





[www.empoweringlittleminds.co.uk](http://www.empoweringlittleminds.co.uk)

have released 2 free weeks of parent support, messy play and sensory activities to empower children with SEN.

# PhonicsPlay.co.uk

*Currently free during this time.*

*Username: march20*

*Password: home*



## The SEN Resources Blog

73 subscribers

**Available on Youtube with videos showing ways to learn through play.**

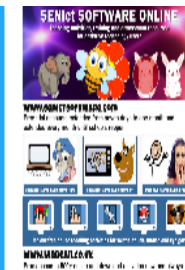
<https://sites.google.com/bridgend.ac.uk/alnhomeschool>

This site has been specifically designed to benefit parents and carers of young people who have additional learning needs who may have to be home schooled during the Covid-



**Twinkl**

Website running free resources for schools, enter code UKTWINKLHELPS



**SENict**

Great online games which can be accessed through alternative methods (switch, eyegaze etc)



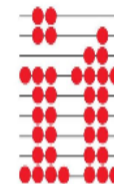
**OneSwitch**

A fun resource for switch users and for anyone looking to find game accessibility solutions.



**SEN Teacher**

SEN Teacher allow you to create, adapt and share teaching resources for a wide-range of abilities



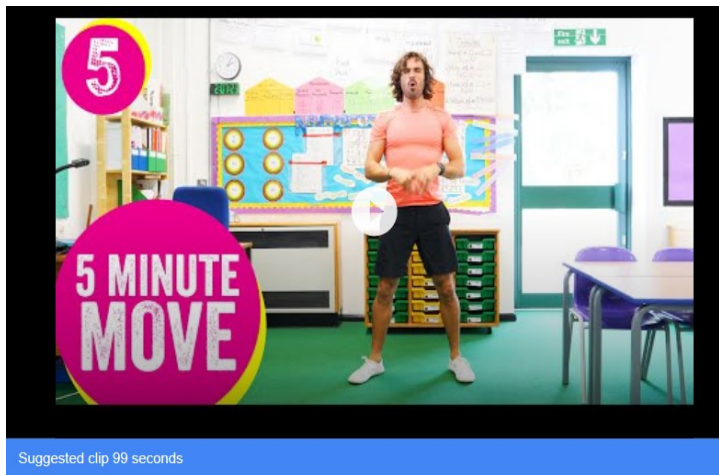
## An act of kindness in our community

Elderly people are likely to be deeply affected by periods of isolation. We have lots of care homes and nursing homes in our local community. Perhaps you and your child would like to write a letter or draw a picture to send to the residents to brighten up their day?

### Stay active!

The Joe Wicks 5 minute move videos on YouTube are perfect for children, even when they're stuck indoors.

If you are well enough to, enjoy a mini workout together with your child, exercise releases happy hormones.



www.youtube.com › watch ▾

5 Minute Move | Kids Workout 5 | The Body Coach TV - YouTube

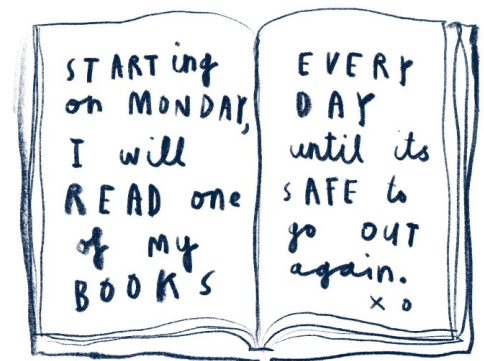
**'PE with Joe' starts Monday 23rd March at 9am (every weekday morning) as the children will not be able to do regular PE lessons.**

Audiobooks are a brilliant multi-sensory approach to reading. You can find free audiobooks for children on sites such as StoryNory, Lit2Go, or you can start a free trial on Audible. Maybe your child would like to record themselves reading a story, too?



