

Learning at Home

Ideas and resources



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Resources to support explaining Coronavirus to your child

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.bbc.co.uk/newsround/51861089>

Activities

Nature

Go for a walk, find nature items (twigs, leaves, flowers) and make a piece of art work

Could you use chalk to make a big art piece in your garden?

Cooking

Cooking provides the opportunity to spend quality time together as a family, it is such an important life skill and encompasses many maths skills. Young people love the different textures, mixing and seeing the finished outcome. We know how important tasting new foods is, and can be a challenge for some of our learners, again this is a good opportunity to approach new foods in a fun way.

Measuring- using scales to weigh, estimating, use a timer, choosing containers, capacity.

Can you help to prepare a meal?

Can you invent a recipe out of leftover food items in your house (overripe bananas make smoothies, banana bread, pancakes and cookies)

Can you help to set the table? You could put the plates, cups, cutlery out. Setting the table encourages 1:1 correspondence, counting the number of people at the table, practising independent skills and encouraging your child to eat using a knife and a fork.

Counting stairs

Learners love counting going up the stairs, be really enthusiastic. Count backwards going down the stairs, this helps the young person understand the order of numbers. You can put the number symbol on each stair. This activity can be extended to counting in twos every time a stair is missed.

Daily routine

How long does it take you to get dressed? How long does it take you to brush your teeth?

Get your son/daughter to count or use a timer to see the time taken. You can have challenges to see if they can get a quicker time and compare times- what took longer, getting dressed or brushing your teeth?

Physical activities

We are always looking for ways to link maths with other subjects, physical activities promote maths skills as well as giving young people exercise to keep them healthy.

Counting jumps on a trampoline, counting throws of a ball.

You can put numbers on bowling pins and count how many have fallen over, this can be extended to practising number bonds (we had 5, 2 have fallen over, 3 are left). Playing ball games you can incorporate shape, what shape does a ball need to be if we want it to roll?

Hanging the out the washing

This promotes motor skills and independence skills. It is also a great maths activity as your son/daughter will need to count each item of clothing out and the number of pegs they will need. They can sort the clothes and pegs by colour

Posting letters

This is fantastic shape practise (and writing), will the large object fit in the post box? What shape is the letter, is the stamp bigger or smaller than a letter?

Bugs in a jar

This is an activity not for the faint hearted ☺ give your son/daughter a jar and encourage them to find bugs in the garden. How many have they got? What colours are they? How many legs do they have?

Building a den

This activity is as fun for the adults as it will be for your son/daughter. This activity is full of opportunities to use rich, positional language.

Can you put the blankets over the table?

Can you put the pillows next to the table?

Can you crawl under the table and inside the den?

You can use it on a rainy day inside or get outside in the garden. It is great when followed with a picnic!

Drawing

This activity is great for practising drawing lines, shapes and thinking about size. The tester wallpaper samples you can get in most home stores are fantastic for setting out on the floor, practising writing numbers and then going on a number hunt.

Games

There are so many fantastic games that promote maths skills and also turn-taking and sharing. Snakes and ladders, monopoly, top trumps for comparing numbers and card games such as higher or lower.

Travelling games

This is a fun, engaging activity when travelling in the car or walking. Can you count the colour of cars? You can even practice recording by mark making under the different colours. Another fun activity is looking for signs with numbers on them

Pairing socks

Pairing socks is an important independent skill and also builds the understanding of odd and even and pairs. Can you look at the pattern, the colour and the size?

Keys and locks

This takes a little bit of preparation time but is worth it as it really challenges learners. You attach numbers to the keys and representations to the locks and your son/daughter has to find the matching key to open the lock. There is a 'match me up' activity if you would like to try this at home attached.

Chalk activities

Can they cover the outside floor in chalk drawings of shapes or numbers?

Gardening

Gardening is a really therapeutic activity that helps learners to practice mindfulness. This also focuses on size, colour, measure and time as your son/daughter watches what they have planted grow. It also provides your son/daughter with that really proud moment of seeing something they have created grow into something beautiful.

Messy trays

I have included some recipes for fantastic messy ideas and what simple household materials you will need that will keep your home tidy but your son/daughter engaged and developing their love for maths.

