



Lancashire SEND

Specialist Teacher

Parent SEND Resource Toolkit

No 6: May 2020

Home learning ideas for pupils  
with Special Educational Needs

## Home Learning

This SEND Resource Toolkit is intended to be used by 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. This weekly bulletin 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, Emotional and Mental Health Needs

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.

**Apps** - This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being.

 <p><b>Headspace</b> A meditation app that acts as a personal guide to health and happiness</p>	 <p><b>SafeSpot</b> Aims to provide young people with access to coping strategies and resources to help better cope with difficult situations.</p>
 <p><b>Mindshift</b> A free app designed to help teens and young adults cope with anxiety.</p>	 <p><b>Worrinots</b> Child friendly app designed to help children cope with worries and anxieties.</p>
 <p><b>Superbetter</b> Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles.</p>	 <p><b>Think Ninja</b> This app from Healios, helps young people aged 11 to 17 years old with their mental health, emotional well-being and resilience and is <b>being made available for free during the Coronavirus crisis.</b></p>
 <p><b>Calm</b> Meditation techniques to aid with stress and sleep.</p>	 <p><b>Feeling Good Teens</b> The Feeling Good Teens App uses short audio tracks to help let go of worry, improve sleep, develop self-esteem, resilience and goal focused motivation – <b>access is free using the username: coboost and password: coboost during this period.</b></p>
 <p><b>Combined Minds</b> An app developed to help families and friends support young people with their mental health</p>	
 <p><b>Calm Harm</b> An app that helps young people manage the urge to self-harm.</p>	

# 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).



<https://hungrylittleminds.campaign.gov.uk/>

## Simple, fun activities for kids, from newborn to five

Many little things light up hungry little minds. Kids take everything in, and even the smallest things you do with them can make a big difference.

They love it when you chat, play and read with them, even when they're too young to understand everything. Whatever the time and wherever you are, you can turn almost anything into a game. And every little thing you do together will help set them up nicely for the day they start school.

Due to the coronavirus outbreak, you and your children are spending more time at home and you might be looking for a bit more inspiration for things to do.

### What can I do?

You'll find some short videos and simple, fun activities that you and your children can do together.

The activities are broken down by age, but no one knows your child better than you do.

So you could pick and choose the ideas that feel right for you, adapt the suggestions or even come up with your own. And you can use whatever language you feel most comfortable with.

You can find more ideas at:

- [National Literacy Trust family zone](#)
- [BBC Tiny Happy People](#)
- [Libraries from Home](#)



**Bridge Speech Therapy**  
 bridging the gap in communication difficulties

**Bridge Speech Therapy** have uploaded a number of videos onto the facebook page and twitter feed to show parents examples of simple, fun language games for pupils of various ages.

Facebook page: <https://www.facebook.com/BridgeSpeechTherapy/>

Twitter handle: @BridgeSpeech

# Supporting Literacy



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

## Supporting Spelling:

### Using a sensory writing tray.

Multi-sensory learning

Ideas from: <https://theimaginationtree.com/?s=sensory+writing+tray>

You need:

Colourful salt

A small tray for the salt

Paintbrush (to make the marks)

And:

- List of words (you may get lists of words from school) – make 'flashcards' for your child to use.
- Handwriting patterns
- Letters of the alphabet – you could write them onto card, or use magnetic letters



Ideas:

1. Use the tray to write your child's name
2. Work on letters from the first phonics group SATPIN. Once these have been mastered you can work on putting them together to create and read small, CVC words such as 'sat', 'pin', 'tap' and so on
3. Use the tray to practise sight words, high frequency words and tricky words that I picked out of some of their current reading books.

**How to Make Coloured Salt**

**Materials:**  
 Salt  
 Food Colouring or Liquid Watercolours  
 Ziploc Bags

**Instructions:**

- **Step One** Add the desired amount of salt to a Ziploc bag.
- **Step Two** Add food colouring to the bag. The more food colouring, the more saturated your colours.
- **Step Three** *The most important step!* Press out all the air from the bag and securely close it. The last thing you want is a bag of exploded food colouring and salt all over your house!
- **Step Four** Knead the salt and colouring until it is all mixed together.



