


### Branches 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	Use equipment appropriately & know where it goes.	<ul style="list-style-type: none"><li>• Create opportunities where your child will need a specific tool e.g. eating ice cream! What do you need? A spoon or a fork? Physically show them or give them both and see which one they find the most helpful.</li><li>• Set up activities but 'accidentally forget' an item that you need encourage them to tell you or show you what they need e.g. painting without the paint brush, pouring a drink without the cup.</li><li>• Encourage your child to help put cutlery in the right drawers, tidy up toys into their boxes, collect or put clothes away, dirty washing in the washing basket each night, etc.</li><li>• Having things in the same place all of the time helps children remember where they should be and find them. (e.g. Help you child put their school bag somewhere and ensure it is in the same place each time etc.)</li><li>• Use visual labels where possible to help children make a visual connection.</li></ul> 

Social & Communication

Shows concern & thoughtfulness.


- Watch or read [The Jelly Doughnut Difference](#) a book about how to show kindness to our friends and family.
- Think about some kind things you can do for each other, make this visual by adding them to your [kindness doughnut](#), this resource can be downloaded for free




- [How kind](#) is a book about kind acts for others. What can you do for someone else today?
- [Should I share my Ice Cream?](#) in this story Elephant has to make a very difficult decision: should he eat the absolutely delicious ice cream or share it?
- Is there something you could share with someone in your house? Try cutting something nice to share in half or counting out the same number of treats for someone (smarties, grapes etc).



- Make 2 nice treats one to eat and one to share. Here are some nice healthy snack ideas you could make and share [Healthy snack ideas](#)

		 <ul style="list-style-type: none"> <li>• Model lots of sharing and make sure you praise your child and/or family members ‘Look at Fred’s good sharing, he has shared his biscuit’, ‘Look at Jenny’s good sharing, she has given me a brick to build my tower’</li> </ul>
Self- Help	Washing my body and hair	<ul style="list-style-type: none"> <li>• Choose a time when you and your child are relaxed and don’t need to rush.</li> <li>• Try and make it a positive experience, give your child some control, can they help pick up the shampoo or shower gel/ soap bar they would like to use (smell it, look at the colour to make sure none of these things are a barrier).</li> <li>• Experiment with different pressures and textures, do they like shampoo to be softly rubbed in or roughly, take your child’s hands and encourage them to rub in the shampoo. Try different textured cloths for washing.</li> <li>• If they are worried about getting water or soap in their eyes or ears wear goggles or ear plugs until they become more confident.</li> <li>• To encourage independence use sequence cards ( these can be simple drawings) to remind them of the order in which tasks need</li> </ul>

		<p>to be completed or make a list.</p>  <ul style="list-style-type: none"> <li>• Encourage your child to get everything else that they need for the task, shampoo, conditioner, towel, soap, etc.</li> <li>• Washing is a great time to reinforce vocabulary of body parts, objects in the bathroom and simple instructions.</li> <li>• Sheffield Speech and Language team have some top tips for developing language skills check out their video <a href="#">Weekend words - Bathtime</a></li> </ul>
Physical development	Gross motor skills: Dance & Movement	<ul style="list-style-type: none"> <li>• 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.</li> <li>• <a href="#">Let's move Summer holidays</a> Some dance suggestions from Justin Fletcher</li> <li>• Put on your child's/your favourite band and dance together.</li> <li>• 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.</li> <li>• Gonoodle is a great website with lots of links to different movement activities and dances <a href="https://family.gonoodle.com/">https://family.gonoodle.com/</a></li> </ul>

		<ul style="list-style-type: none"><li>● Try some 10 Minute Shake up activities <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a></li><li>● Dance 'n Beat Lab channel <a href="#">Dance 'n Beats Lab</a></li><li>● <a href="#">Change4Life: Dance</a> Try these 10 minute dance activities inspired by Disney characters and songs.</li></ul>
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