

Roots Planning for Home Learning - Summer

Below are 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	Daily routines	<ul style="list-style-type: none"> • Use schedules/ visual time tables to create visual prompts, this can be using a series of pictures or just 2 (now and next), here are some tips from Sheffield’s Speech and Language Team on following a morning routine Morning routine • If your child struggles to follow a visual time table use objects of reference to help support them know what is next, e.g. hold up a tooth brush and tell them ‘brush teeth’, Sheffield’s Speech and Language Team have a video explaining more about the reasons behind using objects of reference and how to implement these at home Objects of reference • Once you have begun to embed a regular routine, give your child the opportunity to lead you to the next task or room in the routine. For example, after showing them the toothbrush or picture of toothbrush can they lead you to the bathroom to begin brushing their teeth. • Use timers or alarms to signal when a routine will begin, e.g. alarm to wake up, or signal bedtime. Timers can also be useful to end tasks within the routine, such as stopping brushing your teeth when the timer goes off, you could even add setting the alarm or turning over a sand timer into your routine. • Take photographs of your child completing each part of the routine for a more personalized approach. • Remember to give your child lots of praise for completing each step of the routine.
Social & Communication	Sharing personal space	<ul style="list-style-type: none"> • Begin by playing alongside and sharing space with an activity you know your child enjoys. • Try sharing resources that are easy to share alongside each other.

		<ul style="list-style-type: none"> ● Art and craft activities: Share one paint pot but each person has a paint brush or even use your hands. Paint on one big piece of paper (left over wall paper or wrapping paper is great for this). ● Sensory play: Both dig a hole in the same spot in the garden, sand pit or big plant pot. Use your hands, spoons anything you want, model offering and sharing tools. ● Books: Here are some tips on sharing books together from Sheffield's Speech and Language Team Sharing books
Self- Help	Identifying emotions (happy and sad)	<ul style="list-style-type: none"> ● Use the selfie mode on your camera or tablet to make 'happy' and 'sad' faces. ● When you see your child experiencing an emotion, copy their facial expression and name the emotion. ● Name your child's emotions 'Tim is feeling sad, because ipad has finished' ● Use makaton to reinforce emotions happy sad ● Use songs to talk about emotions <p>How Are You Today?</p> <p>Hello Song #2 Hello How Are You Hello Song for Kids Kindergarten & ESL Fun Kids English</p> <p>Feelings Word Power PINKFONG Songs for Children</p> <p>https://www.youtube.com/watch?v=utZr0dPu5sk</p> <p>'How are you feeling?' song - with Makaton signs. Song 1</p> <p>The Feelings Song</p> <ul style="list-style-type: none"> ● Encourage your child to ask for help before getting cross or sad, here is a Makaton video to support your child to sign this, even if your child does not need Makaton to communicate this can be a good visual prompt for you and your child to use Makaton help sign ● Here are some tips from Sheffield's Speech and Language Team on emotions coaching Weekend Words - Emotion coaching

Physical development	Gross motor skills: Dance and movement	<ul style="list-style-type: none">● Encourage your child to move, dance in whatever way they feel comfortable.● Let your child wear their favourite dancing clothes or shoes, use scarves or pom poms to dance with or even a Tupperware or bottle with rice in and listen to how it rattles as you move.● Put on your child's/your favourite band and dance together.● Practice some action songs like 'head shoulders knees and toes', get them to copy your movements, you may need help them move their body parts.● Gonoodle is a great website with lots of links to different movement activities and dances https://family.gonoodle.com/● Try some 10 Minute Shake up activities https://www.nhs.uk/10-minute-shake-up/shake-ups● Dance 'n Beat Lab channel Dance 'n Beats Lab● Change4Life: Dance Try these 10 minute dance activities inspired by Disney characters and songs.
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