Nature hunt

I have attached a recording sheet if you want to send it into school. Your son/daughter has to find a certain number of items in the environment (sticks, leaves).

Number bag

You pick a number and your son/daughter has to find as many ways as possible to show that number. For example, if it was 5 they could pick 5 shells on the beach, take a photograph of 5 family members, and put 5 Christmas cards in the bag. I have given you a bag if you would like to try this with a number symbol on it.

Capacity

How many bottles of water would I need to fill the bath? How many cups of water do I need to fill the sink? Does a jug or bowl hold more water? These are fun activities that also promote daily hygiene and independent skills.

Shopping

Supermarkets, cafes and shops (even online shopping) are full of maths opportunities. Your son/daughter can use a calculator on a phone, they can practise ratio and sorting objects together for example by size or item and read sell by dates. Shopping encourages learners to practise their money skills: reading the price can be extended to comparing offers, scanning the items through the till and exchanging money.

Looking for shapes in the environment

Look for interesting shapes all around you, spider's webs, floor patterns etc. If you would like to take photographs and make a collage, we will display it in school.

Mocktail making

This is one of my favourite lessons to teach. We get different fruit juices, and experiment with measure. It is great for encouraging children to taste new flavours, healthy choices and using rich vocabulary such as full, half full, empty.

Tea Towel folding

After drying dishes, practice making 2d shapes such as squares, rectangles and triangles out of tea towels. Extend to pentagons, hexagons, the possibilities are endless.

Additional ideas

What is your favourite book? Can you read it? Can you write a book review?
Can you use your Lego to build towers? Can you count the difference in size?
Can you take a photograph?

Can you go for a picnic? Could you have an indoor picnic?

Can you make a card for someone special in your life?

Can you go on a bike ride?

Funbox Jo

Access Funbox Jo's Youtube videos and learn how to sign along to songs as a family.

Can you apply the signs you have learned in everyday life?

How many new signs have you learned?

Youtube search: Funbox Signing Classes

Websites

Who is your favourite character from a film/book? Can you research them?
Can you write a fact file about them?

What job would you like to do when you are older? Can you research it?

What is your favourite song? How does it make you feel when you listen to it?

Can you make a family tree?

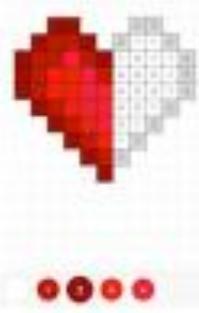
Anxiety Apps

Links
https://www.twinkl.co.uk/resources/parents
https://classroommagazines.scholastic.com/support/learnathome.html
https://www.bbc.co.uk/programmes/articles/1vYCLNIGK2wdM8R9FqhVxhV/class-clips-primary
https://www.bbc.co.uk/cbeebies
https://www.coolmathgames.com/
https://www.natgeokids.com/uk/
https://www.starfall.com/h/
https://www.funbrain.com/
http://www.nickjr.co.uk/
https://www.exploratorium.edu/
https://www.bbc.co.uk/history/forkids/
https://www.learninggamesforkids.com/
https://www.almanac.com/kids
http://disneyjunior.disney.com.au/games
https://www.rmeasimaths.com/ Log ins/ password
www.oxfordowl.co.uk login: landgate1 Password: owl
www.topmarks.co.uk
www.purplemash.com

Anxiety Management - Apps

<p>HeadSpace</p> <p>HeadSpace is an app that provides guided meditation sessions and mindfulness training in areas such as stress, anxiety and sleep. It also has sessions to cover varying emotions. Free to use the trial parts of the app.</p> 	<p>Smiling Mind</p> <p>Smiling Mind offers a free app-based tool developed by psychologists and educators to assist people in dealing with the pressure, stress and challenges of daily life. Programs are offered for: 7 - 9 years old, 10 - 12 years old, 13 - 15 years old, 16 - 18 years old, adults, sport, mindfulness in education & mindfulness in the workplace</p> 
<p>Cove</p> <p>Cove is an app that was designed for individuals who find it hard to express themselves verbally. In this app, young people can capture their mood or express how they feel by making music and storing it in a personal journal. Entire app is free.</p> 	<p>Self-Help Anxiety Management (SAM)</p> <p>SAM has been developed by a university team of psychologists, computer scientists & student users. The app lets users self-monitor anxiety and graph this. Users are encouraged to build their own Anxiety Toolkit of SAM resources and to draw on this for regular practice in managing anxious situations. The app is not text-heavy and highly visual.</p> 
<p>Worry Float</p> <p>A free app for younger users. Children type their worry in a balloon, rate whether it is a small, medium or large worry and then tap the balloon. The worry then floats away, until it disappears.</p> 	<p>Stop, Breathe and Think Kids</p> <p>Users select how they feel upon opening the app. Depending on their choices, they are then given a 'mission' to launch. Each mission is a few minutes long and missions range from watching mindful cartoons, to being guided through relaxation exercises in the form of cartoons. Free app with options to purchase more.</p> 

