

Remote Learning 2020 – Suggested Home Activities LG4

Communication

- Responding to questions/instructions/choices when preparing food / cooking simple meals.
- Use skype / FaceTime to chat with family or friends
- Play games that encourage communication – cards, board games. Focus on positive communication throughout. Include choice.
- Jobs around the house – following instructions and sequence include choice.
- Online shopping – food shops – making shopping lists as a family.
- Making and sending postcards to keep in touch with friends

Useful links

Search for 'Body Coach' on <https://www.youtube.com/> and choose: 'Short Energising Workouts for Kids'

Cooking recipes - <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

Craft ideas / puzzles / festivals - <https://www.activityvillage.co.uk>

Twinkl learning resources - <https://www.twinkl.co.uk/resources/parents> - Choose 'Parent Hub' at the bottom of the page.

Fine Motor Activities: <https://www.griffinot.com/developing-childrens-fine-motor-skills/fine-motor-activities-with-kim-griffinot/>

Engagement

- Art / craft projects – painting, paper Mache, mindfulness art etc – use the useful links to find art and craft ideas.
- Baking scones or biscuits etc.
- Watching and discussing films – film club
- Reading and discussing books together
- Physical exercise – yoga, ball games in the garden, walking, following Zumba or exercise videos with family -use the useful links section to find a suitable workout.
- Use playdough to follow the playdough disco hands warm up - <https://www.youtube.com/watch?v=DrBsNhwxyzgc>

Developing Independence

- Making simple meals – search out equipment independently.
- Cooking for others
- Making drinks
- Cleaning jobs around the home – making bed, washing up, washing clothes, sorting laundry, hoovering, mopping etc.
- Craft activities – make cards, draw a picture a day and build up a weekly pictorial diary.
- Look to carry all activities out with an increasing amount of independence – less prompts, move to verbal prompts.

Health & Wellbeing

- Try activities first then ask for help if needed

TOP TIPS

Make sure you do some physical activity each day.

Limit screen time

Create a visual daily schedule and stick to it. Keep a daily routine – getting dressed, regular mealtimes, fresh air, maintain personal hygiene routine and appropriate bedtimes.

Social Interaction

- Run a 'café' for the people in your house
- Play interactive games – hide and seek, find the object, eye spy, guess the character, any games you have that are motivating.
- Turn taking activities – dominoes, cards, board games
- Household DIY jobs – painting walls, building furniture, cleaning windows etc
- Gardening together – plant seeds, clean up the outdoor space, water plants etc
- Look through family photos / baby photos – do you know who is in the photo?
- Plan meals together and choose ingredients.