Did you know that author Oliver Jeffers is reading aloud one of his books a day on social media? You'll find him on Twitter @OliverJeffers

STUCK at HOME,



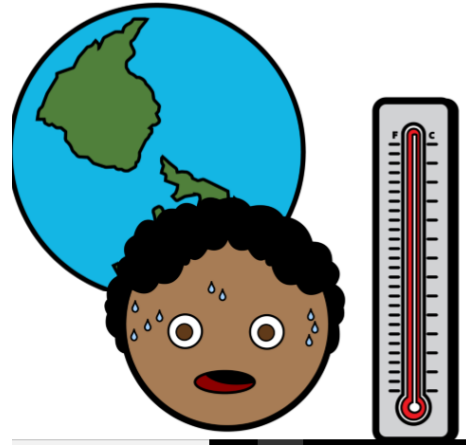
A BOOK a DAY

# 9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?

We use social stories to help children with autism understand difficult social situations. If you would like one about a particular situation, email Mrs Curry. Stories about the virus and school closure are being sent out via parentmail and have been shared with the children.

## WHAT IS THE CORONAVIRUS?



### School is closed

School is closed because of the Coronavirus.	Coronavirus can pass from one person to another.	Coronavirus can pass more in big groups.	It is best to NOT be in a big group.	We have big groups at school.
So school is closed.	I will stay home for many days.	My family and my teachers want me to be safe.	When it is safe, I can be in big groups again.	When it is safe, school will be open again.

# YOUNG MINDS

Young Minds intend to keep the parent helpline open during the current situation.

If you are worried about your child's mental health give them a call for advice. **0808 802 5544**

# SPECIAL NEEDS JUNGLE

SPECIAL EDUCATIONAL NEEDS ♦ DISABILITY ♦ HEALTH CONDITIONS ♦ RARE DISEASE

[www.specialneedsjungle.com](http://www.specialneedsjungle.com)

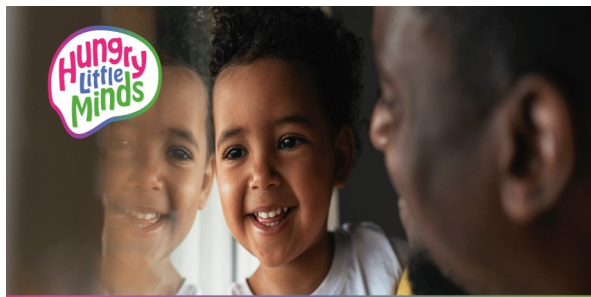


**www.elsa-support has lots of free resources to help children understand their emotions and feelings.**

The DSPL page has links to Facebook groups for parents of children with special needs—try to keep in touch remotely.

**Remember you are not alone!**

**<http://stevenagedspl.org.uk/>**



[www.hungrylittleminds.campaign.gov.uk](http://www.hungrylittleminds.campaign.gov.uk)

A range of activities for children aged 0-5

Driver Youth Trust who support children with Literacy difficulties have released a free At Home Activity Pack—each resource gets learners of all ages engaging with their reading book in a different way, helping them to develop their reading comprehension, vocabulary and writing skills

<https://>

[www.driveryouthtrust.com/at-home-activities/](https://www.driveryouthtrust.com/at-home-activities/)



Children's sensory needs may become more apparent when they are out of the school routine. Here are some ways to support them

### **Sensory regulating activities**

- Jump on a trampoline
- Running and jumping games
- Play in a sand pit and with wet sand
- Bounce on a space hopper
- Jump onto a crash mat
- Bounce on an exercise ball
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs

### **Sensory organising activities**

- Crab walks
- Press ups
- Rolling on tummy on exercise balls—walk on hands as far as possible without falling off
- Wheel barrow walk
- Play catch with heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Playground equipment
- Swimming

