

## Learning at home – parent suggestions

### Structure and routine

- Agree a timetable together and write it down or draw it out using words, pictures and photos. For younger children they may find a visual timetable easier.
- Agree a set of simple rules, but be prepared to revisit if things aren't working well.
- Talk to the school about how flexible you can be with the routine. Some students may benefit from splitting up the day with fun activities in between work tasks.
- Can you set up a workstation for your child in a dedicated area to separate the space between home and school. In order to help with this you could try a 'walk to school (or around the block)' to help replicate the school day. This helps students feel the difference being at home but doing their school learning.
- Make a schedule for everyone in your household. Include who will be using the shared device at each part of the day, where these activities will take place and what's next.
- Children with SEN often have resources and strategies in place within the classroom to help structure their time such as visual timetables, checklists, visual support, egg timer etc. If schools are able to provide you with similar resources feel confident to use them.

### Concentration and motivation

- All children may find it difficult to concentrate on learning at home. Try to be patient and don't panic if things do not go to plan.
- Many children find online learning tiring, especially if they are trying hard to concentrate and listen for long periods of time. Speak to the school for advice about breaks for your child if you think they may need them.
- Some children love the element of challenge or competition, can you make it a game or way to earn rewards for their effort. This doesn't have to be expensive or time consuming – perhaps a family movie night or trip to the park may appeal.
- Some children will benefit from regular breaks away from the screen to move around. This will aid their focus and concentration. For example, you could give them challenge to do such as 10 star jumps to help use some of their energy.
- Give praise regularly
- Let your child show or explain to you what they are doing, this can support to revise and show their learning.
- Children learn best when they are calm. Here are some ways to help get them ready to learn:

#### **Relaxation Activities** -These activities may help you and your child relax.

- Imagine you are blowing the biggest bubble ever! Take in a deep breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. Repeat. Do you feel better?
- Pushing against a wall is a perfect way of getting rid of stress without having to go outside or leave the room. Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough – repeat three times. When you do this your muscles contract and then relax, releasing feel-good hormones into the body.
- Mindful Star Breathing -Spread one hand out like a star. Using the index finger on your other hand trace the outline of your star hand while taking a deep breath in, as you move your tracing finger to the top of your thumb. Breathe out slowly as you move your tracing finger down between your thumb and first finger.

Take another deep breath in as you move your tracing finger to the top of your first finger, breath out slowly as you move down between your first and second fingers.

Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths. Now repeat on the other hand.

### **A variety of ways to help you feel better**

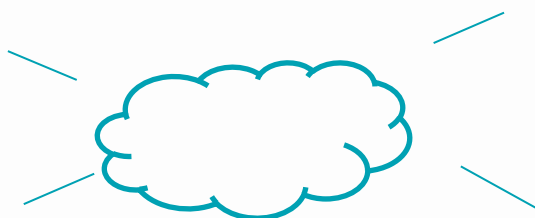
1. Try dancing or singing to your favourite song
2. Hug a favourite soft toy or cushion
3. Find a suitable space and do 5 Star jumps
4. Have a drink of water
5. Sit quietly and carefully do mindful colouring or mindful drawing
6. Make a list of things you are good at
7. Talk to a friend on line
8. Do a full body stretch, slowly reach to the sky then to your toes

### **Mindfulness and Relaxation Strategies**

- **Be Creative:** Draw, paint, scrapbook, sing, play an instrument, keep a diary/journal, take photographs, write poetry
- **Physical:** Walk, jog, running, skipping, dancing, swim, bicycle, play sport
- **Enjoy nature:** Go for a walk in the park, watch a sunset, lie on the grass, watch the clouds, listen to nature
- **Do Something soothing:** Have a bath, cuddle a pet, hug, massage you head or face, take deep slow breaths.
- **Have alone time:** Read a book, listen to your favourite music, enjoy some quiet time (no electronics)
- **Connect with others:** Spend time with the family, friends or animals. Talk, cook, listen to music, watch a video, build things, play cards/chess, do a hobby and laugh together

## **Communicating well**

- Support Language with visuals to give: information, instruction, direction. This can be real objects, photos, symbols, written word; timetables, to do lists, flow chart, equipment list.
- Talk to your child about the task, ask them to explain what they think they have to do.
- Draw a mind map of ideas



- Ask your child if there are any words they do not understand. Look these up to together and talk about what they mean.
- Keep instructions simple, do not give too many at once.
- Write a list of what do at each stage. Your child can cross it off when they finish each step

### Web Links

<b>Website:</b>	<b>What it offers</b>
<a href="https://chatterpack.net/blogs/blog/resources-list-for-home-learning">https://chatterpack.net/blogs/blog/resources-list-for-home-learning</a>	Chatterpack: Adapted home learning curriculum for young people with additional needs
<a href="https://www.twinkl.co.uk/resource/t-dc-283-free-british-sign-language-bsl-taster-resource-pack">https://www.twinkl.co.uk/resource/t-dc-283-free-british-sign-language-bsl-taster-resource-pack</a>	Sign Language Support Pack for Deaf pupils
<a href="https://get-help-with-remote-education.education.gov.uk/send">https://get-help-with-remote-education.education.gov.uk/send</a>	Supporting pupils and students with special educational needs and disabilities (SEND)
<a href="https://www.ndcs.org.uk/learningathometips">https://www.ndcs.org.uk/learningathometips</a>	Top Tips for Learning at Home with your Child - for Deaf pupils
<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	A range of free educational resources to build skills from EYFS to post 16  Online activities for Maths / English and all NC subjects
<a href="https://uk.ixl.com/">https://uk.ixl.com/</a>	A range of free educational resources to build skills from EYFS to Y13  Online activities for Maths / English linked to curriculum skills in these areas.