Anxiety Management - Apps

<p style="text-align: center;"><u>Calm</u></p> <p>Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in various lengths between 5-25 minutes. The app also includes sleep stories to support sleep and breathing exercises.</p> 	<p style="text-align: center;"><u>DreamyKid</u></p> <p>The DreamyKid meditation app offers meditation, guided visualisation and affirmations curated just for children & teens. It uses proven techniques that teach users mindfulness methods. It offers a body scan meditation and a self-esteem booster program for free. All other programs need to be purchased.</p> 
<p style="text-align: center;"><u>Happy Not Perfect</u></p> <p>Users start with an emotions check-in and from there, they are sent on a customised experience that changes daily. There are RECHARGE sessions, filled with mini-games, quick techniques, and over 50 breathing exercises, plus a five-minute REFRESH which starts by guiding them to reflect and relax through slow belly breathing. Then they're directed to the "Burn Bin" to burn thoughts away visually. There's also a log to write a daily gratitude list, and think about worries from another perspective.</p> 	<p style="text-align: center;"><u>Super-Stretch Yoga</u></p> <p>Users have fun & get fit learning yoga poses from animated superhero characters. Go from start to finish or pick a pose, from up to 60 combinations. The app aims to teach breathing, play and mindfulness to children through yoga fitness.</p> 
<p style="text-align: center;"><u>Plazma</u></p> <p>A free app that acts as a virtual lava lamp to provide a visual, calming sensory stimuli. Users can simply watch the lava float or swipe their finger over the screen to manually move the lava around.</p> 	<p style="text-align: center;"><u>Sandbox Coloring</u></p> <p>An app for virtual colouring by numbers to promote mindfulness. Being 'in the moment' through any colouring app, provides users with a distraction from their worries. The app contains enough free colouring pages so that you won't have to purchase any paid ones. Zoom in to colour by numbers and once a picture is finished, users watch a video of their colouring.</p> 

Calming techniques

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

Calming Techniques

- Therapeutic pressure (hands on shoulders)
- Hand / foot massage
- Therapeutic pressure using objects (rolling a ball on back / arms)
- Engage in slow rocking or swaying
- Sit on a bean bag / large pillows
- Provide a blanket wrap
- Guide the child in active and passive stretches
- Provide a quiet space
- Provide fidget toys
- Reduce noise and light levels

Communication boards

The communication board consists of the following items:

- contagious/spread**: Illustration of two people with arrows showing the spread of germs.
- worried**: Illustration of a person with a worried facial expression.
- coronavirus**: Illustration of coronavirus particles.
- get, got**: Illustration of two hands, one holding a red square.
- what**: Illustration of a question mark inside a square frame.
- wash hands**: Illustration of hands being washed under a faucet.
- ill**: Illustration of a person lying in bed with a thermometer.
- cough**: Illustration of a person coughing into their elbow.
- need**: Illustration of a hand pointing to the right.
- why**: Illustration of a question mark inside a diamond shape.
- cough into elbow**: Illustration of a person coughing into their elbow.
- fine**: Illustration of a hand making an 'OK' gesture.
- fever**: Illustration of a person with a fever and a thermometer in their mouth.
- I, me, my, mine**: Illustration of a person.
- don't touch face**: Illustration of a face with a red 'X' over it.
- cancelled**: Illustration of a red prohibition sign.
- short of breath**: Illustration of a person holding their chest.
- I don't understand**: Illustration of a person with a question mark over their head.
- you, your, yours**: Illustration of a hand pointing to another person.
- oops**: Illustration of a person with a surprised expression.
- I need my communication book**: Illustration of a communication board.

