



### Communication and Interaction Ideas

Practice taking turns with each other by playing together. This could be in a game on the iPad, outside, or an inside game. Video call different family members or friends and tell them about your day. Take photos of their favourite objects/items/activities and create a home choosing board that they can go to if they would like to request an object or activity. Practice Makaton together—there are lots of clips on Youtube to get practicing and using it in your day-to-day language.



### Independence Ideas



In Sunbeams, we love to practice our independence tasks. Why not take the opportunity over these next few weeks to focus on some key skills that are important to us in Sunbeams:

- Practice zipping up their coats to play outside
- Practice their personal care and hygiene routine
  - Practice putting their shoes on
  - Practice getting dressed
- Practice making their own sandwiches at lunchtime

### Social, Emotional and Mental Health Ideas

In Sunbeams, we love Sensory Play! Sensory Play is great for our mental health. Help your child to make choices between activities and to terminate an activity—this is important for their emotional regulation. Explore oats, rice, paint, cornflour and water, lentils. Try this in the bath or outside to contain the potential mess. You could add in pots and pans and spoons to extend the learning. Put them in plastic bottles and explore the sound they make. Play with them, or encourage a sibling to, and encourage them to take turns—having photos nearby to refer to can help teach and reinforce this skill. Have some fun and spend quality time together!

Music is amazing for our emotional regulation and mental health. Why not listen to a new radio station? Have a 'relaxing hour' to ClassicFM or BBC Radio 3. Explore music from the 60s, 70s and 80s on BBC Radio 2 at the weekend. You might find that they love a style of music that you never expected! Some radio stations even take requests and you could write in together. It would be so exciting to hear their name on the Radio!



### Optional Home Learning!

#### Class:

Please feel free to use these ideas to keep learning going at home! There is no pressure to complete these...you may have other ideas and routines that you wish to maintain.

It would also be amazing to see or hear about what you've been getting up to so please feel free to share photos/work on our Twitter page: @KelfordSchool or you could put together a photo book to show us when we all come back! Please let us know if you need anything to help and we will try our very best.

Thank you all for all your hard work and support during these uncertain times. We miss you all!

Please contact School, Ellie or Andy if you would like any extensions or specific activities.

We know that Sunbeams might find the concept of school work at home challenging so please don't worry about sitting down and 'working'. They are constantly learning by watching you and engaging with the world around them. At this time, focus on helping them to regulate their emotions and forming a new home routine that you can maintain.

### Cognition and Learning Ideas

In Sunbeams we love our 'Bucket' session which we do everyday and would be easy to do at home too. Go on YouTube or Facebook and type in, 'Gina Davies Autism Centre' and there are lots of ideas and explanations on there for inspiration.



Baking or cooking is a great way of exploring maths and literacy—talk about heavy and light, encourage them to follow instructions, identifying objects, exploring textures, and making choices with decorations or topping. To extend their learning, why not take photos of you baking at different stages and have a go at ordering them using mathematical language (first, second, third etc.) and you could even try to write captions for your photos.

With your one walk a day, why not turn it into a treasure hunt or a counting/letter hunt? What numbers can you see (buses, post-codes, door numbers)? What letters can you see (shops, signs, posters etc.)? Or make a list before hand of objects you might see on your walk—how many do you find?

### Sensory/Physical Ideas

In Sunbeams, we love to do lots of active learning that helps our gross motor skills and that helps us with our senses. Why not put 'DebbieDoo' on Youtube or complete the daily Joe Wicks workouts together. If you have an outside space, get outside together and explore the garden. Use your one walk a day together and get the wiggles out!

You could set up simple sensory

