

Home learning

Suggestions for parents/carers



Lakeside School

Introduction:

This pack provides you with some resources and activity ideas that you can access for our students during this long term enforced absence from school.

However, our first, and most important message is to remind you to be kind to yourselves in this most unusual time – this is an unprecedented international emergency and impacts the whole world!

This is not something that we expect you to do - if you decide that your child isn't going to engage in anything we have sent home that is fine , so much learning happens when children have opportunity to explore materials , or to be outside in the garden if you have one. However, many of our parents and carers said they would appreciate some help with some ideas. Our home education offer is intended to provide you with some activities, resources and some links you can explore for materials you can find online. Much of our pupils learning comes from their senses, interactions and from movement and as such we have suggested a number of activities that we hope are easy to use, easy to resource and above all FUN!!

They are organised in headings, with some key points and what learning could look like ideas. However every student is different and will engage and respond in different ways. There are some suggestions for activities you might like to try with some resource ideas to support them. The section at the back is a list of resources we have found recommended by other people in the Special Education world. We have not had time to try and test all of them out but please feel free to have a look and see if any of them appeal to you!

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Sensory and messy play



Key points :

Sensory and messy play gives so many opportunities to learn:

Language, understanding, using hand skills, relationships having fun and playing with others!

If you can get outside to do it so much the better – less mess inside!

THINGS TO TRY AT HOME

- Use a tray to contain materials for pupils – an underbed storage box, a shallow roasting tin, a washing up bowl any of these can be put to good use – (you will know what's best for your child and you!)
- You could use a variety of food (e.g. cooked spaghetti, mashed potato, homemade dough) or non-edible (shaving foam, slime) for your child to explore (if they are using a wheelchair put items accessible on their tray)
- You can cover and hide toys or items they enjoy in the messy textures to encourage reaching, grasping, squeezing etc.
- Things can be explored with feet as well
- Give time to explore using their senses – look, smell and maybe taste if it is an edible resource and they are able to eat and it is suitable
- Water play is a great way to introduce different temperatures – and especially good when weather is warm
- Food colouring in bottles, to tip in, ice cubes with things in them
- Self-care water play – depending on age flannels, sponges, shaving brushes etc.

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

- React in different ways when exploring textures
 - May reach out for items or push them away
 - Use fine motor skills – to manipulate materials and tools
 - Some may try to explore materials with their mouths
 - May like to explore with their feet
 - May enjoy smelling the resources or push them away
- Have fun!

Be aware of safety – safe swallow or any allergies your child has – food doesn't need to be consumed to cause a reaction

Sensory and messy Play

Play dough recipe:



YOU NEED :

8 tablespoons of plain flour

1 tablespoons vegetable oil

2 tablespoons of salt (if your child is going to eat quantities leave this out)

60 ml of warm water (Adding bit by bit until texture feels right)

Method:

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil
2. Pour the coloured water into the flour mix and bring together with a spoon
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth pliable dough. If you'd like a deeper colour you can work in a few more drops of food colouring
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge. you can make lots of different colours or add scents or textures – for more inspiration look at [//theimaginationtree.com](http://theimaginationtree.com)

Be aware of safety – if your child is likely to eat the playdough stay with them all the time and distract them from eating it due to the salt content

Sensory and messy Play

Cornflour gloop

YOU NEED :

Cornflour

Water



Method – mix to a runny consistency – watch it go firm when pressed or squeezed

Cloud dough (non edible)

YOU NEED:

Shaving foam

Cornflour

Food colouring (Optional)

Method – squirt a fist sized blob of foam, mix in 2 tablespoons of cornflour, and adjust until correct consistency

Be aware of safety especially if your child is likely to eat these materials

Sensory and messy Play

Rainbow cooked pasta

YOU NEED:

Spaghetti

Food colouring

Ziplock bags/food bags

Water

Colander

Method – cook spaghetti as usual, drain and rinse. Put the spaghetti into your food bag (one per colour) add food colouring and a few drops of water to each bag. Zip up /seal the bag and mix together – squeeze, throw it in the air, move colour around bag until all spaghetti is covered. When it is all covered put each colour one at a time into colander and rinse well – otherwise your child will end up covered in food dye! Can be kept in covered container

Rainbow Rice

YOU NEED:

Uncooked white rice

Food colouring

Vinegar

Ziplock bag/food bag

Method: (takes 1 hour to dry) fill a ziplock bag half full of uncooked rice for each colour you like. Add a few drops of food colouring and a squirt of vinegar to each bag .Seal the bag and mix until fully coated. Add more food colouring until you are happy with result. Pour the rice into separate trays to dry (at least an hour). It will last for a long time in an air tight container.

