

### Leaves Planning for Home Learning - Spring Term

Below is a list of key skills to focus on with your child while they are not attending school. From the list of suggested ideas, choose which activities you think will suit the needs of your child the best. They do not need to be done at specific times of the day but just as opportunities arise.

Area	Key Skills	Suggested Activities
Independence	Choosing coping strategies from a choice	<ul style="list-style-type: none"> <li>● It is a good idea to discuss with your child what coping strategies help them at a time when they are calm.</li> <li>● When your child becomes upset offer a limited choice of calming strategies which you know your child responds well to. These may include rocking in a rocking chair, listening to music on headphones, deep breathing, watching a preferred video clip, brief periods of vigorous exercise, or accessing a favourite activity or material.</li> <li>● If your child responds well to visual choices you could draw the activity on a piece of paper for your child to choose from.</li> <li>● More information about coping strategies can be found here. <a href="#">Prioritize Coping and Calming Skills   AFIRM</a></li> <li>● Here are some tips from Sheffield's Speech and Language Team on emotions coaching <a href="#">Weekend Words - Emotion coaching</a></li> </ul>
Social & Communication	Accepting another person's choice of game and another person's perspective on a topic	<ul style="list-style-type: none"> <li>● Ask your child to play a game/activity of your choice followed by an activity of their choosing.</li> <li>● If your child has siblings encourage your child to play a game/activity of their choice first.</li> <li>● Ask your child questions about their favourite things and say that you like different things. Explain to your child that it's ok that people like different things.</li> </ul>
Self- Help	Eating – tasting different foods and helping in preparation	<ul style="list-style-type: none"> <li>● Encourage your child to try different and new foods by offering them choices.</li> <li>● If your child is reluctant to try new foods, start by asking them to touch or smell the new foods. Then encourage them to hold it in their hands, followed by licking it. Praise your child for whatever stage they get to.</li> </ul>

		<ul style="list-style-type: none"> <li>● Ask your child to help in the preparation of food. Ideas for helping include: Cracking eggs, Pre-heating the oven, stirring sauce on the oven with supervision, peeling apples or potatoes, sift flour, using a rolling pin, spoon batter into pan or tray, help make the shopping list and helping to cut and dice fruit and vegetables.</li> <li>● This page contains further ideas for how children can help in the kitchen. <a href="#">Ten Ways Kids Can Help in the Kitchen</a></li> <li>● Here is a lesson plan for using the kitchen safely <a href="#">Using the kitchen safely</a></li> </ul>
Cognition	Reading words and sentences	<ul style="list-style-type: none"> <li>● See this website for lots of fun ideas for word reading: <a href="#">15 Exciting and Fun Reading Games &amp; Activities for Kids</a></li> <li>● Encourage your child to read a book with you, you could take it in turns reading a page each.</li> <li>● Encourage your child to read words and sentences from the environment, for example, reading words off takeaway menus, words on labels, text messages and posters.</li> <li>● Here is some information about reading food labels <a href="#">Reading food labels</a></li> </ul>
Cognition	Maths - Shape	<ul style="list-style-type: none"> <li>● Ask your child what different shapes are in the environment. Talk about how many sides and corners they have.</li> <li>● Do a shape treasure hunt with your child, asking them to spot or collect as many things that contain squares, circles, triangles etc.</li> <li>● This BBC website has lots of fun short videos teaching you about shapes. <a href="#">2D and 3D shapes - KS1 Maths</a></li> <li>● This page has lots of lovely shape game ideas and activities <a href="#">Properties of Shapes KS1</a></li> </ul>
Physical Development	Fine motor skills	<ul style="list-style-type: none"> <li>● Practice origami by following these instructions <a href="#">Simple Origami For Kids and Easy Instructions</a></li> <li>● Play different board games.</li> <li>● Practice typing skills on a keyboard.</li> <li>● Do some jewellery making, making friendship bracelets (plaiting or knotting) or threading beads.</li> <li>● Colouring pages (especially those with fine detail).</li> </ul>

		<ul style="list-style-type: none"><li>● Completing Jigsaw puzzles especially those with small pieces.</li><li>● Scissor skills - making collage of favourite things from a catalogue</li></ul>
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