



## Lancashire SEND

### Specialist Teacher Newsletter

No 2. April 2020

## Home learning ideas for pupils with Special Educational Needs

The Coronavirus outbreak means that **parents and carers** of young people with **SEND** are facing uncertainty. We know schools are on the front line and are playing a **hugely important role** in keeping communities going in these challenging times. If your child is not able to attend school, we want to be able to **support** you with some practical home learning advice, hints and suggestions. This is an evolving picture, so we hope these newsletters go some way to support parents and carers through this unprecedented time.

## Home Learning

Welcome to the home learning newsletter for parents and carers of children with special educational needs. The suggestions and practical ideas have been written by specialist teachers working within the Lancashire Specialist Teacher Service. Each newsletter will contain ideas and suggestions of activities you can do with your children at home. Features will vary from week to week, but will cover broad areas of cognition and learning, communication and interaction, social and emotional wellbeing and sensory and physical needs. We welcome any feedback from parents and carers.

### Getting Started

1. Have a daily plan – include your child's interests and motivators
2. Flexibility – be prepared to change the plan
3. Chunk activities with a practical, movement break between.
4. Developing life skills is also learning.
5. Incorporate a range of tools to engage learning e.g. books, apps, garden, household objects.

6. Remember every young child can learn, just not on the same day or in the same way.



Twinkl home learning hub are offering free daily activities and live sessions. These are split into ages 3-5, 5-7, 7-9 and 9-11. They cover literacy, numeracy, French, topic work, Joe Wicks follow up activities, mindfulness activities and reward certificates.  
<https://www.twinkl.co.uk/home-learning-hub>



# Supporting Social and Emotional Wellbeing

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties.

## Make A Self-Soothe Box

If you often find your child is struggling with feelings of anxiety or panic, a 'self-soothe box' is a great way to manage those feelings and help them to feel more grounded and relaxed.

### What should be in my self-soothe box?



It's recommended to have a range of **sensory** things and something to **focus** your mind on.



- **Touch:** include something that you can touch; this serves as a good distraction for your hands. Playdough, fidget cubes or spinners, and stress balls are great for this; they're satisfying to touch, and easy to put force into and relieve some stress. It can encourage your muscles to relax, which is what many methods to reduce anxiety involve.
- **Memories:** keep a few photos of people or places or nostalgic items that have only positive memories attached to them.
- **Smell:** This can be personalised depending on what scents you prefer; a few of the typical ones include: peppermint for grounding, and lavender or rose for relaxation and tranquillity. You can put a few drops of essential oil on your clothing, stress ball or playdough.



- **Music:** Keeping some earphones and making an easy-to-access, calming playlist on your phone is a nice, easy way of finding music to listen to.
- **Water:** Drinking water can be such a vital way of reducing symptoms of panic. Not only is it important to stay hydrated, but the regular sipping is a good way to keep a steady rhythm to your breathing.
- **Calming technique cards:** Have a postcard with some steady breathing techniques written on it. It acts as a reminder to keep calm and focused. Also have some muscle relaxation exercises written down on other postcards.

The NHS website has a few breathing exercises for stress which can be used for anxious thinking and panic also.



<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

Mindful kids activity cards can be purchased from Amazon. 50 mindful activities for kindness, focus and calm.

- **Activity:** Having an activity to complete can really help to self-soothe e.g. reading, colouring, playing lego, playing cards, bubble wand etc.



# Supporting Communication and Interaction

Children and young people with speech, language and communication needs (SLCN) have difficulty in communicating with others. This may be because they have difficulty saying what they want to, understanding what is being said to them, or they do not understand or use social rules of communication. The profile for every child with SLCN is different and their needs may change over time. They may have difficulty with

one, some or all of the different aspects of speech, language or social communication at different times of their lives.’ (Code of Practice 2015)



**Verbal Communication with your child is key to developing their communication skills. The ideas below have been devised by The Communication Trust** <https://www.thecommunicationtrust.org.uk/>. Play, interaction, understanding and listening are key skills. These skills can be practised easily with your child each day.

