



## Lancashire SEND

### Specialist Teacher Newsletter

No 3. April 2020

## Home learning ideas for pupils with Special Educational Needs

The Coronavirus outbreak means that **parents and carers** of young people with **SEND** are facing uncertainty. We know schools are on the front line and are playing a **hugely important role** in keeping communities going in these challenging times. If your child is not able to attend school, we want to be able to **support** you with some practical home learning advice, hints and suggestions. This is an evolving picture, so we hope these newsletters go some way to support parents and carers through this unprecedented time.

## Home Learning

Welcome to the home learning newsletter for parents and carers of children with special educational needs. The suggestions and practical ideas have been written by specialist teachers working within the Lancashire Specialist Teacher Service. Each newsletter will contain ideas and suggestions of activities you can do with your children at home. Features will vary from week to week, but will cover broad areas of cognition and learning, communication and interaction, social and emotional wellbeing and sensory and physical needs. We welcome any feedback from parents and carers.

### Getting Started

1. Have a daily plan – include your child's interests and motivators
2. Flexibility – be prepared to change the plan
3. Chunk activities with a practical, movement break between.
4. Developing life skills is also learning.
5. Incorporate a range of tools to engage learning e.g. books, apps, garden, household objects.

6. Remember every young child can learn, just not on the same day or in the same way.



Twinkl home learning hub are offering free daily activities and live sessions. These are split into ages 3-5, 5-7, 7-9 and 9-11. They cover literacy, numeracy, French, topic work, Joe Wicks follow up activities, mindfulness activities and reward certificates.  
<https://www.twinkl.co.uk/home-learning-hub>



# Supporting Social and Emotional Wellbeing

There is much that each one of us can do to support the wellbeing of those in our lives, including children and young people who may already be vulnerable or suffering from mental health difficulties.

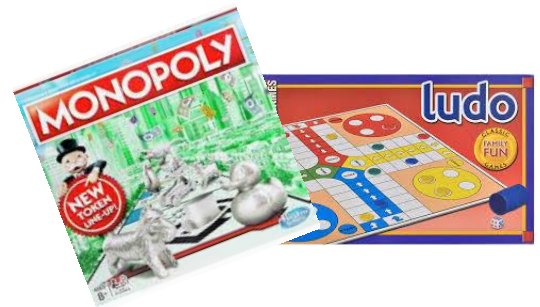
## The NHS Five Ways to Well-being:



### CONNECT:

1. Write a list of the people to make contact with every day/every few days.
  - Ask them how they are
  - Share what you have been learning
  - Write them letters, or a poem
  - Draw them pictures
  - Send them photos

2. Have a games night with your family. Choose your favourite board games, get some snacks and let the competition begin!



### BE ACTIVE:

1. Are you joining in with Joe Wicks and his PE lesson, everyday from  
 9:00am? Joe is streaming a HIIT workout for kids – although every day from Monday to Friday on his Youtube channel. This is great for the kids, who get much-needed exercise, and probably great for parents too, as it tires the kids out a bit in the morning.

### TAKE NOTICE:

1. Look up or out of the window and take notice of all the beautiful and wonderful things everywhere. If you make a bird feeder (see later on) you can spend a few minutes everyday counting the birds that visit. Learn to recognise the birds in your garden.



KEEP LEARNING:

1. Try to set aside a regular time to complete some of the home learning activities sent by school.
2. Learn something new. Did you make the Easter Crispy Nests (newsletter 2)? Have a look for more recipes you can try. Treat your family to a home cooked snack.



GIVE:

1. It can be really difficult to 'give' with social distancing. How about make a gift to send to someone?

<https://www.5minutefun.com/topic/craft/how-to-make-your-own/>

While we are off school, it can be very difficult to think of activities that we can do to support the whole family with their emotional well-being. <https://www.elsa-support.co.uk/> has some wonderful ideas. Set aside a few minutes everyday to complete one of the activities. Can you complete all of them?