Be aware of safety especially if your child is likely to eat these materials

Outdoor play



Key points : if you have access to your own outside space enjoy being outside get some fresh air and explore – all kinds of learning can happen outside – it can be a great place to enjoy sensory and messy play too

THINGS TO TRY AT HOME

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- Water play is a great to do outside – you can introduce different temperatures –especially good when weather is warm – introduce scented bubbles, lots of different container to fill and empty , freeze food colouring in Tupperware boxes and let your child explore them melting in the water, or freeze leaves/flowers/ small toys (whatever your child likes) in the water
- Use a small sheet or foil survival blanket (available from amazon) as a parachute for some simple games if there is more than one of you . Young person can help to shake it or be underneath it – sitting or lying on a blanket outside
- Ball games – can be positioned on tray or footplate to be pushed off, or if walking can be kicked – roll ball between child and adult sitting on floor , roll ball/push ball off to knock water filled plastic bottles over for skittles
- If you are able to get out of your house for a walk even better, if you are pushing a wheelchair if you go over different ground surfaces draw your child's attention to this.

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

- Different reactions to the weather – draw their attention to what it feels like
- Notice what's around – textures, insects , sounds
- Could show increased awareness of their surroundings
- Anticipation, turntaking , engagement in variety of games
- Physical skills – grasping , pushing, throwing etc
- Have fun!

Outdoor play

Parachute games

YOU WILL NEED:

Space, a blanket if child is going to lie down underneath it

A sheet /foil survival blanket/

GAMES: much here is dependent upon how many of you there are! You can obviously do more stuff with more people – brothers and sisters often enjoy this too. However, you could do this with just a small blanket or pillowcase if it is just you and your child

1. Making waves - make small or large waves with the parachute , your child can either help or be underneath it (either sitting or lying) , or do a chant UP,UP,UP hold up, pause , then bring down sharply DOWN....., or a chant shaking slow , shaking slow , shaking,shaking,shaking slow (pause)
Shaking fast, shaking fast, shaking shaking shaking fast ! - use your voice to make this exciting ! slow it down, speed it up - voice tone is very useful to engage your child.
2. Rolling a ball on the ‘parachute’ rolling to different people , or bouncing it to other people
3. Shaking popcorn – place soft toys or items on the parachute and try and shake them so jumping about on the top
4. Play favourite music and just shake the parachute in time to that

NB: If your child is sitting or lying down underneath it make sure it doesn't hit them in the face – that does not feel nice!

Story time



THINGS TO TRY AT HOME

- Sensory stories – some examples here adapted from sensory zone activities , or you can find some online
<https://sensorystoriespodcast.com/free-special-stories>
- Massage stories –example follow, or look on Facebook – Story Massage Programme is running some live broadcasts/videos demonstrating and has some stories available through its photos or videos on their Youtube Channel - Story massage for children.
- Listen to audio books together – Audible are offering free audiobooks for all children for as long as the schools are closed
<https://stories.audible.com/start-listen>
- Sharing picture books, or favourite stories , poems whatever you like is brilliant
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Key points:

The pleasure of sharing a story is something special for your child and you can share a story in so many ways, audio stories to listen to together , sensory stories and massage stories to partipate in . They are all best when repeated regularly so your child can begin to anticipate what is coming and know the sequence of the story

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

TRY TO EXPLORE THE RESOURCES ONE SENSE AT A TIME

- Enjoy sharing the book and the closeness together
- Communicating likes and dislikes
- Show preferences
- Show that they are anticipating what is coming next
- Use their voice to ask for more or call for a turn
- Have fun!

