

Lancashire SEND

Specialist Teacher

Parent SEND Resource Toolkit

No 9A May / June 2020 – HALF TERM

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.

As this week is half term, you may be giving home learning a break. However, if your child still needs to keep to the routine you have established, continue to use some of the ideas from our previous toolkits ... there will be lots you can try to fill your week.

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This toolkit will focus on fun activities that you and your child can try at home during the half term break. There are ideas for young people of all ages.

Let's hope the weather is kind and we can go outside!

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 this SEND resource toolkit goes some way to support parents and carers through this unprecedented time.



## Be creative:

**Rock Painting:** Create rocks to 'hide' on your daily walk or look for ones that others have left.

The best way to start is to get online **with help from parents** – we know, it seems counter-intuitive that you would go on the internet to try to find painted rocks outside, but the trend has gained popularity on social media. Numerous sites have been started across the country.

The sites include tips, clues on where to find them, the hashtags to use to follow where your designs end up and shared photographs when rocks are found.

### How to be a finder:

Think of it as a giant game of hide and seek, using inanimate objects – the idea is to get out and about in your local area and get hunting. Keep your eyes open because they could be hidden anywhere!

The eye-catching colours usually give them away, with designs from love hearts and rainbows to miniature pieces of art with Cornish seascapes painted on them. Once you have one, turn it over. The real game is on the other side of the decoration.

The idea is **to take a photograph of the rock** where you found it, **share it on social media with Mum's and Dad's permission**, using the hashtag so that the person who hid it in the first place can follow its journey, and then re-hide it in a new location.

Of course make sure that you read the rules first – some have more specific instructions, for example some rocks must be re-hidden in a certain village or town, while others are encouraged to be taken as far away as possible.

### How to be a hider:

First thing's first, you need to find yourself a rock, the flatter the better.

- Don't take a rock from the beach, or someone's garden.
- Make sure to keep safe when collecting, and later hiding, a rock – **take a parent with you. DO NOT go on your own. Keep safe!**

Once you've given the rock a good clean, it's time to get creative. You can decorate the rock any way you want.

Once your masterpiece is finished, turn it over and stick a label on the back detailing what you want the finder to do. If you have joined one of your local painted rocks groups, you could ask them to post a picture to the group using its hashtag, or you could always come up with your very own hashtag.

Then all you need to do is find the perfect hiding place. You don't want to leave it anywhere dangerous like the middle of a road or pavement, and you don't want to leave it somewhere too obvious so that it will be found the second you put it down, but you also don't want to hide it too well – you want someone to find it after all.

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





## Chalk activities:

**1 Gather supplies.** This simple chalk recipe calls for two main ingredients: cornflour and water, in equal parts. Use food colouring to make more than one colour. For the molds, use old toilet paper rolls, paper towel rolls, or other small containers. You could also make one large sheet of chalk and break it into pieces.



**2 Prepare the molds.** Line your chosen molds with wax paper, making sure the waxed side is facing up. If you're using tube molds, cover one end with masking tape to keep the chalk from leaking out.

**3 Mix the cornflour and water.** Pour equal parts cornflour and water into a mixing bowl. Stir so that the mixture has a thick, smooth consistency. Separate the mixture into smaller bowls, one for each colour of chalk you want to make.



**4 Add food colouring.** Use a few drops of food colouring to dye the mixtures in the different bowls. Stir each one well so that the colour gets fully incorporated.

**5 Pour the chalk mixtures into molds.** Use a spoon to help you transfer the chalk mixtures into individual molds. Cover the molds with wax paper.



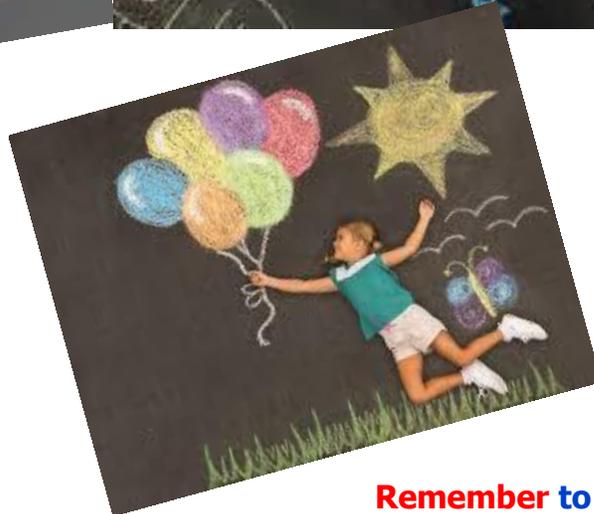


**6 Let the chalk dry.** Wait 12 hours before removing the chalk from the molds. This chalk is completely natural and biodegradable.



**So, now you've made your chalk, what can you do?**

**Here are some ideas:**



**Remember to keep your distance. Stay in your garden. Keep safe!**

## The Story of the Goblin Village

This activity begins with a story that explains why you don't see goblins around any longer, because their village was destroyed by a dragon. The goblins need the help of children to rebuild their village. They need to use their imagination to make it even better than it was before with things like a theme park, gardens, houses and bridges.

