

AG CABHRÚ LE MO PHÁISTE SA BHAILE

A chairde,

In these difficult and uncertain times that you may be concerned about your child with Special Educational needs and their need for a routine based day, which up until now of course included going to school. They may be confused as to why they aren't in school. You may be looking for ways to help your child at home while the schools are closed. I would like to help out in any way possible and have compiled a list of helpful links and ideas that may be incorporated into your day at home. I am also available via the new school email gbb2020@yahoo.com if you wish to contact me during school hours. Each week I will put up a different skill that may help. This week it is the anois/ansin (first/then) strategy which we use in school and many of you use at home too. Try to use it as part of your daily routine.

Múinteoir Doireann

All children thrive on routine and not being in school is understandably difficult for them at this time. In order to help you achieve your own routine below please find some information and links that you can change as suits your needs. Your child's class teacher has and will continue to upload work for their class so instead of giving them extra work I am giving ideas on communication needs, establishing a routine along with different activities that can be done from home. Academic work may not be possible and that is fine, so different activities such as reading together, baking or a walk is perfect. Below you will also find ideas to help with fine motor skills, gross motor skills and developing proprioceptive skills. I also recommend social stories for schools closing and to talk about any fears your child may have regarding the current Coronavirus Pandemic. I have enclosed an example of a social story too. For all these, a routine will certainly help and perhaps reduce fears if your child knows what the day ahead holds.

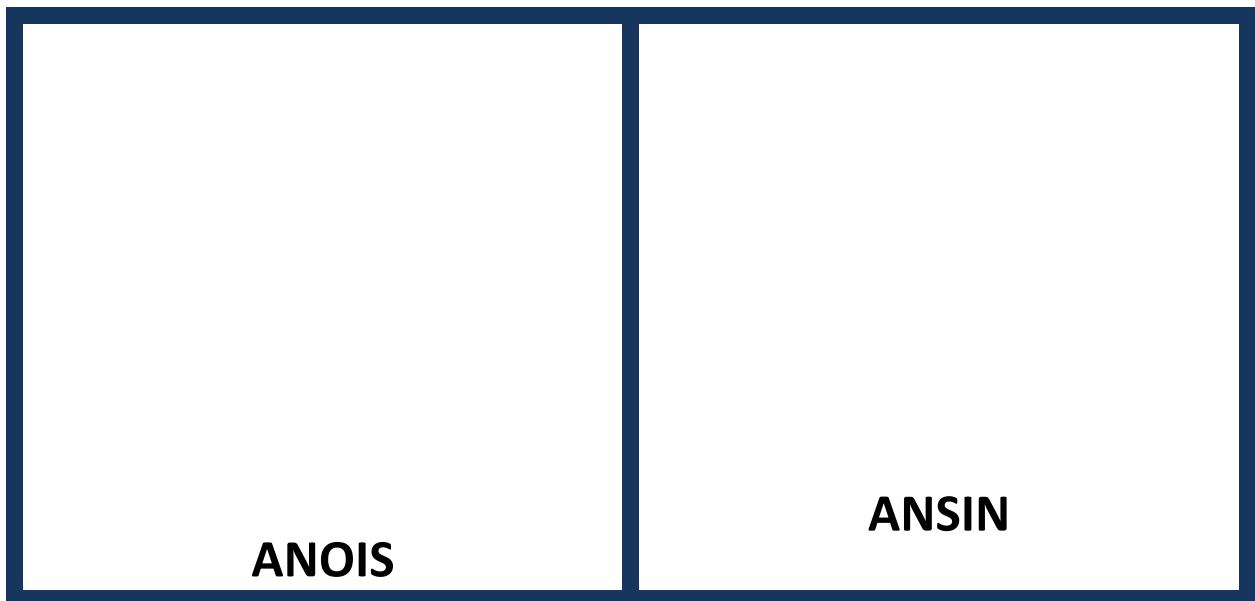
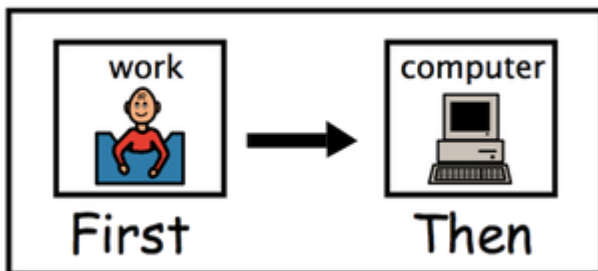
Most of you have probably already implemented a routine; this is really essential for all of us. An example is below along with some visuals that can be printed and used which will also help. This is what a school day at home may look like, in keeping with school times and routines, but of course everyone differs and each situation is unique. Some days just being with your child is enough, share a book, watch a movie etc.

