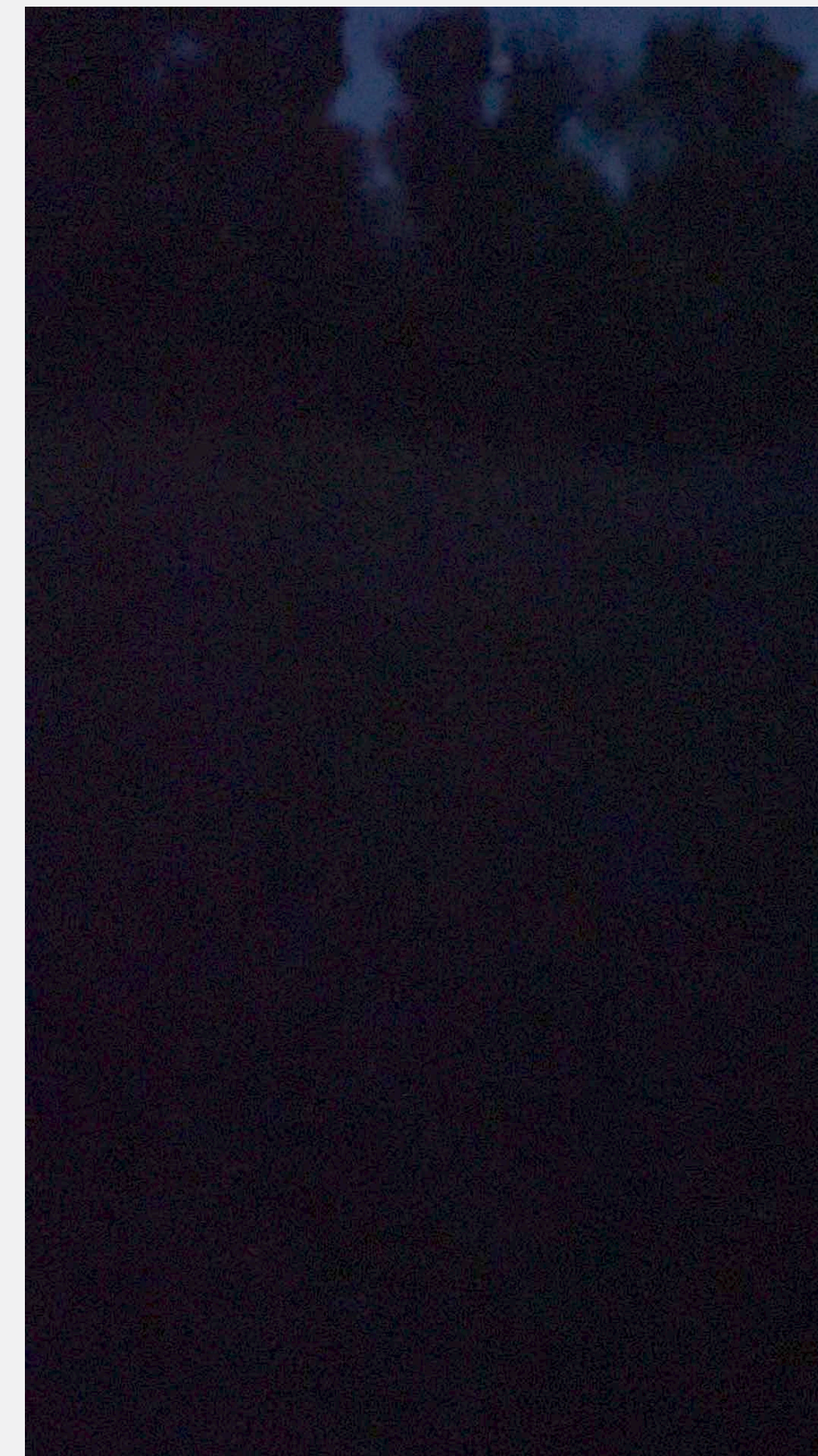