Age 3-6 years

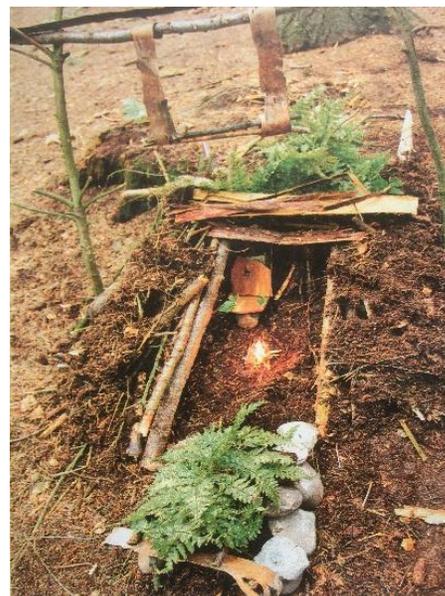
Time 15+ minutes

Tools None

Materials Natural materials such as moss, sticks, leaves and stones.

You can decide to do this activity whilst you are out for a walk or collect suitable materials whilst you are out on your daily walk and do the activity when you get back. Take a copy of the story with you if you decide to build the village whilst you are out. When you have found a suitable location read the story to introduce the activity.

Whilst collecting let the children decide what might be suitable building materials for their goblin village. What will it be? A post office? A village? Or a whole magical kingdom. Leaves and sticks can make miniature trees, pebbles and stones can be lined up for walls and bridges, moss for roofs and more. If you think ahead some small toys and figures can be used to play inside the village. Children can play for hours. Don't be afraid to play alongside your child but let them lead the way and go with their ideas. Just remember to help keep them safe – children need to learn to be careful of sharp things or things that sting like nettles. Remember, if in doubt, leave it out!



### The Story:



Have you ever seen a goblin village? No? Well that's because they no longer come here. Here, where we stand, there used to be a goblin village. It had houses that were joined by epic bridges and magic gardens. It had sweet shops and dance halls where goblins would gather and dance the night away! But then one day a dragon – a very friendly but really quite a big dragon - who lived all the way up the hill, heard about these dances. He loved to dance, and desperately wanted to join in the fun.

So on one particularly rainy day, he put on his dancing shoes and ran down from the top of the valley to find the dance hall. But the rain had turned the ground into a muddy, sloppy mess. The dragon's shoes were meant only for dancing, not for running. He slipped all the way down. He slipped past all the trees through the forest, down the hill and landed in a heap, squashing the whole village. Not a building was left standing. The goblins had no choice but to move on, and now no one knows where they live. It's terribly sad. I wish there was some way we could help...

(Idea from Naomi Walmsley & Dan Westall: Forest School Adventure)

## Here are details of a free competition from the RSPB, closing in August!

<https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/>

### What to do

Create a piece of art inspired by nature – let your imagination run WILD! There are 2 categories to choose from this year – REAL LIFE – entries using the more traditional approach of paints, pastels, acrylics, pens or pencil. And our new GO WILD category – for those of you who want to 'go wild' in every sense of the word. To enter this category, experiment with textiles, sculpture, recycled and eco-friendly materials, collages – anything goes!

### To Enter

Please email a photo of your artwork to [competitions@rspb.org.uk](mailto:competitions@rspb.org.uk) with the heading **WildArt 2020 Competition**, and don't forget to tell us your age and category selection! If your submission makes the shortlist, we'll be in touch with further details after the competition closes. WildArt is split into three age groups: under 8s, 8-12, and 13 years and over.

### Here are some ideas you could try...

#### During Daily Exercise:



- Go on a wildlife photo hunt with a phone or tablet.
- Collect sticks and leaves to make a collage background.
- Draw or paint a picture of an animal you found, cut out your picture and stick it onto your background.
- If you can print out your photo, cut around the outline and use it as a template on black paper (or colour paper black with pens/ crayons) to form a silhouette.
- Use your photos or templates to make an animal from salt dough/ play dough or modelling clay. Place your sculpture in a natural

background (e.g. on a flower or by a pond) and take a photo or make your own background from things you find around the house.

- Make leaf or bark prints with paint to make a background for your animal.
- Make a nest with sticks/straw and place a bird picture or model in it.



Also... **Play I Spy!**

Go to <https://www.wildlifewatch.org.uk/spotting-sheets> for fantastic free nature spotting tick sheets to use on walks or in your garden or yard.



## Minibeast detective



More ideas from Countryside Classroom: <https://www.countrysideclassroom.org.uk/resources>



## Playdough:

Is it raining? Have you got some playdough?

Try looking for this you tube video (there are several) and have some fun.