SA BHAILE ÓN SCOIL
8:00 Bricfeasta, Gléasadh, Fiacla a ghlanadh
9:00 Yoga /mindfulness/meditation
9:30 Obair ón múinteoir/Fine Motor Skills/Go noodle
10:15 Am Sosa píosa lón & aer úr
10:30 Art Hub ar Youtube/Ealaín
11:00 Obair ón múinteoir/Go noodle
12:00 Am lóin & aer úr
12:45 Obair ón múinteoir/Spraoi/Gross Motor Skills (age differs)
1:30 Léitheoireacht (read to or with your child)
2:00- scoil críochnaithe
Afternoon Activities (see list of ideas below)
Snack/Dinnéar
Evening Activities
Folcadán, Leabhar, Leaba

Try to use anois/anso (first/then strategy) for children who need more scaffolding with transitions.

A timer can be helpful too with the first/then strategy. You have 5 minutes and then we will be doing x.

Use visuals if needed (Twinkl.co.uk have lots of printables that you can download for free at the moment)



Below are links to some sites and some ideas to fill the day. Perhaps some of these can be used and can help fill the day.

LÉITHEOIREACHT/LITERACY RESOURCES

Léigh le do pháiste/Reading to your child- The most important thing you can do to encourage reading in your child is to make it enjoyable. Pick a book, sit together to read and enjoy!

Twinkl.co.uk have a fantastic site which as you may know is free to parents for one month. Here there is a section under SEND resources-Communication and Interaction-Coronavirus social story.

Epic App - Access to 30,000 children's books. One month free trial. <http://getepic.com/>

Vooks

Oxford Owl: <https://home.oxfordowl.co.uk/books/>

Reading Bear <http://www.readingbear.org/>

Starfall Plenty of games and fun learning phonics. Stories to listen to, animated books and songs. <http://www.starfall.com/>

Teach your monster to read App: A great app that is fun and rewarding, focusing on phonics for junior students. <https://www.teachyourmonstertoread.com/>

Listen to books as Gaeilge:

<https://soundcloud.com/search?q=walker+eireann&fbclid=IwAR06hUMow6gVVpLI6lUcnJfLar1e83lrNaRzjxwTiuXbGjEAvpkn4TctYU>

<https://seideansi.ie/>

Beatha le Bua: (senior students)

http://www.nicurriculum.org.uk/curriculum_microsite/beatha_le_bua/

<http://www.cogg.ie/bain-sup-as/> (senior students)

<https://newspaper.jaguarpaw.co.uk/> (scríobh nuachtán)

DATHÚ/COLOURING:

https://www.garda.ie/en/Crime-Prevention/Children-s-corner/?fbclid=IwAR0Vr_00Za9zk6gvRq61z3IKC1dqZswl-aD91Yx-FcJoDvTiuqUpDocywGo

https://www.crayola.com/featured/free-coloring-pages/?fbclid=IwAR03RPcOsg-32Kgl6XgpP8o7_ZBn7ejH6sLkmLOX6NMgu-Uks0MMmDxFio9Q

EALAÍN/ ART:

- https://drive.google.com/drive/folders/1onaBxw02tSAEL2WtOZo-wKCdIK4Gf9Yk?fbclid=IwAR164_z90FAmyiatREZauTh8zaCB-OkIQ65szO1YeBowSggtGjhOXqEYi-0
 - Art hub-youtube: guided drawing which is good fun and a break from the academic work.
 - <http://www.iamanartist.ie/>
 - <https://www.nationalgallery.ie/what-we-do/education-department/schools/resources-schools>
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SOSANNA/MOVEMENT BREAKS:

Cosmic kids Yoga: A fantastic resource for kids to get moving and also to use as a calming strategy.