At the bottom right of the board, there is a copyright notice: **PCS® and Boardmaker by Tobii Dynavox®. All rights reserved. www.tobiidynavox.com**

General Tactile Activities

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- **Playdoh, Arts & Crafts** (painting, finger knitting, scrapbooking, tearing paper etc)
- **Gardening**
- **Body Brushing** (varied brushes, drawing with chalk on body, and erasing with different textures – cloths, sponges etc)
- **Massage, Tickles, Back Rubs** (can use lotions, powders; can apply hands off by rolling a tennis ball up / down arms)
- **Tactile Adventure Bins** (porridge, water, sand, lentils, rice, popcorn etc)
- **Treasure Hunts** (hide small objects in playdoh or adventure bin to find with fingers)
- **Shaving Foam & Bubbles** (draw in them, blow them)
- **Dressing** (buttons, zips, putting on gloves, shoes, hats, scarves etc)
- **Kitchen Activities** (mixing, measuring, tasting, smelling, washing up)
- **Wash Time** (bubbles, soap, sponges, flannels and brushes)

Ideas for Fiddle Toys

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

- Balloons filled with flour or play dough
- Nuts & bolts
- Velcro under the desk / on top of the desk to run fingers over
- Theraband on legs of the desk or chair
- Pipe cleaners to twist / wind around fingers
- Ziplock bags filled with hair gel / paint and taped shut (can add buttons, beads etc)
- Ziplock bags or balloons filled with water beads
- Key rings linked together (try different sizes)
- Large key rings with beads on
- Flexible rubber hair curlers

Pre handwriting skills

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

Multi-sensory Approach to Pre-Writing Skills

Visual

- Write or scribble on different kinds of paper
- Use different tools (paintbrush, chalk, crayons, light up pen etc)
- Use special colouring books where the colour appears when water is used on the paper

Tactile

- Finger painting
- Using paints or crayons on sandpaper or other textured surfaces
- Write in sand, foam, mud, flour
- Trace finger around letter shapes made out of string, play dough, sandpaper

Olfactory (sense of smell)

- Draw with scented markers
- Add flavourings / scents to finger paints (use edible paint incase the scent makes the learner want to eat it)

Auditory

- Attach bells to a pencil / paintbrush
- Use a musical toothbrush to paint with

Gustatory (sense of taste)

- Use edible laces to form letters
- Draw with icing on a cake to decorate it

Proprioceptive

- Weighted pen or paint with weighted toothbrush
- Vibrating pen
- Write on a child's back with finger and get the learner to guess the shape / letter
- Use a spray / squeeze bottle with water to draw shapes and letters

Vestibular

- Walk, skip, jump shapes on the floor / over string or rope, shoes on or off
- Follow the leader to form letters and shapes

Sensory processing

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

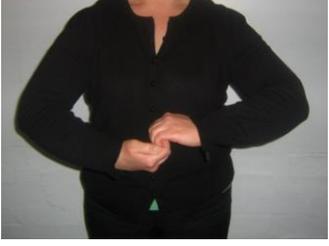
Ideas to Improve Proprioceptive Sensory Processing

- **Tug Of War Games** (pulling a rope)
- **Wheelbarrows** (child walks on hands while adult supports hips or legs)
- **Turtle Race** (place a beanbag on the child's back, then crawl around a circuit, slowest wins)
- **Rolling** (child lies on stomach over a large ball with hands on the floor – rolling forward onto hands and backwards on to feet)
- **Pillow Crashing** (encourage child to crash into a pile of large cushions)
- **Carrying Loads** (encourage child to carry boxes of toys, pull / push Hoover etc)
- **Squeezing & Stretching** (squeezing play-doh, silly putty, wet sponges and stretching exercise bands)
- **Food Preparation** (mixing, stirring, spreading, kneading, rolling out, cutting)
- **Wii Fit activities**

