

Birch Learning From Home

Hello Birch Class!

I hope you are all well and being kind to each other at home. We miss you and are looking forward to seeing you again when lockdown is over.

Here are some things to help you (parents and carers) structure your time at home if you wish:

Normal day structure:

9:10- 9:20 am: Register and circle time

9:20- 10:20 am: session 1 (normally maths or English)

10:20- 10:30 am: toileting and tidying up

10:30- 10:45 am: snack

10:45- 11:00 am: play time

11:00- 11:45 am: session 2 (normally maths or English)

11:45- 11:55 am: toileting and tidying up

11:55 am- 12:55 pm: lunch and play time

1:00- 1:10 pm: register and circle time

1:10- 2:00 pm: session 3

2:00- 2:15 pm: play time

2:15- 3:00 pm session 4

3:00- 3:15 pm: story and goodbye

Morning Circle time:

Here are some suggestions for circle time at home

- Sing a 'Hello' song

'Good morning, how are you, it's so nice to see you, with a 1, 2, 3 and you and me and we're all back together again. There's...[your name] and [other family member's name] and [child's name] and we're all back together aaaaa(thigh claps)gain. You could sing any song –just use the same each day to indicate the start of the 'school day'.

- What day is it today?

I recommend using a visual symbol for the day of the week which I've attached below. You may need to use the prompt 'yesterday was 'X' so today is...'

Days of the Week song: to the tune of the Adam's Family, 'Days of the week (clap, clap), days of the week (clap, clap), days of the week, days of the week, days of the week (clap, clap), there's Monday and there's Tuesday, there's Wednesday and there's Thursday, there's Friday and there's Saturday and then there's Sunday too, Days of the week (clap, clap), days of the week (clap, clap), days of the week, days of the week, days of the week (clap, clap)'

- **What is the weather today?**

Encourage your child to look outside and see what the weather is like. Where possible, you might want to open a window or briefly go into your garden so they can feel the temperature.

Again, use a symbol to represent the weather.

Weather song: What is the weather today? Oh what does the weather man say? Today it's (it changes for each weather)

Cold, I'm feeling old, that is the weather today.

Cloudy, I'm feeling lousy, that is the weather today.

Sun, we'll have some fun, that is the weather today.

Rain, oh what a pain, that is the weather today.

- **Visual timetable**

Using symbols, show what you will be doing this morning and in what order. Encourage them to identify and name the symbols and maybe blue-tack them up somewhere. I usually do a visual timetable for the morning and again in the afternoon so that there's not too much information to take in at once.

- **5-a-day fitness**

This is often the last part of our circle time. It can be done as a warm up or cool-down activity depending of what your child needs! We normally only do sessions with a 1 or 2 star difficulty rating. If possible, join in with the activity too so that it seems more fun for your child to join in.

Birch class particularly like the Time to chill cool-down and we call the man who demonstrates the activity Malik!

5-a-day Login information:

Website: <https://5-a-day.tv/>

- Username: BKSS2HA

- Password: EExDEoTK

Activities and sessions:

Top tips:

Keep it quick

If you want your child to sit down to do some work or an activity, keep it to around 10 minutes. Don't feel pressured to have them concentrate for a long time as we are only expecting 10-15 minutes of work at a time in class.

Visual before verbal

Your child may find it easier to know what to do if you show them an example rather than telling them what to do.

Keep it simple

Don't expect too much of yourself or your child, repetition of an activity is fine and accomplishing a small task will make you both feel successful rather than struggling over harder activities.

Praise and rewards

Try to keep the activity as positive as possible and verbally praise any good work or good choices your child makes. You may also want to use rewards such as stickers or iPad time to motivate them. Use the 'first and then' or 'now and next' visuals to remind the child what they are working for e.g. first writing, then iPad

I will try to upload some activity suggestions and print outs weekly, make sure you check the website for updates 😊

Life Skills and self-care

These skills are as important (if not more so!) than English and maths. Please encourage your child to be as independent as possible with everything they do.

Eating and drinking

This may be particularly difficult at the moment, but it may help to ensure meals are eaten at a similar time every day and that they are clearly defined (e.g. sitting at a table, putting iPads away). Try to get them to use cutlery appropriately to eat and where possible, to explore and try new food.

Dressing

Encourage your child to be a part of the process of choosing what they want to wear each day. Get them to dress themselves and give as little help as possible. It may help to lay their clothes out in the order they will put them on. Birch Class are doing really well getting changed for P.E. and can all put their coats on by themselves- keep up the good work!

Toileting and hand washing

it is vital that the children's toileting routines are maintained. Birch Class are doing so well with independent toileting!

Self-occupying

This may not be an area to work on for every child but some children find it difficult to play by themselves or independently come up with activity ideas. Try to give your child times to be by themselves, even if it's just for 10 minutes (without a screen in front of them!) you may need to give them ideas for what to do to begin with .

Communication

keep them communicating with everyone in the house and even virtually! Encourage children to use names to gain attention and extend their communication through questioning. If you need symbols please email me.

Afternoon Circle time:

This is much shorter than the morning one and just involves singing an afternoon song and going through the visual timetable for the afternoon.

Good afternoon song: *'Good afternoon everyone, how are you? Good afternoon, everyone how are you? Good afternoon everyone, how are you? How are you today?'*

Child choses whether to respond by signing 'high or low' and 'fast or slow':

'I'm alright, thank you. I'm alright thank you. I'm alright, thank you. I'm alright today.'

That's it for now! You're all doing so well during this stressful time. Thank you for keeping your child at home (if you can) and for all the hard work you're doing to keep them busy and safe. Please email me if you need anything,

Mrs May

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