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Completed by the staff of
Sunningdale School JW14



SUNNINGDALE SCHOOL

Home learning
&
Development Opportunities



Class:

Topic:



Sunningdale School

Ideas for Home learning & Development Opportunities

The following booklet has been created by staff at Sunningdale School to give parents, carers and families some support and guidance with activities and opportunities they might like to do with their children at home.

Where possible staff have linked these to 'subject specific' learning areas although many of them will be cross contextual and relevant to development in a number of areas. They are categorised under the areas of:

- Cognition and Learning
- Communication and Interaction
- Sensory and Physical Development
- Social, Emotional and Mental Health

Mess Free Painting at Home

You will need:

- Large clear plastic sealable bag
- Paints (whatever you've got)
- Sticky or masking tape
- Piece of card



On a Window:

Add a few squirts of paint into a large sealable plastic bag. Ensure it's sealed well and stick the bag to the window with basic sticky tape or masking tape. Your child will be able to use their fingers to move the paint around but without getting messy.

On Card:

Squirt a few colours of paint on to a piece of card then place this into your sealable bag. Tape it down onto a table and its ready to go.



More ideas & activities...

Edible Paint Recipe

Ingredients:

- 4 Tablespoons of corn flour
- Cold water
- 1 Cup of boiling water
- Liquid food colouring



Method:

1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, add 3 drops of yellow, green, red and blue. To make orange, add 1 drop of red and 2 yellow and to make purple, add 1 drop of blue and 2 red.
5. Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

Tip: If the mixture has hardened from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

Other Ideas...



Please also have a look at the following links on the school website that have a range of ideas for pupils including a .pdf version of our outdoor learning booklet.

<http://www.sunningdaleschool.com/blogs/onlinegames.htm>

<https://www.pinterest.co.uk/sunningdalescho/>
<http://www.sunningdaleschool.com/downloadable/smsc%20outdoor%20learning%20booklet%20jwaller.pdf>

<http://www.sunningdaleschool.com/blogs/pupilyoutube.htm>

A LITTLE BIT ABOUT PLAY...

Children discover and learn about their world when they play. Play develops imagination and creativity and gives children practice in the social skills they need in the wider world. Children do not play for reward or because someone told to- They play because it is fun! By playing with one another, children learn social rules such as waiting, taking turns, cooperation and sharing things. Children usually go through stages of play as they grow. Children with SLD and PMLD will be unlikely to go through the stages of play at the ages defined by Child Development theories but they will still potentially go through them. It is therefore important to create opportunities for children with SLD and PMLD to experience each of the stages. JW.

Solitary Play

A child is in a room full of other children, but he or she is playing alone and not paying attention to anyone.

Spectator

Observe other children playing around him or her but will not play with them.

Associative Play

Children are playing the same game, but they are not working together or connecting with one another

Parallel Play

Children are playing a game or activity. They are playing next to each other, but they are not talking or doing the same activity.

Cooperative Play

Children are working together to play a game.



Make marks in a range of tactile resources using hands or fingers.

Work towards making circles and lines up and down, left to right.

Encourage children to handle 'tools' to make marks e.g. kitchen utensils, rollers paintbrushes, crayons etc.



Explore magnets on your fridge or freezer



Make shakers using empty bottles and dry store cupboard ingredients

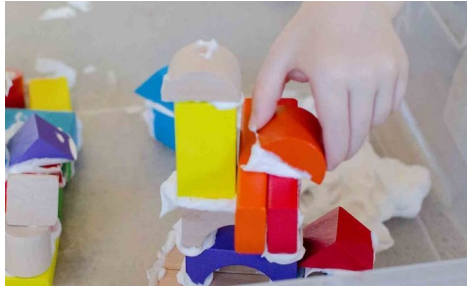


Education is not
the filling of a pail,
but the lighting
of a fire.

- William Butler Yeats

Other ideas & activities...

Build a house using wooden blocks and shaving foam



Create a three little pigs collage



Make a house using malted milk biscuits, icing sugar and sweets



Watch Mr Tumble do lots of jobs around the house:

https://www.youtube.com/watch?v=vy7jux71Q_I

Encourage your child to help with jobs in your house.

Support them hand over hand initially until they become more independent.

Jobs could include: washing the dishes, tidying toys away, putting dirty clothes in the washing machine, dressing and undressing themselves.



Developing & Growing

Language Development:

Outdoor play activities are very powerful tools for developing a child's language or communication. This will be integral to social relationships and communication will be required to develop and support these.

Physical Development

Many outdoor activities can directly or indirectly develop gross and fine motor skills. Physical activities will also develop confidence in a specific environment (e.g. Forest School or Wildlife area).

Social Development

Outdoor learning will help a child to develop social skills such as taking turns and sharing and they will become aware of the emotions of others and start to slowly be able to take those emotions into account.

Emotional Development

All types of Play are useful as a means for a child to express their feelings, both negative and positive... Outdoors children can be taught to care for living things and build confidence in a less structured and natural environment.

Cognitive Development

Through any type of play or activity, a child has opportunities to develop ideas. Through outdoor learning they are able to investigate unusual materials, attempting more unusual activities and use resources in different ways.





topic Houses and Homes

Communication & Interaction

Makaton Signing:

Learn the Makaton signs for some household items.
Always remember to say the words while you sign.
Follow this link to learn Makaton signs from 'Singing Hands':
<https://www.youtube.com/watch?v=6lAIsWyku8>



Routine:

Objects of Reference: Use real objects to support your child to understand their daily routine at home. For example, use a nappy to represent its time to get their nappy changed or their plastic spoon to represent its time for dinner. Support your child to explore the objects before each change in routine.