### **Sensory calming activities**

- Provide small box/tent with blankets or cushion for the child to squeeze into calm and quiet
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow/weighted blanket on lap
- Have a selection of fidget toys in a basket
- Chewy tubes, chewing gum, gummy bears
- Blowing bubbles
- Swing—rhythmic pattern to calm
- Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm
- Pilates plank
- Ball squash, child lies on stomach and a ball is rolled up and down the child by the adult

<https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/>

Lots of ideas and activities to support sensory learning

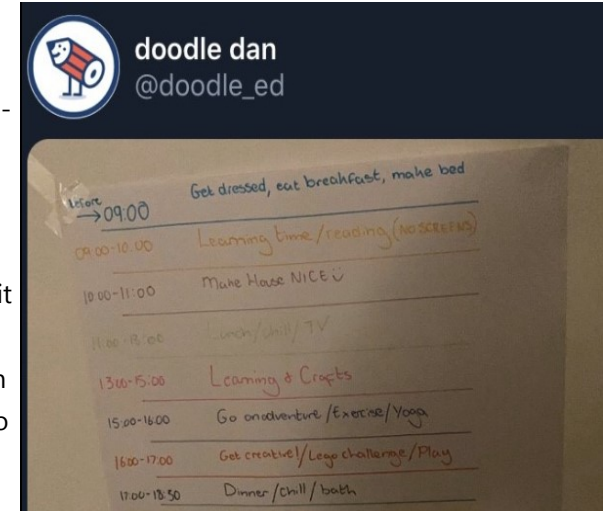
Before 9:00am	Wake up.	Make your bed, get washed and dressed, eat breakfast.
9:00-10:00am	Movement time!	Fresh air if possible, yoga, Joe Wicks 5 Min Move, dancing to favourite songs, learn a dance routine.
10:00-11:00	Academic time (no electronics).	Take home pack activities, reading, writing a diary, writing letters, craft activity.
11:00-12:00	Lunch time.	Helping to safely prepare and serve the meal.
12:00-12:30	Play time.	Free time to play with toys or have screen time (TV, tablet, laptop etc.)
12:30-1:00	Quiet time.	Reading, puzzle, mindfulness colouring.
1:00-3:00	Academic time (electronics allowed).	Take home pack activities, reading, writing a diary, writing letters, listening to audio books, touch typing games, online learning activities.
3:00-4:00	Movement time!	Fresh air if possible, yoga, Joe Wicks 5 Min Move, dancing to favourite songs, learn a dance routine.
4:00-5:00	Play time.	Free time to play with toys or have screen time (TV, tablet, laptop etc.)
5:00-6:00	Dinner time.	Helping to safely prepare and serve the meal.
6:00-7:00	Free time.	Remember, no screen time too close to bed time!
Normal bedtime routine (bath, brush teeth, story time).		

## Keeping a routine

There are a lot of suggested daily routines online, here are some ideas to keep your children occupied should school close during term time or if you are self-isolating.

In school, we find that having a routine in place helps to reduce children's worries and it helps them to manage their behaviour as they have clear expectations. Providing them with a visual of what the day has in store also helps them to know what is happening and in turn reduces any worries.

Please email Mrs Curry if you would like a visual timetable emailed to you.



Nursery – Year 2 – Foundation Phase	
9am-9.30am	What's the last thing you learnt about? What do you know?
9.30am-10am	Play – outside if possible
10am-10.30am	Reading time
10.30am-11.20am	Break – more play and a snack
11.20am-12pm	Writing, drawing and numbers
12pm onwards	Lunch & play

Year 3 – Year 6 – Key Stage 2	
9am-9.45	Maths practice
9.45am-10am	Play – outside if possible
10am-10.30am	Reading comprehension/shared reading, answer questions and talk about the books
10.30am-11am	Break – more play and a snack
11am -11.20am	Research. Choose a topic to explore and create a fact file about it. What more do you want to know?
11.20am-11.30am	Break
11.30am-12pm	Writing practice. Write about what you've researched. Tell the story of your learning.
12pm – 1pm	Lunch
1pm-2pm	Watch an educational video or listen to a podcast