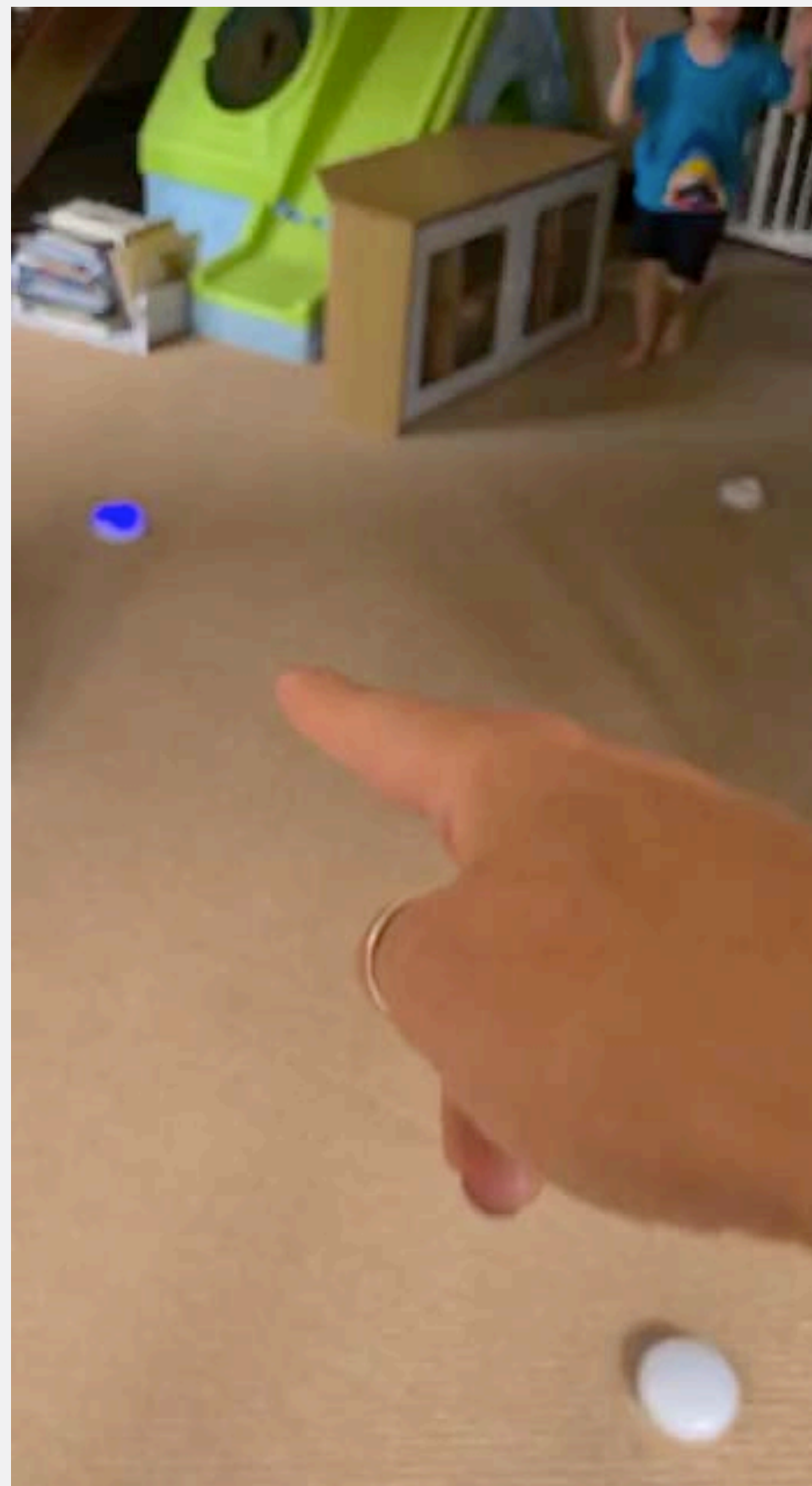


