

## Ideas to support children in Key Stage 2.

These are a few suggestions and ideas that might be useful at this difficult time for children and families. They are not things you must do just suggestions if you feel your child needs them.

### English

Reading is one of the best ways to support your child. Plus it can help you relax.

30 mins reading every day.

There are some websites offering free eBooks such as <https://home.oxfordowl.co.uk/>

Link writing activities to what they have read:

Write a letter to one of the characters.

Write a diary entry from the point of view of one of the characters.

### Maths

Everyday activities are perfect for learning maths concepts.

**Cooking meals and baking yummy treats** will cover many topics such as measure, time and money.

**Top Marks Education** also have some fun, interactive games - <https://www.topmarks.co.uk/>

Why not set up family challenges?

### Other

**Remember, this is a tricky time for everyone. Take time to be together, play games, read together, plant seeds in the garden and watch them grow.**

Why not try the 30 day Lego challenge - <https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/>

**Set challenges each week -**

Learn to tie shoe laces.

Learn to change the bedding.

Learn to make a cup of tea.

Learn to tell the time

**Complete STEM activities together** - <https://www.stem.org.uk/home-learning/family-activities>

If your child has a strong interest in a particular topic, use this to create a project to teach others. Use technology to create TV shows and films to show off their amazing knowledge. Share this with other members of the family.

## Sensory Ideas

Many children will need lots of opportunities to get up and move. Below are some ideas that could be incorporated into your child's day:

### Sensory Regulating Activities

Jump on a trampoline, running and jumping in the garden, bounce on a space hopper, skipping, bouncing on an exercise ball, star jumps, step ups - use bottom step on stairs

### Sensory Organising Activities

Crab walking, press ups, rolling on tummy on exercise ball, wheel barrow walk, play catch with a heavy ball

### Sensory Calming Activities

Provide small box/tent with blankets or cushions for your child to squeeze into to calm and quiet, roll tightly in a towel or blanket, bear hugs, firm towel rub after bathing, weighted blanket, fidget toys - have a selection in a box.

### Exercise Ideas

Dance along to a 'just dance' video on YouTube

Join Joe Wicks daily PE lesson at 9am

Kids yoga on YouTube

Cosmic Kids Yoga [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)

## Online Resources

Twinkl are running a daily online learning hub. Each day you'll find a new set of daily activities to get involved with.

<https://www.twinkl.co.uk/home-learning-hub>

Try Go Noodle for fun active movement breaks— [www.gonoodle.com](http://www.gonoodle.com)

BBC provides online learning along with practical advice - <https://www.bbc.co.uk/bitesize>

## Visual timetables

It will take some time to get used to being at home but routine is very important to many of our children. Presenting a daily routine in a visual format can help children understand what their day will look like and provides them with a sense of security.

See attached sheets with examples of visuals that could be used at home.

## Social Stories

Social Stories are important for many children to help them understand the world around them.

These are two examples of social stories to explain the coronavirus

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>



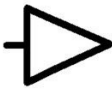
**RANS Helpline:**

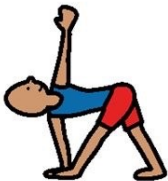



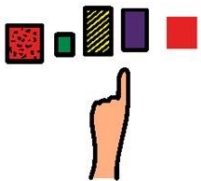

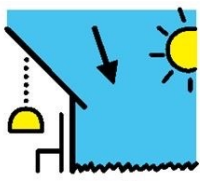

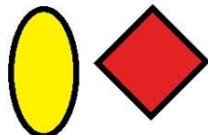
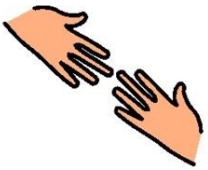
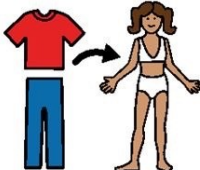
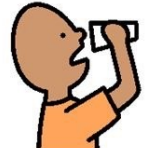





**9am-4pm, Monday– Friday**

**01706 926400**



\_\_\_\_\_ 's schedule for today

  <span style="font-size: 24px; font-weight: bold;">now</span> <div style="border: 1px solid black; width: 100%; height: 100%; margin-top: 20px;"></div>	 <span style="font-size: 24px; font-weight: bold;">next</span> <div style="border: 1px solid black; width: 100%; height: 100%; margin-top: 20px;"></div>
--	---

 yoga	 ball game	 take a break	 ride bike	 choose an activity
 inside	 outside	 special activity/ surprise	 something different	 helping others
 get dressed	 have a drink	 sleep/have a nap	 shower	 brush hair
 brush teeth	 have a bath			