Story time

SENSORY ZONE story activity Rainforest

YOU WILL NEED:

YOU TUBE : David Williams rainforest song with lyrics
[youtube.com/watch?v=zKUiEwmNYlg](https://www.youtube.com/watch?v=zKUiEwmNYlg)

Bells, or similar sound making instrument or if not got any gently tap a glass with a spoon,

Light weight material/hanky/ scarf to be butterfly, in a container such as a large tin or empty pringles tube

Umbrella to be the tree if you like, Glove to be the tree frog

Method: Words in italics are what adult says

1. *We're going to the rainforest*, David Williams's music turn on - adult to "tap" beat on student's hands/back/shoulders or chair getting louder and firmer then quieter and softer in time with the music.
2. *The butterflies are coming , listen listen,.....*adult plays bells or taps the glass to make sound , *The butterflies are coming , look, -* let child explore the scarves or hankies pull them out of the container - they can be gently dropped so fall around child - when finished exploring the child can 'help' put them back in the box as able
3. *Going under the tree-* (if possible put the umbrella up over your heads together, hold with one hand and put one glove on the other - if not just use your 'tree frog 'glove!)
4. *Deep inside the forest*
Such a quiet place to be
There lives the amazon tree frog
Creeping up a tree
His toes are long, his fingers lean
Whispers softly as he moves
He's going to crawl on somewhere
I wonder where he'll choose.
5. Crescendo is tree frog "tickling"

6. Repeat poem as many times as your child enjoys!

Story time

Weather Massage Story

YOU WILL NEED: suncream or hand cream /waterspray /noisy drum or saucepan and spoon/ice cube / cardboard to fan for wind

*The sun is shining down ,
It's warm and lovely on my face and hands*

Lightly rub (without cream) across your child's forehead and cheeks to mimic applying suncream. Smell the cream. Then rub cream into hands, arms, back of the neck etc.

*Drip drop, drip drop !
Here comes the rain!*

With finger tips pat lightly over body getting firmer and firmer to represent the rain getting heavier and heavier . Decrease the pressure as the rain eases off.
(Waterspray)

Yikes! Here comes thunder
cupped hands pat up and down the arms and back , rattle saucepan make thunder noise

Its freezing! Here comes the snow!
Very lightly tap head and hands and feet . Then with your hand cupped pat it against palm as if patting a snowball ready to throw - let your child feel ice cube

*Blow wind blow, blow wind blow,
The wind is blowing
Blow wind blow*

Lightly massage the scalp as if wind is blowing their hair
Waft the wind over the students

Remember to go at your child's pace and be sensitive to any likes or dislikes they show you

Music and movement



THINGS TO TRY AT HOME

- An organisation called Soundabout is running live sessions that you can watch live (or at a later date)at 2pm on Tuesdays and Saturdays on Facebook
<https://www.facebook.com/SoundaboutUK/>
- Listen to music from all types of artists – see what they enjoy
- Make your own musical instruments with found objects around the house – an empty pringles crisp tube, Tupperware box and lentils, empty water bottle – just make sure they are securely stuck so materials can't be eaten!
- Songs with repetitive lines are good opportunities to encourage signing or to encourage repetitive movements: E.g. – stretching arms bending legs etc.
- Perhaps listen to different music at particular times to build an association – e.g. – getting ready for work a particular piece of music is played
- Build a massage or movement to a particular piece of music to develop body awareness and anticipation of routine – some children may do the actions by themselves
- When singing try to include frequent pauses to encourage your child to fill the gaps by using their voice or communicating in another way (like smiling to say 'more'

Key points :

Music is one of the most motivating things for our young people. Try lots of different types of music – see what they enjoy!

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

- React in different ways to different types of music
- Use fine motor skills – to manipulate materials and tools
- May tolerate being helped to do movements or actively join in
- Ask for more of enjoyed activity
- Join in with the song – vocalising, etc.

Cooking



Key points:

If you can offer your child a smell of the ingredients when you are cooking. If able sometimes involve them in food preparation or such activities

THINGS TO TRY AT HOME

Allow the child to explore the different surfaces of the cooking equipment through touch as independently as possible. Use lots of different tools such as whisks, sieves and ladles

Support your child as you can to use the equipment in practical ways – e.g. hand over hand whisking etc.