Quality family time

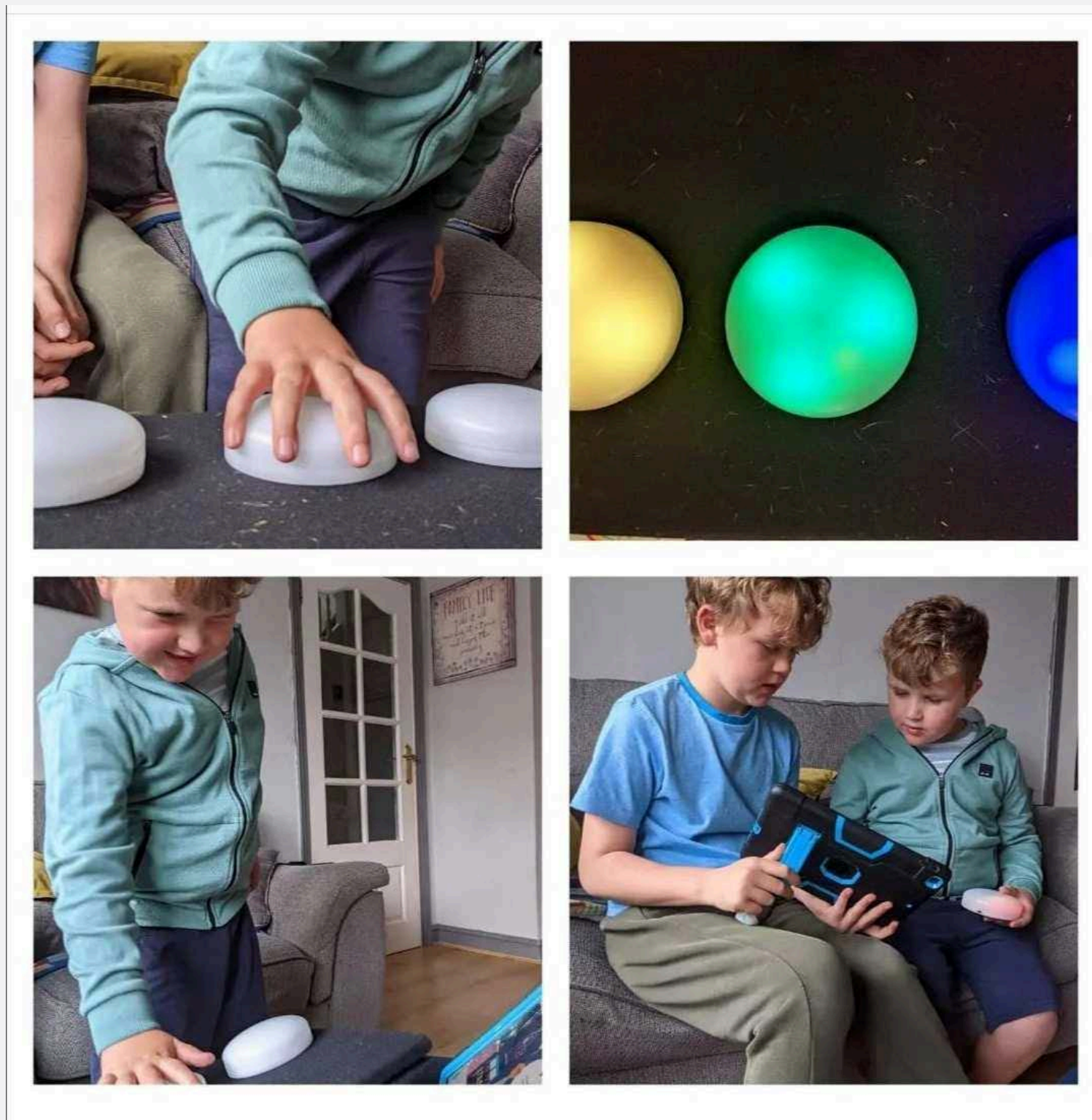
Cosmo is a useful tool to support both your child's and your family's daily life through enabling ways to communicate easier and more effectively. Cosmo aids inclusive play with siblings, allows quality family time and supports family interaction through a variety of activities available in the Cosmo Training app.