Visual Timetable: Make a 'plan' for the day using objects of reference, photographs or symbols. When something is finished take it off your timetable.



Singing and Movement:

Sing nursery rhymes with your child to develop their language and communication. Encourage them to participate in the related physical movement to encourage social interaction e.g. bounce your child up and down on your knee, hold hands to 'row' back and forth etc.

Try the following:

- Row, row, row your boat
- Humpty dumpty
- Round and round the garden
- Horsey, horsey



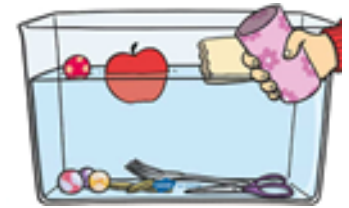
Understanding the World



- Explore foods - find different foods in your kitchen cupboards or fridge both wet and dry for your child to explore using their senses: touch, sight, hearing, smell and taste.



- Explore which items float and which items sink in a bowl of water.



- Look at photographs of everyone who live in your house, does your child recognise these people/pets by looking at their photograph?
Make your own book with photographs of your family inside.



- Encourage your child to role play everyday scenarios that take place at home such as cooking or cleaning. Use real objects, child-size role play toys or small world such as a dolls house.





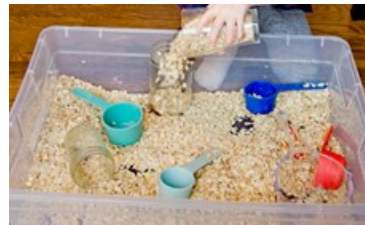
topic Houses and Homes

Expressive Arts & Design

- Make a house - find household items in a catalogue, cut them out and stick them on paper to make your own house



- Make porridge for the three bears or explore dry porridge oats



- Make a house using 'junk'



- Make prints using paint and different materials: straw, wooden sticks or bricks (wooden blocks or Lego)



Listen to and join in with these songs on YouTube about Houses and Homes:

<https://www.youtube.com/watch?v=z88zxKiT9hk>

<https://www.youtube.com/watch?v=DVZvC9e5oYw>

<https://www.youtube.com/watch?v=CNJFORs1mHE>



Cognition & Learning: Early Developmental skills

Object Permanence: even though your child can't see something, it still exists. Try the following activities:

- **Peekaboo** - hide your face behind your hands or a blanket by holding it up or placing it on your head. Can your child find you?
- **Hide-and-seek** - hide your child's favourite toy(s) under a blanket or behind the sofa. Can they find them?
- **Add A Few Layers** - hide your child's toy or your face behind a few layers of cloth (or cups, whatever you like) to make the game more challenging. Hold the bottom layers so that they can uncover one layer at a time.
- **Talking out-of-sight** - Talk to your child from another room. Will your child look towards the sound or come and find you?



Cause and Effect: your child's actions result in a response.

Try the following activities:

- **Bubbles** - Help your child to whisk a bowl filled with water and tear-free shampoo. Watch as bubbles appear on the surface.
- **Investigate a torch** - encourage your child to experiment turning the torch on and off.
- **Splashing** - encourage your child to explore how their movements create ripples and waves in water. Throw toys in the water to make a big splash!
- Encourage your child to engage with cause and effect toys such as:





topic Houses and Homes

Physical Development

Homemade Activity Gym — encourage your child to reach up and explore the objects

Ball Skills - roll and kick a ball

Building - build a house using Lego or Duplo

Scarf Play - throw and catch scarfs

Stairs — practice walking up and down the stairs holding onto the banister

Threading - using pasta or cereal



Literacy

Stories:

Share the traditional tales 'The Three Little Pigs' and 'Goldilocks and the Three Bears'. Add props for your child to explore to support understanding.



Environmental Print:

Look at the print of everyday life e.g. food labels or other product packaging. Encourage children to match foods or objects to the correct label or packet.



Environmental Sounds:

Identifying different household sounds. Will your child imitate any sounds?

Follow this link to BBC School Radio:

<https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills-inside-sounds/zr2m8xs>

Social, Emotional & Mental Health

Provide calming proprioceptive and vestibular input :

- **Partner Row:** reach out and hold hands in front of your bodies. Begin to alternately push and pull so your upper bodies rock forward and backward with each motion.
- **Rock and Roll:** sitting position with your child on your lap, start by rolling backward onto your back. Then, using your legs and abs roll back up to sitting again.
- **Standing Sway:** Stand facing your child holding both hands out in front (stand about a foot apart). Slowly extend your arms, the child keeping his body straight and leaning backward and then pull the child gently back toward you. Repeat this rowing motion.



Numeracy

The story 'Goldilocks and the Three Bears' has lots of opportunities to practice numeracy skills.

- **Count** out three of each item in the story
- Use **mathematical vocabulary**- big, medium, small

Use appropriate props and encourage your child to explore these concepts.



Explore **Shape** at home through:

- Stacking toys
- Shape sorters
- Inset Boards / Jigsaws
- Make your own jigsaw by cutting up a photograph of your house