<p><b>Play</b> Play is a really important part of children’s learning and development. Children learn all kinds of skills through play; they learn how things work, how to interact and share with other children, how to play with different toys and to enter a world of imagination. Playing enables children to test things out in a safe way, to learn about emotions and to talk with others. Children often love adults to play with them. It’s great if you can follow their lead and join in the fun.</p>	<p><b>Interaction</b> We communicate and interact with each other in different ways; learning the skills of interaction is really important for having good conversations. We need to learn when to talk and when to listen, how to take turns, how to notice if someone is not listening or bored with what we’re saying. We need words to do this, but also skills in looking, listening and noticing people around us</p>	<p><b>Understanding</b> Understanding is key to talking and learning. Children need to understand what single words mean and when words are joined together into sentences, conversations and stories. Adults play an important role in answering the many questions children have and in checking out whether children understand.</p>	<p><b>Listening</b> is an essential skill for talking and learning. Everywhere we go there are different noises around us. Sometimes children need a bit of quiet time to help them tune into talking rather than the other noises going on around them. Adults need to show children the way – when we listen to children, they learn what to do in order to be good listeners.</p>
<p><b>Picture time</b> Have fun making a squiggly picture together. One of you draws a squiggly line and then the other person adds to it to turn it into a picture. The first person adds a bit more and so on... until you are all happy with the picture. Talk about what you have created.</p> <p><b>Story time</b> Take turns to add different parts of a story so you build a story together: • There was once a... • Who lived... • He decided to... • He met a... • They went to... • Then something amazing happened... • So then they.... • And in the end...</p>	<p><b>What is different?</b> Get your child to look at you carefully and then ask them to close their eyes. While they are not looking, change something about your appearance, like rolling up your sleeves, messing up your hair or putting on some glasses. Can they spot what is different?</p> <p><b>Favourite things</b> Play a game sharing ideas of favourite things. Ask your child what their favourites are and tell them yours. • My favourite food is... • My favourite TV programme is... • My favourite day is... •</p>	<p><b>Riddles</b> Tell riddles and see if your child can guess the answer: • It’s an animal, it has stripes, it’s black and white... • It’s a food, it’s round, it’s crunchy, it grows on trees, it begins with “a”.</p> <p><b>Jabber jabber</b> Think of a sentence for the following words, but replace the words with jabber jabber. Can your child guess the word? Hat – “ you wear a jabber jabber on your head ” Cook – “I like to jabber jabber my dinner” Swing – “the jabber jabber is my favourite thing in the park”</p>	<p><b>Rhyming clues</b> Give clues about different things that rhyme...there might be more than one right answer. • It’s a part of your body, it rhymes with bed • It’s something you eat, it rhymes with pyjamas • It’s something you ride in, it rhymes with throat • It’s an animal, it rhymes with peep • It’s an insect, it rhymes with wider.</p>

# Supporting Literacy



Young people can have difficulty in reading, writing, spelling and comprehension. Each newsletter will focus on a different aspect of literacy support.

## Reading - reading skills

### Why is Reading Important for Young Children?

Focusing on reading in young children from an early age is quite important since it has its advantages over the time.

#### 1. Improved Writing

By reading better, your child will be able to form sentences correctly and write them easier.

#### 2. Improved Grammar

The rules of grammar can be absorbed easily by exposing the child as early as possible to grammatically correct sentences.

#### 3. Enhanced Imagination

Reading stories and other articles can stoke their creativity and get their imagination flowing.

#### 4. Future Success

Children who can understand what they read can excel in studies quickly.

#### 5. Real Life Safety

The importance of reading safety signs or road rules in the world can be pretty much a lifesaver for your kids in the long run.

#### 6. Infuse Confidence

A child who can figure out things on his own can build his confidence rapidly.

#### 7. Improved speech sounds

Reading from the book helps streamline thoughts and help us with the clarity of speech.

#### 8. Better Vocabulary

There's simply no other way to improve your collection for words apart from reading as much as you can.

### Websites

Join Lancashire Library – you can access a great range of e-books and e-audiobooks for free.

<https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/>



You Tube – Mr Mc Phonics for early years and KS1 – fun, engaging phonics lessons for children to watch.

<https://www.mrmcmakingmemories.com/>

## David Walliams' audio books for free!

Whether your children are already firm fans of the author or not, this is a sure way to add some fun and laughter to their mornings.

The daily treat is called Elevenses, and children and grown-ups can tune in every morning at 11am - and it's all free.

<https://www.worldofdavidwalliams.com/elevenses/>



## Word-Based Snakes And Ladders

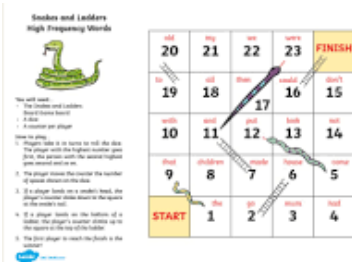
Here's a twist on your child's favourite game, by replacing the numbers with easy words.

### What You Need:

- A snakes and ladders board
- Game-related items
- A felt pen



### How To Play:



You can find a special board of this variation, too. Twinkl has a version you may be able to download it for free. [www.twinkl.co.uk](http://www.twinkl.co.uk)

Or else, you can use a pen and write simple words that your child can read on all the 100 squares of the board. Play the game just the way you'd play on any other day. Your child can count the squares and say the words aloud as he passes them. By referencing different areas of the board, your child can learn to scan the words by visual identification.

## Scrabble

As a parent, you would have some wonderful memories of playing Scrabble with your family and friends. Use the core concept of the game to come up with a variation for your little one.

### What You Need

- Letters from the scrabble set
- A pen and paper

### How To Play

Instead of the usual seven letters, give your child a wider variety of letters to use. Make sure vowels are provided aplenty. Ask your child to come up with as many words as he can using those letters. You can provide a guiding list of sorts, by starting him off with three letter words, and then ramp it up to words with more letters. Let him write down each word that he makes on the piece of paper.