<h2 style="text-align: center;">ELSA Support April Wellbeing Calendar</h2> <p style="text-align: center;">www.elsa-support.co.uk</p>					
1 Make a heart shape out of all the things that you can find that make you happy in your house or garden	2 Take a photograph of something that makes you feel happy	3 Find a song that makes you feel really good. Sing and do a crazy dance!	4 Blow up a balloon and write all your worries on it with a permanent marker. Bat the balloon up into the air and let them go!	5 Read a favourite book that makes you feel happy	6 Give a compliment to someone in your house. You could make a card and write it in the card
7 Make up a dance routine and teach it to someone in your family	8 Learn a new skill such as how to wash up, fill the dish washer, knit, sew or crochet	9 Write a letter to a neighbour who might be lonely right now	10 Shut your eyes and listen for two minutes. Make a list of all the things you heard in that two minutes	11 Play a favourite board game with a grown up	12 Make some sock puppets and then put on a puppet show
13 Plant some seeds to grow flowers or vegetables	14 Make a gratitude jar. Use a clean jam jar and make a label. Write all the things you are grateful for on slips of paper and pop them in the jar	15 Make a calming area in your house. Add cushions, a den, favourite books, music and cuddly toys. Go there and relax once a day or if you feel overwhelmed	16 Make a huge list of 'happy' words. Make them into a wordsearch for your family to solve	17 Make a paperchain out of strips of paper. Write something that makes you happy on each one and decorate. Link them together and decorate your calming area or bedroom	18 Make a worry monster out of an old tissue/cereal box. Make an opening for the monster's mouth and write any worries down and let the monster eat them
19 Make a rainbow out of coloured objects you can find around the house/garden	20 Make a treasure map of your house/garden and hide objects for others to find	21 Draw a view from one of your windows	22 Make a tree of thanks either with twigs from the garden or out kitchen rolls. Write all the things you are thankful for and hang on the tree	23 Read a story to someone today and make all the voices of the characters come to life	24 Have a movie night with popcorn or snacks and your favourite drink. Cuddle up together on the sofa!
25 Write notes for all your family and hide them around the house for them to find. Tell them what you love about them	26 Make music from pots, pans and wooden spoons	27 Write an A-Z of your favourite things	28 Write a list of your 10 best days ever! Share them with your family	29 Send a video message/text or ring someone you care about	30 Create a happy face out of anything at all in your house or garden. Get creative!

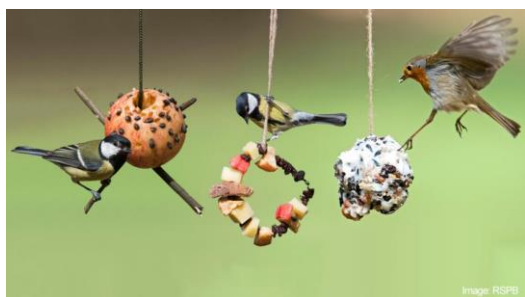
# Supporting Communication and Interaction

Children and young people with speech, language and communication needs (SLCN) have difficulty in communicating with others. This may be because they have difficulty saying what they want to, understanding what is being said to them, or they do not understand or use social rules of communication. The profile for every child with SLCN is different and their needs may change over time. They may have difficulty with

one, some or all of the different aspects of speech, language or social communication at different times of their lives.' (Code of Practice 2015)



**Doing something fun and practical with your child will develop their vocabulary and social interaction skills. By completing some of these activities you will build on your child's receptive language and expressive language skills.**



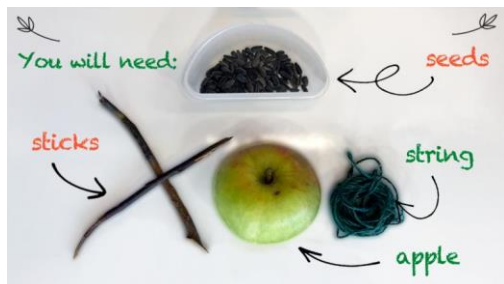
## Making an apple bird feeder

### Step 1

Thread the string through the hole in the apple.

### Step 2

Make an 'X' with the sticks and tie them to the string so the apple sits on top.



### Step 3

Make a pattern by pushing the seeds into the apple, then it's ready to hang up!



## Making a fruit hoop bird feeder

### Step 1

Cut cubes of apple and cheese.

### Step 2

Thread fruit and cheese onto the wire like a necklace.



**Step 3** Make a hoop with the wire and tie it to some string. Ready!

# Supporting Literacy



Young people can have difficulty in reading, writing, spelling and comprehension. Each newsletter will focus on a different aspect of literacy support.

**Sharing Audio books as a family-** Audiobooks can be the key to unlocking your child's love of reading, with exciting voices and sound effects bringing stories to life. One of the best things about audiobooks is that you can listen to them almost anytime and anywhere as a family – whether you're in the car or the kitchen, during bath time or bedtime. In the days of tablets, smartphones and smart speakers, listening to digital stories is easier than ever before.

Audiobooks can be particularly good for less confident or keen readers, giving them the chance to get more absorbed in a story than they might when struggling to read a text.

Audiobooks can give children access to a wider range of stories than they can read for themselves. This can help them to learn new words or how to pronounce unfamiliar words.

Listening to audiobooks can boost children's reading skills, reading enjoyment, mental wellbeing and emotional intelligence.

## Websites

**Join Lancashire Library** – you can access a great range of e-books and e-audiobooks for free.

<https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/>

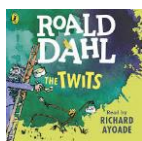
## Sample or buy audiobooks.

You can download audiobook apps and audiobooks on to a phone, tablet or computer from websites such as Audible, Google Play or iTunes. Some are free or have free sample chapters, while others are paid for. For example, you can find great Ladybird stories from £3.99 on the iTunes store, while older children might enjoy the Roald Dahl audio app, with the first chapter free to try.

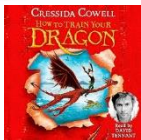
**Smart stories.** If you have a smart speaker or voice-controlled assistant (e.g. Alexa, Apple HomePod or Google Home) why not ask it for a story? Ask Alexa for CBeebies stories or The Magic Door to take you to an audio adventure game. Google Home offers free audio stories via the StoryCastle app from HarperCollins.