## A few tips for getting started:

- **Take time to adjust.** There are lots of ideas on Facebook, Twitter and other social media. **You do not have to do all of them all! You know what is best for your child and your family's circumstances.**
- You may need to try out a few ideas first—the timetables suggested may need adapting to suit your child's needs
- Your child will not be able to sit for hours to do formal work - (at school they don't do 1:1 learning (which can be intense) , and they have breaks time, story time, assembly, carpet time etc.
- Don't feel that you have to be an expert—your child can teach you and this will empower them
- Movement breaks and playtime are essential to burn off fidgety energy. Try short periods of work with big gaps between them.

**at-home ROUTINE**  
THEACTIVITYROOM.COM

**MORNING**

- Wake up for the day:** breakfast, get dressed, brush teeth, get ready for the day!
- Get outside!** Go for a walk, a bike ride, a play in the backyard! (Jump on the trampoline, play a game of basketball, or run laps around the house)
- Do today's activity from The Activity Room!**
- Free play!** Use this list of Independent Play Activities for inspiration. (or play with blocks, puzzles, coloring)
- Read!** Grab a book and read together.

**LUNCH**

- Get lunch ready & eat!** Parent's choice for kids: help you with lunch prep, screen time, or free play.
- Clean up!** Parent's choice for kids: help you clean up, or free play.

**AFTERNOON**

- Kids nap time.** Parent's choice for self care: Work time, housework, read a book, do something you enjoy.
- Activity time!** Choose an activity from The Activity Library to do.
- Free play!** Use this list of Independent Play Activities for inspiration. (or play with blocks, puzzles, coloring)

**EVENING**

- Get dinner ready & eat!** Parent's choice for kids: help you with dinner prep, read a book, or free play.



Develop life skills including making health choices

Develop English skills—vocabulary, following instructions, reading skills

Develops Maths skills—measuring, ordering, time

Develops fine motor skills

Develops scientific knowledge

Develops geographical knowledge—where food comes from

Time away from technology

Develops self esteem and a sense of accomplishment



# CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



At school, each class has a self-care toolkit to help support the children with their emotions. You may wish to create a basket at home for them to use—soft toys, blankets, squishies, home made calming bottles etc could



I am feeling ....  Happy	I am feeling ....  Sad	I am feeling ....  Scared	I am feeling ....  Worried
I am feeling ....  Confused	I am feeling ....  Angry	I am feeling ....  Silly	I am feeling ....  Surprised
I am feeling ...  Bored	I am feeling ...  Frustrated	I am feeling ...  Confident	I am feeling ...  Excited



CALMING STRATEGY CHOICES		
 Take deep breaths	 Count to 10	 Go for a walk
 Squeeze a stress ball	 Listen to music	 Get a drink
 Take a break	 Wall pushes	 Read a book
 Swing	 Bounce	 Jump

## Fine Motor Activities

- Puzzles    Playdough    Shred paper by tearing it into strips    Sort beads    Lego/bricks  
Use tweezers to pick up small objects    Play any game where you shake a dice    Sort beads  
Make toothpick sculptures with marshmallows    Stickers on paper    Pop bubble wrap  
Use a hole punch to make designs in a piece of paper    Wrap small boxes with wrapping paper  
Cut out pictures and glue on paper    Make a paper chain    Make a paper aeroplane  
Pop bubble wrap    Ties your laces    Trace round your hand    Play with sponges in water  
String toilet rolls together with wool    Make a fan    Chalk on the floor  
Put elastic/hair bands around different sized objects    Tear up recycled paper

### 30 Day **LEGO** Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

		Day 1	Day 2	Day 3	Day 4
		You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
You enter a contest to build the world's tallest tower. Will you win?	Mars is stuck on Mars and needs to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.
Day 11	Day 12	Day 13	Day 14	Day 15	Day 16
Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20	Day 21	Day 22
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.
Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29	Day 30				
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile			What was your favorite day?	

