

Dear Parents

In these uncertain times, we are aware that children may not be able to attend school and those children with Special Educational Needs may not be accessing some interventions and strategies that help them.

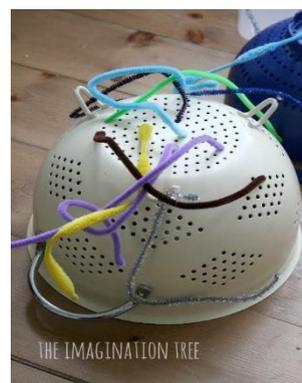
I have put together some suggested activities that you could do at home with your child. All children benefit from these activities and you can't harm them, so if you aren't sure which activities would benefit your child, choose a variety.

I hope that you find this useful.

Mrs Crockford

### Fine Motor Skills activities:

- Threading beads onto string or pipe cleaners
- Threading through a colander
- Using scissors to cut things out
- Play-doh
- Making pastry
- Playing pick-up sticks (this could be done with straws)
- Posting counters/coins through slots such as a money box or slots cut in the lid of a cardboard box
- Playing stacking cups
- Pom pom drops – picking up pom poms with thumb and first finger and dropping in a container (take turns using thumb and other fingers)
- Practising doing buttons and zips
- Tracing letters and shapes in sand/flour/salt/rice/lentils etc.
- Using tweezers to pick up objects
- Using pegs i.e. to attach things on the 'washing line', using different fingers and both hands to put a number of pegs on a picture i.e. a hedgehog
- Using elastic bands – place around thumb and finger and practise extending fingers to stretch the band – strengthens muscles with the tension in the band



### Gross Motor Skills activities:

- Throwing ping pong balls into different cups
- Skittles with cups and empty plastic bottles
- Playing catch with balloons
- Playing 'keepy uppy' with balloons or balloon tennis
- Laying on floor and 'pulling' across the floor to get to the other side.
- Hopping on each leg
- Catching and popping bubbles
- Trampolines



- Obstacle courses: for an indoor course, use furniture, pillows and blankets to create areas to crawl on, under and through. Outdoors, you can use things like hula-hoops to jump in and out of, jumping jacks, belly crawling, bear walking and other movements that challenge your child to balance, crawl and jump and run.
- Walking on a tightrope made from string/ a skipping rope etc.
- Egg races with plastic eggs/crème eggs/ping pong balls etc.
- Playing games such as Simon Says or Twister.
- Using an exercise/yoga ball - ask your child to lie on his/her tummy on the ball and sort objects from one container to another, have him/her sit on the ball and then lie backwards and reach his/her arms above his/her head so he/she can retrieve objects off of the floor, see how many times he/she can crawl over the ball, ask him/her to give you a 'massage' by lying on the floor while he/she rolls the ball up and down your back, get him/her to push the ball up a flight of stairs.



### Memory Skills activities:

- Shopping game: "I went shopping and I bought a banana, I went shopping and I bought a banana and a lolly.."
- Pairs: use playing cards, place the cards face down and take turns to turn two over. If they match, you keep them (with some versions of the game, if you find a pair, you have another go) then the next person has a go. The winner is the one with the most pairs.
- Kim's game: place objects/pictures on the floor/table/tray, look at the objects then the child closes their eyes while one is removed. Which object is missing?
- Rucksack challenge: ask the child to go and collect two/three/four/five items to go in the rucksack. For example, if you are in the living room then ask the child to go to the kitchen and bring back a spoon and a packet of biscuits. The child can repeat the objects to you then go and collect the objects. To increase the challenge, you can increase the number of objects or the number of rooms they have to go to. Encourage the child to repeat the objects out loud, in their heads or visualise the objects before starting and while they are collecting them.
- Similar to the rucksack challenge but the game can be played with picture cards. You can either have a selection of cards out from the child to choose from or hide the cards and then the child has to remember and select the correct cards. The challenge can be increased by finding more cards or collecting the cards in the order that they were given.
- 'Spot the difference' – either an online game or a paper based game that can be found in puzzle books.

### Auditory Processing Activities:

- Asking questions: when you are having a conversation, ask your child a couple of questions about what you have said – try to engage them with the conversation so that the questions are natural and may lead the child to discuss ideas/feelings.

- Playing 'sound' bingo: choosing sounds that the you may hear during the day – the first person to hear all of the sounds 'wins'.
- Listening to music and trying to identify an instrument that has been used or identify the beat.
- Play 'pass the conversation': one person starts and says a sentence (does not have to be a sensible sentence), when they stop the next person has to start their sentence with the last word of the previous sentence. You can vary this by stopping at random points of the sentence and the next person has to either continue the sentence in a logical way or start a new sentence beginning with the last word.
- Having music or the TV on in the background on a low level and having a conversation or playing a game. The child has to focus on what is being said and try to ignore the background noise.
- Playing rhyming games.
- Games that encourage your child to listen carefully i.e. child has eyes closed, they need to listen and see if they can hear a bunch of keys being picked up – if they hear the keys, they 'win'. If the person lifting the keys manages to do it without being heard, they 'win'. Guess where the sound is coming from – child stands with eyes closed, person makes a noise (e.g. tapping a can, scratching an empty kitchen roll tube, rice grains on a plate, etc.) and the child has to point to where in the room they think that the noise is coming from.
- Play 'Chinese Whispers'.

## **Maths and English Activities:**

- Reading: try to read daily with your child – this can be in various formats:
  - The child reads to you
  - You read to the child
  - You read the words together at the same time
  - You read one section and then they read the next
  - You read the sentence then they read the sentence (this can be done in different voices to make it more interesting)

Try to make the reading more 'interactive' by asking questions, making predictions, playing guess which character (give clues and you have to identify the character), relating own experiences to the text or wondering what would happen if..?

- Board games that require dice to be used. For example, with Snakes and Ladders, ask the child to count on and decide where their counter will end up before they move it.
- Card games such as pairs where the children have to have two cards that total 10 in order to have a pair. Rummy where they have to look for patterns and build sequences.
- Play charades.
- Playing bingo: times tables, number facts, phonics (i.e. the children have cards with phonemes and you have words with the phoneme, if they have the phoneme that matches the word, they can cross it out/put a counter on it).
- Build mind maps for a topic that interests them or they want to learn about (see overleaf for examples).