Quality family time

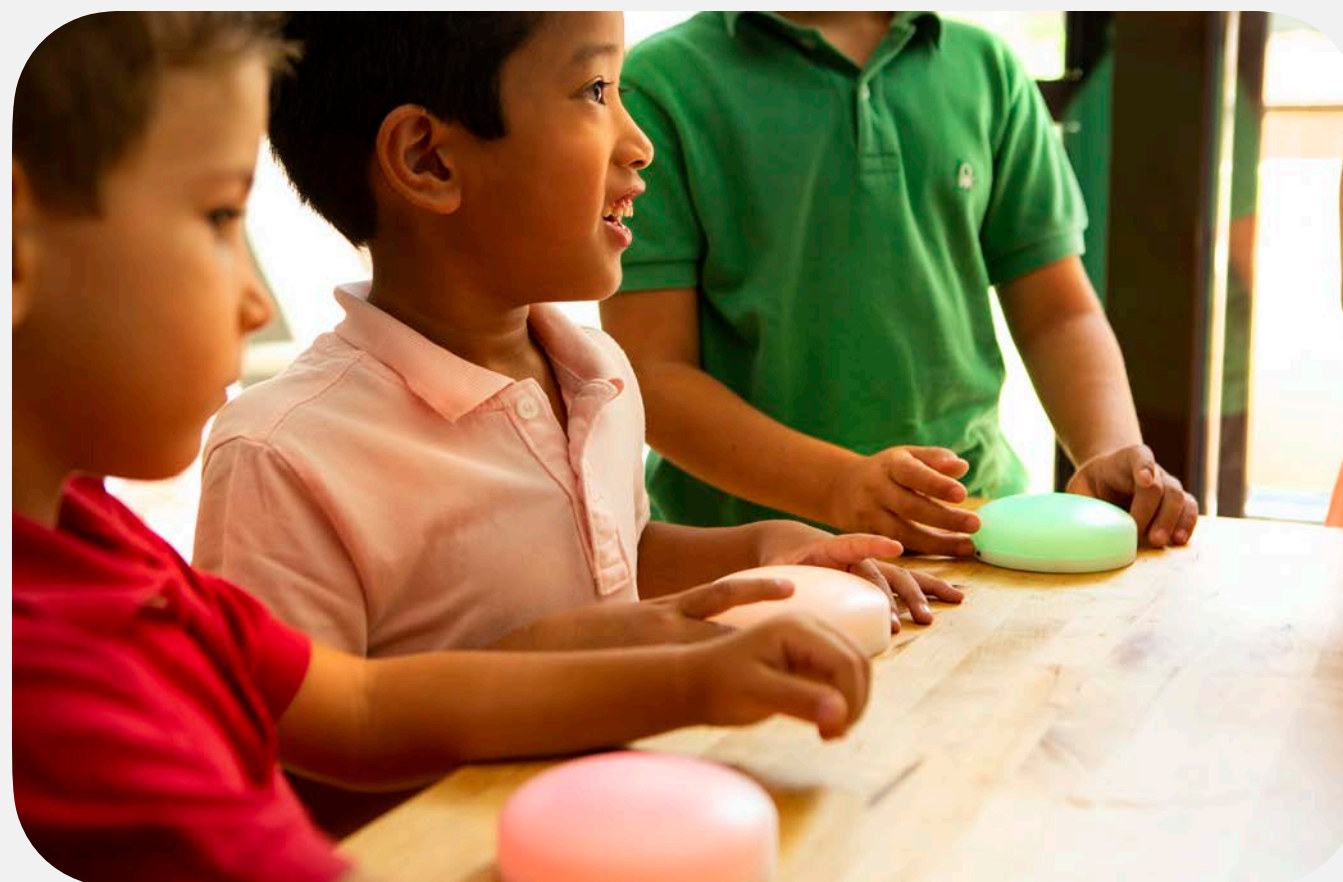


Inclusive play



Cosmo facilitates inclusive play among siblings and peers of all abilities and helps them learn and play together. Cosmo supports participation, cooperation and collaboration and provides opportunities to work as a team to solve problems. Cosmo provides embedded learning opportunities and fosters inclusive play across all the activities available in the Cosmo app.

Inclusive play



Sensory rooms

Cosmo can be a great resource to complement sensory rooms, both at school and home. Cosmo can **enrich interaction** to the sensory space and provide additional **visual and auditory feedback**.

Creating a Cosmo-based, colourful, interactive and immersive sensory room can be a safe space for all the learners to **support emotional regulation**.

Daily routine

Use *Storytelling* to support bedtime routine. As you're reading the story aloud, press the Cosmoid that lights up to hear the matching sound. You can use a black board and velcro tape to stick the Cosmoids to the board.

Siblings can read stories to each other. Use *Storytelling* as part of circle time before going to bed.



Daily routine

Cosmo is a useful tool to support the **transition** between home, school and other places you often visit.

Additionally, it can help **gamify** other areas of the daily routine.

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