

Learning from Home - social and emotional

Ready for School,
Ready for Life
Top Tips



Learning from home

We understand how stressful life can be while home schooling your children during this current time. You are not on your own feeling this way and we are here to help with some fun ideas and activities.

These hands-on activities will help you and your child with their active learning. Your child's attention span will be dependant on their age, so short and snappy activities are the key to success!

Activities

Why don't you make an 'I can' book?

- Use a note or scrap book and write 'I Can' on the front
- On each page, write something that your child can do, encourage them to tell you what this is such as "I can dance"
- Draw pictures of these achievements

What's in the box?

- Find a old box
- Hide an item in the box
- Encourage your child to ask questions to find out what the item is such as "does it have legs?"

What can I do?

- Make a picture timetable so your child's knows what is coming next

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Play Time			Story time		1:1 time
Afternoon				Outside Play		Go to the Park	

Icons on the left side of the grid: Tidy Up (clock), Meal Time (plate and cutlery), Get Dressed (clothes), TV time (television).

- Play games such as 'What's in the box?'
- Plant seeds such as cress, encourage your child to water it and see how it grows
- Share a story over your chosen social media platform with grandparents, friends, or family
- Try to spend 30 minutes or more outside, being physical each day such as running, hopping, skipping