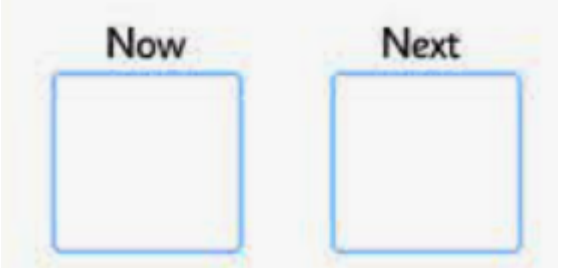
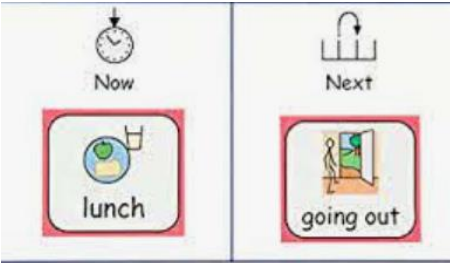


Branches Planning for Home Learning - Spring Term

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	Follow individual now/next, individual timetable	<ul style="list-style-type: none"> Watch this video of how to use 'first and then', here are some tips from a Sheffield Speech and Language Therapist to support your child's language skills Weekend Words - First & Then Board. At Rowan we use 'now and next' but this gives a good overview of why and how to use these types of boards. <div style="text-align: center;">  <p>Now and next boards can be written, drawn or you can use symbols to illustrate what is now and next.</p>  </div> <ul style="list-style-type: none"> Use the now and next board to support your child to brush their teeth e.g. now brushing teeth, next bubbles

		<ul style="list-style-type: none"> • Use the now and next board at meal times e.g. now dinner, next pudding • Use the now and next board to support your bedtime routine e.g. now pyjamas, next story • As your child begins to become more adept at using now and next board for sets of instructions e.g. It's time to go outside. Now shoes, next coat, then outside. <div data-bbox="1274 443 1832 695" data-label="Image"> <p>The image shows a board with three columns labeled 'Now', 'Next', and 'Then'. Below each label is a large, empty rectangular box, intended for writing or drawing a task to be completed in that order.</p> </div>
Social & Communication	Communicating basic emotions and use coping strategies	<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 Makaton Topic - FEELINGS / EMOTIONS - Singing Hands (ft Dave Benson-Phillips) • Use visuals to label emotions, you could use pictures, symbols, photographs, drawings, emojis or characters from their favourite show. <div data-bbox="1285 1145 1809 1323" data-label="Image"> <p>The image displays three different ways to represent the emotion 'angry'. From left to right: a simple line drawing of a face with furrowed brows and a downward-curved mouth; a yellow circular emoji with a furrowed brow and a downward-curved mouth; and a character from the movie 'The Sandlot' with a very angry expression, including furrowed brows and a wide-open mouth.</p> </div> <ul style="list-style-type: none"> • Use songs to talk about emotions

		<p>How Are You Today? Hello Song #2 Hello How Are You Hello Song for Kids Kindergarten & ESL Fun Kids English Feelings Word Power PINKFONG Songs for Children https://www.youtube.com/watch?v=utZr0dPu5sk 'How are you feeling?' song - with Makaton signs. Song 1 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 ● Here you will find some information on naming emotions and suggested calming activities Managing emotions strategies to manage emotions
Self- Help	Eating (tasting different foods)	<ul style="list-style-type: none"> ● Encourage your child to try different and new foods by offering them choices. ● Model trying new food, describe what it tastes, feels and smells like. Let them see how much you are enjoying it. ● Play with food to decrease anxiety, use biscuit cutters to create new shapes for sandwiches with different fillings, make a face on your pizza with different vegetables, dip your fingers in pasta sauce, you may be surprised they might have a lick! ● 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. ● Ask your child to help in the preparation of food. Ideas for helping include: Cracking eggs, Pre-heating the oven, stirring,

		<p>chopping soft fruits or vegetables, sift flour, use a rolling pin, spoon batter into pan or tray.</p> <ul style="list-style-type: none"> ● Think about textures, it may be how the food feels not the flavour that results in an aversion. e.g. it may be the squishiness of a tomato. Try blending, chopping or cooking these foods to change the textures. ● Encourage your child to help you make a shopping list, you could draw pictures next to different items, can you add something new to the shopping list to try, are they able to help you find it when you get to the shops. ● This page contains further ideas for how children can help in the kitchen. Ten Ways Kids Can Help in the Kitchen
Physical Development	Fine motor skills	<ul style="list-style-type: none"> ● Pencil skills: mark making, colouring, drawing, tracing, writing) ● Scissor skills: early skills (squeezing playdough, squishy toys) cutting (playdough, paper, card, leaves, kinetic sand, fabric, straws, cooked spaghetti, vegetable peelings) ● Play skills: construction (lego, duplo), puzzles, train tracks, dressing dolls ● ICT skills: using mouse, stylus, keyboard ● Dressing skills: zips, buttons, belts, velcro, laces ● Eating skills: Using cutlery, picking up food (e.g thread penne pasta, picking up cheerios, tearing bread), opening lunch boxes, packets.