


Roots Planning for Home Learning - Spring Term

Below is a list of key skills to focus on with your child while they are not attending school. From the list of suggested ideas, choose which activities you think will suit the needs of your child the best. They do not need to be done at specific times of the day but just as opportunities arise.

Area	Key Skills	Suggested Activities
Independence	Follow 1 step instructions	<ul style="list-style-type: none"> ● Throughout the day ask your child to follow one step instructions in context to what they are doing. For example, if you are going out you could say 'get your coat or 'get your shoes'. Try saying your child's name first before giving the instruction to gain their attention. ● Give your child one step instructions not in context for example, ask them to touch body parts ● Play a game of Simon Says, for example, 'Simon says touch your knee, Simon says touch your foot'. ● You could give instructions to encourage physical exercise, for example, 'run to the gate, jump up and down'. ● See this website for loads of ideas for 1 step instructions (50 1 Step Directions for Speech Therapy Practice)
Social & Communication	Asking for help (Makaton, symbol, verbal)	<ul style="list-style-type: none"> ● Encourage your child to ask for help using Makaton. Show them the sign and say the word, do this whenever they need help. Here is a video link to show the Makaton sign for help. Makaton help sign ● Encourage your child to give you the help sign when they need it.

		 <ul style="list-style-type: none"> ● If you child is verbal whenever they need help say 'help' and encourage them to say it back.
Self- Help	Brushing teeth	<ul style="list-style-type: none"> ● Support your child to brush their teeth. Here is a link to lots of useful tips Brushing Your Child's Teeth ● Here is a link to picture cards to support when brushing your child's teeth. Educational Resources for Special Needs
Physical Development	Fine motor skills	<ul style="list-style-type: none"> ● Pencil skills: mark making, colouring, drawing, tracing, writing) ● Scissor skills: early skills (squeezing playdough, squishy toys) cutting (playdough, paper, card, leaves, kinetic sand, fabric, straws, cooked spaghetti, vegetable peelings) ● Play skills: construction (Lego, Duplo), puzzles, train tracks, dressing dolls ● ICT skills: using mouse, stylus, keyboard ● Dressing skills: zips, buttons, belts, Velcro, laces ● Eating skills: Using cutlery, picking up food (e.g. thread penne pasta, picking up Cheerios, tearing bread), opening lunch boxes, packets. ● Dip a sponge into water then squeeze it out. ● Here is a link for fine motor skills practice using household everyday objects. 25 Fine Motor Activities Using Household Items