## Supporting Number:



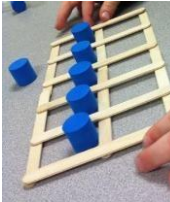



- It's not uncommon for young people to have trouble with maths.
- Math difficulties can show at different ages and in lots of ways.

## Top Tips to Support Your Child's Development



### Cognitive Skills

**Teaching your child to count out the correct quantity** – many children find this difficult and need visual support to help them develop an understanding of quantity

1. Build towers with Duplo bricks and match them up to number cards set out on a tray. 
2. Cut out egg cartons to create a set of quantities for counting objects into.
3. Collect a range of cartons and trays that are used for fruit and veg packaging – they come in a variety of sizes so you can count out objects into them. 
4. Make number frames of different quantities using lollipop sticks. 
5. Use coloured tape on the floor to make giant number frames and count out plastic plates into the frames. 
6. Make a home-made abacus for counting using household objects such as pipe cleaners, skewers, beads or buttons. 
7. Make number biscuits and count out different amounts of smarties or chocolate chips onto each one.
8. Use baby wipe lids to make counting frames and ask your child to count out buttons into each frame. 
9. Stick numbers onto the front of tin cans and count objects into them.
10. Make simple fruit kebab recipes and count fruit pieces onto the skewer.

# Supporting Sensory and Physical Needs

## 9. Keep active

With usual sporting outlets now unavailable it is important to find new ways to stay active at home. There are lots of fitness videos on YouTube but how about ones that are audio-described?

- Blind Alive Eyes free fitness – Creator Mel Scott has accessible audio only programmes on her YouTube channel. The workouts include yoga, Pilates, cardio, stretching and more. Each workout is described so you do not need to see the screen

[Visit the Blind Alive YouTube channel >](#)

- British Blind Sport have joined up with Sport England to launch **#StayInWorkOut**. They will be sharing audio exercise programmes covering a wide range of activities such as Yoga, Pilates, Cardio, Bootcamp and Strength among many others. Visit their website to find out more:

[britishblindsport.org.uk/stay-in-work-out](http://britishblindsport.org.uk/stay-in-work-out)

- Ibz from the Young Ambassador team had been sharing his exercise routine on the STRIVE Instagram account: [@Strive\\_VICTA](#)

- Contact your usual sport provider, you may find they are offering an online version of your usual class

- Yoga is good for the body and mind, you will find lots of videos online such as this one: [www.youtube.com/user/yogawithadriene](http://www.youtube.com/user/yogawithadriene)

Look have yoga with Jess on their Instagram feed: [@Look\\_uk](#)

Yoga with Ness – 30 minute yoga class for the visually impaired: [www.youtube.com/watch?v=DUUiTEsex48](http://www.youtube.com/watch?v=DUUiTEsex48)

Alexa can be a useful tool to have around the house but also a great source of entertainment! Here are a few fun skills you could try:

- “Alexa, open Beat the Intro”
- “Alexa, open the Before or After Game”
- “Alexa, open True or False”
- “Alexa, open The Magic Door”
- “Alexa, help me meditate”
- “Alexa, play Trivia Hero”
- “Alexa, give me a limerick”
- “Alexa, tell me a joke”
- “Alexa, play Animal Game”
- Alexa, play Pointless”
- “Alexa, open Tenable”
- “Alexa, what’s the question of the day?”
- “Alexa, what happened today in history?”
- “Alexa, open Riddle of the Day”
- “Alexa, open Escape the Room”
- “Alexa, open body coach”

**VICTA** is a national charity that provides support to children and young adults who are blind or partially sighted and their families. VICTA believes that everyone has the right to an independent and fulfilling life. Victa have great resources and information on the support available during this lockdown period.

[www.victa.org.uk](http://www.victa.org.uk)