Cosmic Kids Zen: some mindfulness and meditation strategies that children will enjoy.

Both are excellent ,free resources to give your child some 'down time' and if incorporated into their routine daily it is an excellent start or end to the day for them.

Go Noodle-register with this online site and access thousands of movement breaks needed for when at home.

Active Kids:

<https://activeschoolflag.ie/wp-content/uploads/2020/01/20191108-ASF-Active-Homework-Chart-C.pdf>

Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE FOR WHATEVER YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

MATA

- Topmarks for maths games <https://www.topmarks.co.uk/learning-to-count/ladybird-spots>
- Apps: Hit the Button is fantastic for practicing tables
- Number Bingo https://www.abcya.com/games/number_bingo
- <https://nrich.maths.org/primary>

TEILIFÍS

<https://www.cula4.com/en/>

TG4-cartún

Movie & Pj day

<https://kids.nationalgeographic.com/?fbclid=IwAR22UYNxf3TaICbjpattgS6rgiR4rZgYXMm7wYKNg7MYVCFBPbtBMjeEIH7>

RÍOMHAIRÍ

- Coding: <https://www.scratchjr.org/>
 - Coding: <https://blockly.games/>
 - Clóscríobh/Learning to Type: BBC Dance Mat is a free website that teaches young children the basics of typing.
 - <http://www.typing.com/>
 - English Type is another (pay a fee)
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CEOL

- <https://dabledoomusic.com/p/cirriculuminfants21>
 - <https://www.classicsforkids.com/>
 - <https://dabledoomusic.com/p/dabledoomusic-free-trial>
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TAOBH AMUIGH/OUTSIDE ACTIVITES

Playing Outside: Rain or shine please encourage your child to go outdoors every day. Get the rain gear or coats on and go to the garden, for a walk or to the beach etc. See list below.

LEGO CHALLENGE



30 Day Lego Play Challenge

Follow the instructions for each day. The only rules are 1) use your imagination, 2) have fun!

www.mylidstime.com



DAY 1 Build a new house	DAY 2 Build a boat that floats	DAY 3 Build a wild animal, e.g. a crocodile	DAY 4 Build a castle fit for a King and Queen	DAY 5 Build an amazing 'hotel' to stay in
DAY 6 Build with your eyes closed for 5 minutes	DAY 7 Build a rainbow	DAY 8 Build anything using exactly 100 LEGO pieces	DAY 9 Build a whale	DAY 10 Build a space ship
DAY 11 Build a birthday cake	DAY 12 Build a pirate ship	DAY 13 Build an airplane	DAY 14 Build your favourite TV show character	DAY 15 Build a model of your room
DAY 16 Build a pyramid	DAY 17 Build a cat	DAY 18 Build a robot	DAY 19 Build a village	DAY 20 Build a box with a lid
DAY 21 Build a marble run	DAY 22 Build something on wheels	DAY 23 Build something that makes a noise	DAY 24 Build a pencil holder	DAY 25 Build a picture frame
DAY 26 Build something flat	DAY 27 Build a tower	DAY 28 Build a simple machine	DAY 29 Build an amazing maze	DAY 30 Build a swimming pool