<https://www.spreadthehappiness.co.uk/>

[https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj\\_pRw/videos](https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw/videos)

**Daily live stream of Dough Disco. Live stream at 9:30am and 1pm.**



## No playdough .... Make your own

Playdough recipe - ***By Emily Kerrigan - Recipe writer and author of Modern Family Food***

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

### **You will need**

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

**Makes** 1 coloured ball

**Prep** 10 minutes

### **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 want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.



## Fun Activities to Support Teenagers During Lockdown

These are just a few ideas taken from the 'Actually Mummy' Blog

<https://actuallymummy.co.uk/2020/03/19/activities-for-teenagers-during-lockdown/>

- **Go to the theatre:** Every Thursday at 7pm [National Theatre](#) are showing free full length productions of their best shows.
- **See a ballet:** Likewise, the Royal Ballet is uploading full productions to its YouTube page. Try [Peter and the Wolf](#).
- **Online Quiz Night:** The teenager version of the virtual quiz night that's had so much success on Facebook. <https://www.seventeen.com/beauty/beauty-quizzes/a2151/fun-teenage-test-quizzes/>
- **Make cake pops:** Very fiddly, very time-consuming, very addictive once you have all the sprinkles and melted chocolate buttons to play with. Guaranteed to keep them occupied for a whole afternoon.
- **Make a photo book:** You know all those family holiday photos you've been meaning to put into an album..? Alternatively, let them design a photobook of their own – maybe even a Year Book if they've just left school more abruptly than they were intending!
- **Have a virtual film night with friends:** Netflix Party allows you to watch a film with friends
- **Play Come Dine with Me:** Everyone hosts a night, everyone gives a score, and the winner gets... satisfaction of a job well done?
- **Complete an Escape Room:** Teenagers love an escape room, and now it's possible to do it virtually. Have a look at [Durham Escape Rooms](#) for their online challenge.



**Also check out the Scouts website** 'The Great Indoors' for ideas and activities to inspire young minds at home



Let's hope the sun is shining during half term and that we can spend some time in the garden. After we've been busy playing, we might need something to cool us down.

So ... get busy in the kitchen!

## Peach and Banana Ice Lollipops

<https://www.yummly.co.uk/recipe/Peach-and-Banana-Ice-Lollipops-1221907>

### Ingredients to make 4:

- 1 banana
- 2 tablespoons Greek yoghurt
- 2 peaches

### Instructions

1. **Parents need to help / supervise this bit.** Take the stones out of the peaches and puree them. A stick blender helps.
2. Spoon the puree into the lollipop moulds, filling them about half-way.
3. Mash the banana with a fork and then stir in the yoghurt. Spoon this on top of the peach. Put the sticks in.
4. Put in the freezer until completely frozen.
5. To take the lollipops out of the mould, run the hot tap over the plastic mould for a short time.



## Living with worry and anxiety amidst global uncertainty by Dr Matthew Whalley & Dr Hardeep Kaur

Our world is changing rapidly at the moment. Given some of the news coverage, it would be hard not to worry about what it all means for yourself, and for those you love. Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. Psychology Tools have put together a free guide to help you to manage your worry and anxiety in these uncertain times. Once

you have read the information, feel free to try the exercises if you think they might be helpful to you. It's natural to struggle when times are uncertain, so remember to offer care and compassion to yourself, and to those around you.

[https://www.psychologytools.com/assets/covid-19/guide\\_to\\_living\\_with\\_worry\\_and\\_anxiety\\_amidst\\_global\\_uncertainty\\_en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf)

## Ideas to keep you occupied from Psychology Tools



### Animals

- Pet an animal
- Walk a dog
- Listen to the birds



### Be active

- Go for a walk
- Go for a run
- Go for a swim
- Go cycling
- Use an exercise video at home



### Clean

- Clean the house
- Clean the yard
- Clean the bathroom
- Clean the toilet
- Clean your bedroom
- Clean the fridge
- Clean the oven
- Clean your shoes
- Do the washing up
- Fill / empty the dishwasher
- Do laundry
- Do some chores
- Organise your workspace
- Clean a cupboard



### Create

- Draw a picture
- Paint a portrait
- Take a photograph
- Doodle / sketch
- Organise photographs
- Make a photograph album
- Start a scrapbook
- Finish a project
- Do some sewing / knitting



### Expression

- Laugh
- Cry
- Sing
- Shout
- Scream



### Kindness

- Help a friend / neighbour / stranger
- Make a gift for someone
- Try a random act of kindness
- Do someone a favour
- Teach somebody a skill
- Do something nice for someone
- Plan a surprise for someone
- Make a list of your good points
- Make a list of things or people you are grateful for



### Mind

- Daydream
- Meditate
- Pray
- Reflect
- Think
- Try relaxation exercises
- Practise yoga



### Music

- Listen to music you like
- Find some new music to listen to
- Turn on the radio
- Make some music
- Sing a song
- Play an instrument
- Listen to a podcast



### Nature

- Try some gardening
- Plant something
- Do some pruning
- Mow the lawn
- Pick flowers
- Buy flowers
- Go for a walk in nature
- Sit in the sun



### Schedule

- Get up extra early
- Stay up late
- Sleep in late
- Tick something off your 'to do' list



### Self care

- Take a bath
- Take a shower
- Wash your hair
- Give yourself a facial
- Trim your nails
- Sunbathe (wear sunscreen!)
- Take a nap



### Try something new

- Try a new food
- Listen to some new music
- Watch a new TV show or movie
- Wear some new clothes
- Read a new book
- Do something spontaneous
- Express yourself