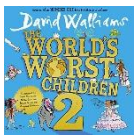
**The National Literacy Trust recommends these great audiobooks to try at home.**



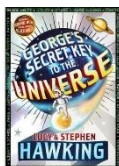
**The Twits** by Roald Dahl, narrated by Richard Ayoade (Penguin Random House)



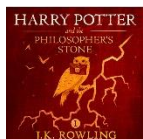
**How to Train Your Dragon** by Cressida Cowell, narrated by David Tennant (Hachette Children's Books)



**The World's Worst Children 2** by David Walliams, narrated by David Walliams, Morgana Robinson, Nitin Ganatra and James Goode (HarperCollins)



**George's Secret Key to the Universe** by Lucy and Stephen Hawking, narrated by James Goode (Penguin Random House)



**Harry Potter and the Philosopher's Stone** by J.K. Rowling, narrated by Stephen Fry (Pottermore Publishing)

## Supporting Number

Some children who have trouble with maths just need more time and practice to learn maths skills. You might see your child struggling with very simple concepts, like "more" and "less" and "bigger" and "smaller. Your child might also have trouble understanding amounts or the order of things in a list, such as "first," "second" or "third." Think about how you can increase confidence in these concepts completing everyday tasks. "How many more spoons do we need?" "Who has less chips?"



## Maths games to play with Uno Cards

### 1. Colour Match



#### How to Play

Separate out the all of the number cards, mix them up and put them in a stack. Using one card of each colour, red, blue, green and yellow, start a pile that the child will match with. Have the child turn over a card and they will put it in the pile that the colour matches with.

**2. Memory Game - How to play** - Separate the number cards from the UNO deck. Find 8 or more sets of cards that match in colour and number. Take those cards and mix them up. Place them all face down on the table. The child will turn over one card of their choice and then another trying to match the colour and number on the card. If they do not match, turn them both back facedown. And try again. Keep going until all the cards have been matched.



### 3. Number Sequence

#### How to play

Separate out numbers 0-9 in a certain colour. Child orders the numbers in the correct ascending order. Practise counting forwards and backwards from different starting points.



### 4. Uno Card addition

#### How to play

Separate out the number cards from the deck. Make two different piles of cards, one with numbers 5 and below, and the second pile can include all numbers 0-9. The pile of numbers 5 and below will be your cards for the "problem" and the pile that includes larger cards, will be the answer pile. Grab a small piece of paper or a post it note and a pen. Make an addition sign on one and an equal sign on the other. Have the child flip a card from the "problem" pile and place it down. Next place the addition sign and then choose another card from the "problem" pile and then place down the equal sign. Have the child figure out the addition problem and choose the correct answer from the answer pile of cards.



### 5. Uno Card Subtraction to play

**How to play** - Separate out the number cards from the deck. Make two different piles of cards, one with numbers 9 and below, and the second pile can include all numbers 0-9. The pile of numbers 9 and below will be your cards for the "problem" that will be face down and the other will be the answer pile. Grab a small piece of paper or a post it note and a pen. Make a subtraction sign on one and an equal sign on the other. Have the child flip a card from the "problem" pile and place it down. Next place the subtraction sign and then choose another card from the "problem" pile and then place down the equal sign. Have the child figure out the subtraction problem and choose the correct answer from the answer pile of cards. On this game, you may have to guide the child for the first couple of problem, showing them that the highest number need to be on the left, or at least that the second card they flip over will have to be smaller than the first in order for the game to work. If they don't draw one that is smaller, have them just draw again.





# Supporting Sensory Impairment

## 3 months FREE access to SuperNova for Students Learning at Home

Many visually impaired students will not have access to their normal assistive technology at home. It is just as important that blind and partially sighted children and young people have the opportunity to continue their learning whilst at home. Therefore, Dolphin would like to offer

every visually impaired student, 3 months of free SuperNova, for their home laptop or desktop computer. Choose any edition of SuperNova: Magnifier, Magnifier & Speech or Magnifier & Screen Reader. Find out more or call for advice on **01905 754577**

## Free Webinars for Parents of Visually Impaired Children Currently Learning at Home

If you're supporting a child with a visual impairment or other disabilities you'll be keen to sign up to our new 'Learning at Home' webinars, delivered in partnership with the RNIB. We'll show you how disabled learners can browse and download accessible textbooks from the RNIB 'Education Collection' of nearly half a million titles. We'll then show you how the free EasyReader app can change the textbooks' fonts, sizes and colours. Even better get EasyReader to read the book aloud. Email The Education Team at Dolphin: [info@yourdolphin.com](mailto:info@yourdolphin.com)

## SuperNova Product Support Direct to Families

If your visually impaired child has brought their laptop with SuperNova home from school, we've got good news for you. In these exceptional and difficult circumstances, we'd be delighted to offer you product support direct via phone, email and remote access. All we ask is that a parent or carer is with your child when they call.

- Phone 01905 754765.
- Email your question to [support@yourdolphin.com](mailto:support@yourdolphin.com).
- Or book a support call back at a time that suits you.