Weekly planning 5.2 11/1/2021

Hi everyone hope you are all keeping safe and well, so that you all keep healthy, active and happy below are some activities that I would like you to have a go at this week. In addition to this I will be emailing or posting out your individual EHCP targets which work alongside the activities.

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|  | **My independence**  Every day food and drink preparation. To prepare a drink.  Identify two drinks to make.  Identify three items for equipment needed to make a drink.  Can you find where the items are stored.  Make a drink hot/cold.  Clear away when finished.  Activities to help around the home.  Load the washing machine.  Watch the video and then load the washing machine.  <https://youtube.com/watch?v=xja1mLXfQDw&feature=share>  Make your bed daily  Watch the video of loading the dishwasher  <https://youtube.com/watch?v=nDo8T7yAyGY&feature=share>  Have a go at loading the dishwasher, or wash up after yourself.  Using cleaning products safely in this lesson we will learn what the warning symbols and cleaning products me and how to use the cleaning products safely. As an extension to this activity you could get your young person to assist you with some routine cleaning jobs around the home and have them choose the right tools and materials for the jobs from the selection. Please watch the video below to support learning.  <https://classroom.national.academy/specialist/subjects/independent-living/access-points/applying-learning/lessons/using-cleaning-products-safely-c9j3et> | Parents/carers.  Can you encourage your young person to complete this activity as independently as possible, if you can take a photo video of them and completing this activity and email it to me that would be great 😊 |
|  | **My Thinking**  **Understanding money entry one.**  **To be able to state the value of coins from 1p to £2**  **Watch the coin recognition video**  [**https://youtu.be/vs8F-g3MGtM**](https://youtu.be/vs8F-g3MGtM)  **Working towards entry one**  **To sort coins from other objects**  **Place coins and other objects for e.g. counters, pens or bottle tops and ask your young person to give you the coins, then get them to group the objects.**  **My body**  **Yoga**  **Watch the two yoga videos and copy the actions do this daily and you will get better at it.**  <https://youtube.com/watch?v=47Se2HWSv9k&feature=share>  <https://youtu.be/SRI62kO3RqI>  **go for a daily walk**  **Watch the fitness video I copy the movements to help you keeps moving and to stay fit.**  <https://youtube.com/watch?v=gC_L9qAHVJ8&feature=share> | Get your young person to sort out coins in groups, then placed coins in value order from the smallest to the largest for them to copy underneath making a coin line |
|  | **My communication**  **Whilst at home keep practising your PECs And symbols for snacks, drinks, personal care and requesting activities.**  **If you need any PECs please email or phone and I will send them to you.**  [**nichola.fletcher@themeadows.sandwell.such.uk**](mailto:Nichola.fletcher@themeadows.Sandwell.such.uk)    S**ocial, emotional and well being**  <https://content.twinkl.co.uk/resource/9f/4a/t-s-2548620-building-block-therapy-step-by-step-instruction-cards-english_ver_2.pdf?__token__=exp=1610440665~acl=%2Fresource%2F9f%2F4a%2Ft-s-2548620-building-block-therapy-step-by-step-instruction-cards-english_ver_2.pdf%2A~hmac=fd5ee3d1eb5fbec44606d933c62f802996ab070c7b2353162f796d58ac98cc4e>  Above is a link for Lego therapy cards, can you get your young person to follow the step-by-step instructions have fun building.  Below is a building pre-play therapy information sheet for parents  <https://content.twinkl.co.uk/resource/d8/dc/T-S-639-Lego-Therapy-Group-Information-Sheet.pdf?__token__=exp=1610440796~acl=%2Fresource%2Fd8%2Fdc%2FT-S-639-Lego-Therapy-Group-Information-Sheet.pdf%2A~hmac=5e05a0d92082e33b3e3f3473a8aae48796ff0462faa73676a5da1d304abd11b2>  Below is a downloadable tick list to feeling with your young young person  <https://content.twinkl.co.uk/resource/cd/26/t-tp-2549539-wellbeing-tick-list_ver_3.pdf?__token__=exp=1610440973~acl=%2Fresource%2Fcd%2F26%2Ft-tp-2549539-wellbeing-tick-list_ver_3.pdf%2A~hmac=0c2b1e7a812d33eae2e538551401180b9abc3d5e3e426c0558bec6790fb7b3f1> |  |