Give opportunities for washing up and putting things away

Give the child chance to explore different tastes and see what they like dislike – if they are in a wheelchair put some of the ingredients on their tray and let them explore them

When cooking experiment with a whole variety of things – let them enjoy savoury and everyday meal cooking as well as making cakes!

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

- React in different ways when exploring textures
- May reach out for items or push them away
- Use fine motor skills – to manipulate materials and tools
- Enjoy smelling , tasting the ingredients
- Cooking can be a fun experience that everyone can get involved in

Obviously ensure you pay close attention to health and safety in kitchen with allergies, safe swallow and hot equipment

Art



Key points:

With art the fun is in the exploring and doing not so much for the end result!

- Doesn't have to be paint you can make marks with all sorts of materials if you happy too! Natural yoghurt and food colouring can be lovely!
- Frozen ice cubes with food colouring can be slid over paper and leave a trail of paint
- If you have a shallow rectangular Tupperware container or roasting dish you can roll marbles or small balls in paint and roll around to make marks
- You don't have to use a paint brush you can use hands, toy cars, shapes cut from fruit and vegetables anything to move across the paper

Remember you can paint on anything – tinfoil, newspaper, patio etc etc

- If you have glue you can make collages with all sorts of items you find around the house , choosing and selecting items
- You could make sensory bottles using a clear bottle, sequins, or glitter, ribbons etc. Make sure the lid is tightly and firmly secured using duct tape.
- Use your art to make a mobile using a sock hanger
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THINGS TO TRY AT HOME

What learning could look like:

Learning could look different for everyone and this list of responses is by no means extensive:

- React in different ways when exploring textures
- May reach out for items or push them away
- Use fine motor skills – to move their hands in the materials , manipulate materials and tools
- Make choices about what they want to use and where they want to put it
- Look at the marks they have made
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Art

Puddle painting

WHAT YOU NEED:

Small containers

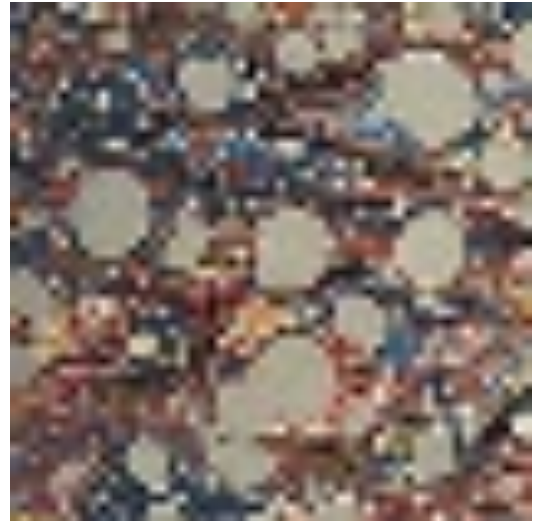
Food colouring

Oil

Spoon

Paper

A puddle ! (or a shallow bowl of water!)



Method:

1. Pour enough oil into each of your containers to cover the bottom
2. Add a few drops of food colouring to each container (one colour per container)
3. Stir well until the colour separates within the oil
4. Find a puddle (or a bowl of water)
5. Pour the contents of your container onto the surface
6. Lay a piece of paper on top of the puddle
7. Wait for around 5 secs and then remove the paper

RESOURCES FROM OTHER SOURCES:

Online :

thesensoryprojects.co.uk/covid19-resources : Comprehensive list of resources available updated regularly

soundabout.org.uk/tv/ - regular sessions can be watched live or re watched at a later date from a music therapist at SOUNDABOUT

Bumblebeephysio - on facebook running adapted PE session similar to Joe Wicks session

Singinghands on you tube

[Bbc.co.uk/cbeebies/grownups/sen-the-equality-act](https://bbc.co.uk/cbeebies/grownups/sen-the-equality-act) - materials that might be useful

National geographic kids on you tube has lots of lovely interactive videos if your child enjoys animals

[Familylives.org.uk/advice/your-family/special-educational-needs/fun-things-to-try-with-disabled-children/](https://familylives.org.uk/advice/your-family/special-educational-needs/fun-things-to-try-with-disabled-children/)