Seated sensory circuits

OCCUPATIONAL THERAPY

Seated Sensory Circuits

<p>Hand Squeezes:</p> <ul style="list-style-type: none">• Clench fists tight (so the knuckles show)• Hold for 5 seconds• Relax• Repeat 3-5 times• Remember to breathe normally	
<p>Hand Stretches:</p> <ul style="list-style-type: none">• Stretch open fingers wide• Hold for 5 seconds• Relax• Repeat 3-5 times• Remember to breathe normally	
<p>Hand Presses:</p> <ul style="list-style-type: none">• Press the heels of hands together• Push firmly• Hold for 5 seconds• relax• Repeat 3-5 times• Remember to breathe normally	
<p>Hand Pulls:</p> <ul style="list-style-type: none">• Link cupped fingers together• Pull firmly• Hold for 5 seconds• relax• Repeat 3-5 times• Remember to breathe normally	

Chair pull-ups:

- Hold onto the bottom of the chair seat
- Pull up
- Hold for 5 seconds
- Relax
- Repeat 3-5 times
- Remember to breathe normally



Chair press-downs:

- Slide hands under legs
- Press down on seat
- Hold for 5 seconds
- Relax
- Repeat 3-5 times
- Remember to breathe normally



Sensory alerting

OCCUPATIONAL THERAPY

(Beneficial for children who have difficulty initiating tasks, seem lethargic, swing between being passive to over-active, and struggle transitioning from one activity to the next)

Heavy Work for Muscles:

- Lifting, carrying & pushing
- Watering the plants using a plant spray
- Tidying
- Climbing on the climbing frame
- Jumping up & down (using a trampette or on the spot)
- Hitting a pillow / punch bag
- Wall push ups
- Tug of war games

Touch:

- Massage on back and feet
- Stress balls, play-doh, theraputty, textured objects
- Vibrating toys
- Pressing hands / feet together
- Bare foot activities (walking on sand, grass, textured mats)
- Squeezing / popping bubble wrap

Fast Movement:

- Sitting and bouncing up & down on a therapy ball
- Swinging
- Running, jumping and changing directions

Oral Motor:

- Chewing on oral toys or crunchy foods (apples, carrots)
- Sucking with different straws
- Blowing bubbles

Environmental:

- Bright rooms, lights
- Lots of movement breaks
- Move n sit cushions
- Cooler temperature

Sensory calming

OCCUPATIONAL THERAPY

(Beneficial for children who become overloaded, become distressed, and struggle to calm themselves down. Difficulties with sensory overload can affect participation in daily life and learning opportunities)

Deep Pressure Touch

- Lifting, carrying & pushing
- Watering the plants using a plant spray
- Tidying
- Climbing on the climbing frame
- Jumping up & down (using a trampette or on the spot)
- Hitting a pillow / punch bag
- Wall push ups
- Tug of war games

Touch:

- Firm cuddles
- Stroking a soft toy
- Squeezing stress balls, play-doh, theraputty
- Pressing hands / feet together
- Carrying items in a backpack
- Wearing headphones that cover the ears

Slow Movement:

- Sitting in a rocking chair
- Swinging
- Gently bouncing on a therapy ball
- Slow, deep breathing

Oral Motor:

- Sucking with different straws
- Drinking from a sports bottle

Environmental:

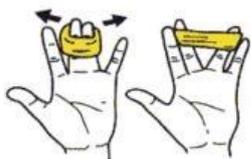
- Provide a small, safe space
- Allow play in a quiet, small space
- Provide a beanbag chair to play under

Play dough/ putty

OCCUPATIONAL THERAPY TREATMENT PROGRAMME

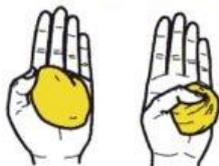
Theraputty & Playdoh Activities

Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



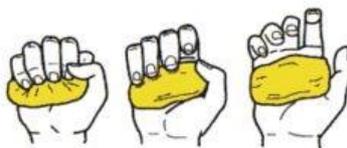
Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



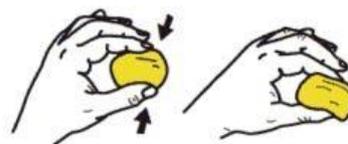
Create a hook as you press your fingers into the Thinking Putty.

Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



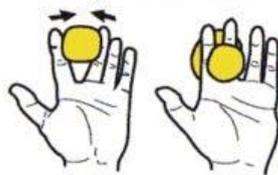
Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.