Email: [send.traded@lancashire.gov.uk](mailto:send.traded@lancashire.gov.uk)



# Supporting Number

Some children who have trouble with maths just need more time and practice to learn maths skills. You might see your child struggling with very simple concepts, like “more” and “less” and “bigger” and “smaller. Your child might also have trouble understanding amounts or the order of things in a list, such as “first,” “second” or “third.” Think about how you can increase confidence in these concepts completing everyday tasks. “How many more spoons do we need?” “Who has less chips?”

## Telling the time

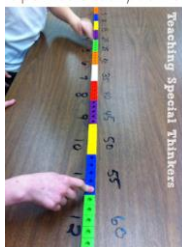
Lots of children of all ages find the concept of telling the time difficult. The key to learning how to tell the time is practice, practice and more practice.

Activities to try at home:

1. Brainstorm different things that only take a second.
2. Predict how many times your child can do a task in one minute and test it out



3. Create a number line out of 12 groups of 5 linking cubes/counters/lego pieces until you had 60 total cubes in the line, and then practice counting by 5's, and then by 1's.



4. In order to make the connection with the clock, make the number line into a circle. This helps to reinforce the concept that an analogue clock is really two number lines. (See Ronit Bird You tube clip <https://www.youtube.com/watch?v=hZffJ-Dfs1I>)



5. Clock-Wise and the Hour Hand teach that a DAY = 24 hours, but we count the day in 2 halves so the clock has half of 24 or 12 hours on it.

10. Additional games and activities can be found at [https://www.123homeschool4me.com/26-telling-time-games-and-activities\\_43/](https://www.123homeschool4me.com/26-telling-time-games-and-activities_43/)

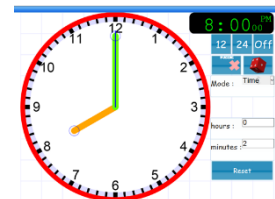
6. Practise concept of clockwise by getting your child to move in a clockwise direction.



7. Once they can skip-count by 5's and count to 60, they can be shown the minute hand and start the process of learning to tell time to the minute.

8. Twinkl has lots of practical clock templates to download and make <https://www.twinkl.co.uk>

9. The interactive clock can be found at



<https://www.visnos.com/demos/clock>





# Supporting Sensory Impairment

## 3 months FREE access to SuperNova for Students Learning at Home

Many visually impaired students will not have access to their normal assistive technology at home. It is just as important that blind and partially sighted children and young people have the opportunity to continue their learning whilst at home. Therefore, Dolphin would like to offer

every visually impaired student, 3 months of free SuperNova, for their home laptop or desktop computer. Choose any edition of SuperNova: Magnifier, Magnifier & Speech or Magnifier & Screen Reader. Find out more or call for advice on **01905 754577**

## Free Webinars for Parents of Visually Impaired Children Currently Learning at Home

If you're supporting a child with a visual impairment or other disabilities you'll be keen to sign up to our new 'Learning at Home' webinars, delivered in partnership with the RNIB. We'll show you how disabled learners can browse and download accessible textbooks from the RNIB 'Education Collection' of nearly half a million titles. We'll then show you how the free EasyReader app can change the textbooks' fonts, sizes and colours. Even better get EasyReader to read the book aloud. Email The Education Team at Dolphin: [info@yourdolphin.com](mailto:info@yourdolphin.com)

## SuperNova Product Support Direct to Families

If your visually impaired child has brought their laptop with SuperNova home from school, we've got good news for you. In these exceptional and difficult circumstances, we'd be delighted to offer you product support direct via phone, email and remote access. All we ask is that a parent or carer is with your child when they call.

- Phone 01905 754765.
- Email your question to [support@yourdolphin.com](mailto:support@yourdolphin.com).
- Or book a support call back at a time that suits you.



## Chocolate Crispy Easter Nests

It's always great to have a recipe that can be made from start to finish by children with only minimal help from a grown up. These chocolate crispies can be easily turned into nests for a fun Easter treat.

If you have several children involved, they can take it in turns to do the mixing and then all make up their own nests.

**Time:** 15 minutes plus time to chill

**Level:** Easy

### Ingredients:

150g cooking chocolate

125g rice crispy cereal (cornflakes would also work well or shredded wheat would give a more nesty look)

Chocolate eggs

Paper cases

### Method:



1. Break the chocolate into small pieces



2. Melt the chocolate in a microwave, stirring the warm chocolate to make sure it has all melted. **GET AN ADULT TO HELP**



3. Pour in the rice crispies and mix well until they are fully coated in chocolate. Make sure everything is covered in chocolate, you could even add some raisins too.

If your mixture is still very chocolatey you can add some more crispies.

4. Spoon the chocolate mixture into paper cases. When you're doing this with little ones, you will end up having just as much outside the case as inside but you can scoop this up and pop in another case and it's great for improving their fine motor skills.



5. Add a few chocolate eggs to the top of the nests while the chocolate is still melted so that they stick.