

Top tips!

- Keep a daily routine – getting dressed, maintain hygiene routine, regular mealtimes, fresh air and appropriate bed time.
- Limit screen time.
- Try and create a daily schedule with your family and stick to it.

Physical and mental well being

Recommendation at least 2 hours of exercise a week.

- Yoga – find an easy yoga video on youtube.
- Follow exercise videos online – zumba, body combat etc.
- Play ball games in the garden.
- Copy and recreate an exercise class with your family.
- Walking / jogging in the garden.
- Create a fitness circuit in the house / garden.
- Music videos and dance moves.

Keeping Busy and Active

- Make cards to send to your friends and family.
- Keep a picture diary - create a picture a day and build up a weekly picture diary.
- Gardening – plant seeds, sweep the outdoor space, help mow the lawn, water the plants.
- Film Club – watch and discuss films with your family, write film reviews.
- Use google maps to research your local area – can you find the nearest Temple, mosque, synagogue, gurdwara.
- Use google earth and draw a map of your local area.
- Become a photographer - take photos on a camera / device and edit them using the free app 'pxlr'.
- Play board games together and create a family league table.
- Look through family / baby photos.
- Find out about your family and draw a family tree.
- Choose an item from the house and sketch it.
- Art / craft projects – painting, drawing, paper mache, printing etc.

Developing Independence

- Do some cooking / baking for yourself and family (see recipes attached for ideas).
- Research new recipes and try them out from the BBC website.
- Help with online shopping.
- Help as much as you can in the kitchen – washing up, cleaning the fridge etc.
- Help with cleaning – Hoover the house, clean the windows, sweep, mop etc.
- Learn how to use household appliances – washing machine / dishwasher etc.
- Help with laundry – hang the clothes out, fold them up and put them away.
- Practice changing the bedding.

Functional Skills – Literacy

- Read a book with a family member and write a book review (see attached pack)
- Practice spellings from high frequency list (see attached)
- Write a daily diary or draw a picture to reflect on events and how you're feeling.
- Write a setting description or draw a picture to describe your local area to a visitor. Can you write make up a story to go with it?
- Watch Newsround and talk about what is happening in the wider world.
- Watch a film and discuss what happened. Can you think of another ending? Who were the characters? Discuss with a family member.
- Write a postcard to keep in touch with family and friends (see attached)
- Facetime / skype with family and friends.

Please see attached packs for specific worksheets and extra paper.

Home Learning Activities

Useful Websites and Resources:

Craft ideas: www.activityvillage.co.uk

Yoga:

www.youtube.com/user/CosmicKidsYoga

Recipes: www.bbcgoodfood.com/recipes/collection/kids-cooking

Core Skills: www.Twinkl.co.uk - to access these resources click on the link and sign up using your own email address and creating your own password. Use the offer code UKTWINKLHELPS.

Maths: www.mathsframe.co.uk and www.crickweb.co.uk

Free Oxford Owl eBooks:

<https://www.oxfordowl.co.uk/for-home/>

English and Maths:

www.skillsworkshop.org

Functional Skills - Maths

- Practice telling the time (plan your day – what shall you do at what time? . You can use this website: www.mathsframe.co.uk
- Learn about different coins. You can use this website: www.doorwayonline.org.uk/activities/cashing-in/cashing-in.html
- Create a shopping list using a supermarket webpage or pictures and add up how much you've spent.
- Use an online supermarket to do a food shop.
- Look at local bus timetables and plan a journey.
- Look at TV schedules and plan what to watch.
- Create a chart to record the weather each day.
- Sort the different materials at home to be recycled.
- Sort out your room – how many items have you got? Can you sort by colour/? Size? Shape ?

Please see attached packs for specific worksheets.