Home Learning Advice For Parents



Timetable

The following are just some ideas to support achieving whilst staying at home. Your child's school website or glow page will have many more.

Second Level: Achieving

Choice and Flexibility In Their Learning

We know children thrive on routine and structure but would not recommended trying to replicate school in your home. However negotiating a learning plan with your child is likely to be helpful. This could include a flexible timetable with a variety of experiences including relaxation and free time, 'home school' rules and maybe agreed rewards. Here are some examples of free timetables you might want to adapt in collaboration with your child. CLICK HERE

Goal Ladders

Using a stair-step visual, ask your child to break down their goals into doable steps:-

Write down your dream (what you want to achieve) at the top of the staircase. It doesn't have to be something big as it needs to achievable.

Write down your first goal towards your dream at the very bottom of the staircase and then colour the step in once you have achieved it. Keep adding goals on to the steps until you 'climb' to the top. Celebrate by showing off your new skill.

"KidsTime	30 Day Le	go Play Cl	nallenge	-£.
Follow DAY 1 Build a new house	DAY 2 Build a boat that foots	Build a wild animal, e.g. a crocodie	DAY 4 Build a castle fit for a King and Queen	DAY 5 Build en anazing hotel to stay in DAY 10
DAY 6 Build with your eyes closed for 5 minutes	DAY 7 Build a rainbow	DAY 8 Build anything using eventry 100 LE00 pieces	DAY 9 Build a whate DAY 14	Build a space ship DAY 15 Byild a model of
DAY 11 Build a birthday cake	DAY 12 Build a pirate ship	DAY 13 Build on airplane	Build your favourite TV show character DAY 19	Build a moder or your room DAY 20 Build a box with a
DAY 16 Build a pyramid	DAY 17 Build a car	DAY 18 Build a robot	Build a village	Build a box wan o lied DAY 25 Build a picture
DAY 21 Build a marble run		DAY 23 Build something that makes a noise DAY 28	Build a pencil holder	Build a picture frame DAY 30 Build a setteming
DAY 26	DAY 27 Build a toestr	DAY 28 Build a simple	Build as avealed	

Follow Their Interests and Play

What activities does your child enjoy? For example do they prefer to be active and on the move, create and make things, explore and investigate, read and research or write and record ideas? Do they have topics they are particularly interested in for example, animals, music, video game, learning about why we're in lockdown, finding out about their family? Follow what your child is interested in and encourage them to develop it further with maybe a project on their area of choice. See links for more activity ideas. <u>CLICK HERE</u>

Developing New Skills and Learning about Self-Care

Social-emotional learning can be supported by practicing self-care skills. Help your child build an awareness of what things they can do that help them feel better and manage stress by building a 'coping strategy wheel'. You can help your child pick what activities help them feel better and manage their stress (e.g. going for a walk, listening to calming music, drawing, getting a hug etc.) and then include them on their coping strategy wheel. This will help them learn to recognise how they are feeling and use positive strategies to help manage their feelings. For further information <u>CLICK HERE</u>



