



Communication and Interaction Ideas

Talk it out-Choose one day and time each week to sit and speak to your parents/carers/sisters/brothers, let them know how you are feeling and express any concerns you have. Choosing a time to do this will make sure it happens regularly and will give you the opportunity to focus. You can then record this in your diary.



Independence Ideas

Cooking-With help, make one meal per week for you and your family. This can be something simple such as beans on toast or more complex such as a bolognaise. Take pictures and ask family to write down how it tasted. This can be used as evidence for your D of E Award.

Housekeeping-

Choose two chores per week to help out around the house, this could be hoovering, washing the pots or anything that will help. Take pictures of you doing these tasks.

Put your dirty clothes in two piles, sort out all the coloured clothes into one pile then put all the white clothes into another pile. If you feel confident, ask for help to put these in the washing machine and turn on.

Careers-Visit these lessons to learn how to build your CV. Include the skills you have learnt at The View and any work experience.

<https://www.how2become.com/resources/ultimate-guide-building-cv/>

Cognition and Learning Ideas

English-Watch the following lessons on reading text, take part in answering the questions. Write down your answers and highlight any areas that you need help with.

<https://classroom.thenational.academy/units/into-the-forest-by-anthony-browne-91e8>

Maths-Watch these lessons on telling the time-

<https://classroom.thenational.academy/lessons/telling-the-time-to-am-and-pm-68w3cd?activity=video&step=1>

https://classroom.thenational.academy/lessons/telling-minutes-past-on-a-digital-clock-cguk2c?from_query=telling+the+time

Complete the worksheets in your home learning pack around time.

IT-Find websites that will help us to gain ideas for crafts to sell at Gifts for You. Write down the web address for each site. The Gifts for You shop is aiming to sell some new products. Your task is to look at a variety of Valentine's gifts that we could make and sell at school. Print out, write down or draw the ideas you have found. You also need to say how much you think we should charge for these items. You will need to consider how much the items will cost to make and then add on profit.

Social, Emotional and Mental Health Ideas

Create a clam environment-Sort out your bedroom! Use this time to remove any clutter from your bedroom, make this space a really calm, relaxing one. Sort out any old clothes or toys that you don't need anymore, you will feel much better for doing this.

Diary/Journal-Continue to write your diary, this will be a really important document in the future.

Music-Pick ten songs that you like to listen to. If you are feeling anxious or angry at all, put these songs on, lay on the bed and close your eyes. This will give you time to relax and breathe.

Write a letter-Write a letter to your teacher explaining how you are feeling during lockdown. Put any worries or concerns you have and your teacher will write back to you.

Sensory/Physical

Join Jo Wicks three times per week to help keep healthy during lockdown

<https://www.youtube.com/watch?v=tSi2ix1i180>

Try at least one new form of exercise per week, this could be yoga, dance, pilates or something totally different. There are loads of great videos on You Tube.

try some at The View in leisure.