Gníomhachtaí Taobh istigh/Indoor Activities	Gníomhaíochtaí taobh Amuigh/Outdoor Activities
<p>Chores-make your bed, tidy toys away.</p> <p>Daily Lego Challenge</p> <p>Cosmic Kids Yoga</p> <p>Cosmic Kids Zen</p> <p>Board Games</p> <p>Card Games</p> <p>Picnic indoors</p> <p>Baking</p> <p>Playing I Spy</p> <p>Jigsaws</p> <p>Keep a Diary</p> <p>Make your own book</p> <p>Go on a shape hunt</p> <p>Painting</p> <p>Art Hub on tube</p> <p>Build a Fort</p> <p>Drawing Pictures</p> <p>Designing a t-shirt</p> <p>BBC Dance Mat- Typing (free online)</p> <p>Twister</p> <p>Read a book a day</p> <p>Read a chapter a day (for older children)</p> <p>Marla</p> <p>Ds/Ipad/computer games</p> <p>TV</p> <p>Dress up</p> <p>Free Play with toys</p> <p>Practice an activity you do-musical instrument, dance, singing, Karate,</p> <p>Fine Motor Skills development-(see list below)</p> <p>Where's Wally? Encourages eye movement, scanning the page.</p>	<p>Play outside</p> <p>Blow Bubbles</p> <p>Draw with chalks</p> <p>Go to the beach</p> <p>Go for a walk</p> <p>A picnic when the weather is fine</p> <p>Football</p> <p>Basketball</p> <p>Go on your bike or scooter</p> <p>Sand</p> <p>Paint the fence</p> <p>Trampoline</p> <p>Frisbee</p> <p>Gardening</p> <p>Obstacle Course</p> <p>Gross Motor Skills Development –see list below</p> <p>Hopscotch</p>

FINE MOTOR SKILLS DEVELOPMENT-

Supervise scissor work-cutting on a straight line, cutting out shapes, (Twinkl.co.uk have excellent resources for practicing scissor work)



Use correct pencil grip-tripod grip

Colouring, mindfulness colouring, staying on the line (again lots of worksheets are found on twinkl.co.uk), dot to dot, threading beads, helping with the household chores-sweeping, dusting, Lego, putting on shoes, learning to tie laces.

GROSS MOTOR SKILLS DEVELOPMENT-throwing and catching a ball, skipping, obstacle course,climbing, jumping, hopping, trampoline, swings,playing tag,running race,rolling, tumbles, riding a bike, scooter,hopscotch, getting dressed independently , brushing teeth.

PROPRIOCEPTIVE ACTIVITIES:

- Jumping
- Trampoline
- Running
- Climbing
- stairs
- tree
- rock wall
- backwards up a slide
- Hanging on monkey bars, tree, pull up bar
- rope swing
- Stomping
- Bouncing on top of a large ball (Yoga Ball)
- Wheelbarrow walking



- Crab walking, bear walk, seal crawl,
- Using a pogo stick
- Pushing a scooter
- Kicking a ball
- Crawling-through a tunnel , obstacle course
- Chewing: specially designed necklaces, bracelets and toys, crunchy foods (raw veggies, pretzels, etc.), chewy foods (dried fruits, gummy candy, etc.)
- Drinking through a straw, milkshake (thicker drinks give even more input)
- Squeezing-stress ball, play dough, putty
- Stretching and pulling on stretchy band (like a yoga or pilates strap)
- Chair push ups, Jumping jacks, Push ups, Rolling on belly over a large yoga ball and using arms to hold up, Yoga Poses

HEAVY WORK ACTIVITIES

[Heavy work activities](#) mean exactly what the name implies, these activities require our kids to actively use their muscles to push, pull, lift, or carry objects that are heavy. **When we use our muscles in this way, it creates resistance and pressure** is inadvertently put on those proprioceptive receptors in the muscles and joints.

I've included some of the most common activities below, many of which are chores, that occur often in family life.

Here are some ideas to inspire you:

- Push/pull heavy objects
- laundry basket
- wheelbarrow
- lawn mower
- grocery cart (could be a play version for young children)

- vacuum
- furniture
- Carry heavy objects
- bags
- school bag
- loaded boxes
- bringing in or putting out the bins
- Dig, Rake,Shovel
- sand
- leaves



- Pull on a rope (eg: a skipping rope-must be supervised by an adult)
- tie it to a door knob
- tie to a tree
- tie to a swing set
- tug of war
- Load/unload the dishwasher