

Home Learning Ideas

Seedlings Class

Below, you will find some suggestions of fun activities that you can do with your child at home. In school, we know that some of our children have allergies and intolerances and therefore not all of these activities will be suitable for all children. Please see these suggestions as a guide and not as a requirement. If you have any questions, please feel free to contact us via email (Ellen e.cudine@ebor.academy and/or Sarah s.sinnott@ebor.academy).

Sensory Play

In Seedlings class, we love to get messy!

Some of our favourite sensory play activities are:

- Shaving Foam - you can add coloured paint to make it even more fun! We encourage the children to move their fingers and hands in the foam and we comment on the marks that they make. A great, but very messy activity is to clap with foam in your hands (but be careful, it goes everywhere!). To create a lasting memory of this, you can take a print of the marks your child has made by laying a piece of paper over the foam and lifting it off carefully before leaving it to dry.
- Instant Mashed Potato - this is great fun and is also edible (as long as your child is not allergic to any of the ingredients and can tolerate food orally). It is fun to mix warm water with the mash powder to create different consistencies. You could also add food colouring, in school we have had lots of fun with orange mash.
- Cornflour Gloop - mix cornflour with water (again, you can add food colouring or paint or). For a different sensory experience, you can add essential oils (take care to note any contraindication) to make the gloop smell! You can make it in various consistencies so you can feel more resistance from the thicker gloop when you move your fingers in it. Without the food colouring or paint added, this is a great activity as it usually just brushes or vacuums up easily once it has dried.
- Cloud Dough - this is a mix of 8 parts flour with 1 part baby oil. When you mix it together, it is soft but it holds together like wet sand. Again, you can add different scents or colour.
- Cereal - corn flakes, rice crispies and cheerios are all great to feel and move around. In school, we have a farmyard set up with different cereals to represent different textures of fields, we have added some toy farm animals and a toy tractor and our adults scaffold children's

play. Weetabix and Shredded Wheat are great to crumble but they can be very dry if your child puts it in their mouth.

- Dried Pasta/Rice - the staples of sensory play! There are lots of good tutorials on the internet on how to dye pasta and rice to make them more interesting.
- Cooked Pasta and Noodles - add food colouring and oil before cooking (the oil will stop it sticking together) while cooking then rinse with warm water once cooked.
- Sand - when dry it is great for filling and pouring (use jugs, cups, funnels and sieves from the kitchen) and when wet is it great to feel, mould and squish!
- Water - you could add bubble bath or no-tears shampoo to warm water and have lots of bubbly fun!
- Jelly - jelly is so much fun to squish and splat!
- Ice - freeze water in different moulds or use disposable gloves to make ice hands! You could freeze different objects in the water that are revealed as the ice melts.
- Play Dough - you can make playdough and add different colourings or scents to add to the fun. Our favourite recipe is from The Imagination Tree Website (<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>)
- Paint - we have great fun getting messy with different coloured paint. If you don't have paints at home, you could mix flour with cold water and food colouring to make a good substitute.
- If you're not keen on the mess, or are worried about your child mouthing sensory play materials, we often put things like paint, hair gel and jelly in sealed sandwich bags. This can be particularly useful if your child doesn't like to get messy or is sensitive to the strong smells of certain materials such as hair gel.
- Sensory bin - for example, fill a tub with water, a bit of blue food colouring and some ocean animals for a fun ocean-themed play. What animals can you find that live in the ocean? Add a net or sieve if you have one to catch the creatures. Another sensory bin idea could include using slices of lemon or orange, for a lovely smelling activity.
- Sensory bottles - these are easy to make using things that you would normally have hiding in the back of your cupboards. Fill a bottle with water leaving some room in the top, add a squirt of food colouring, some glitter, pom poms, sequins and seal the lid closed tightly. Add duct tape to ensure little hands cannot remove, then give it a shake. You could make a sensory bottle without water; add dried pasta, rice or beads instead for an instant shaker.

Songs and Stories

- In Seedlings class, we love sharing stories on a one to one, small group and whole class basis. We hope you and your child have some favourites that you can share together.
- Youtube - we also use Youtube in class (directed by an adult) to listen to and watch stories. Some of our favourites are musical books by Barefoot Books (<https://www.youtube.com/user/barefootbooks>). Another Youtube favourite in our class is SuperSimpleSongs (<https://www.youtube.com/user/SuperSimpleSongs>)
- Action songs - we love songs such as Wind the Bobbin up, the Grand Old Duke of York, Round and Round the Garden, Heads, Shoulders, Knees and Toes...all the favourites!

Games and Activities

- In our daily communication group, we play lots of games. Our favourites include:
 - Old MacDonald (in school we use soft toy animals as props but at home making animal noises is a good substitute).
 - Car Dash - we encourage the children to hold onto an elastic bungee rope and to shake it in time to the song (you can find the song we use on Andy Pidcock's website <https://www.andypidcock.com/#Listen> - look for Car Dash)
 - Who is hiding - we cover a child with a cloth and sing "who's that hiding under there? Who's that hiding under there? It's...." then we pause as the child uncovers themselves. When they reveal themselves, we sing "it's (child's name), it's (child's name), it's (child's name) hiding under there"
 - Scarves - we tie a few old scarves together and put them into a shoe box with a hole cut into the lid. We encourage the children to reach into the hole and pull the scarves out.
 - Puppets - puppets are great for encouraging vocalisations and call and response games.
- Intensive Interaction - we use Intensive Interaction a lot in our class, it's a way of having 1:1 quality communication. We echo vocalisations and copy children's actions. You can find out more at <https://www.intensiveinteraction.org/>

Technology based fun

- We are really lucky in school to have iPads and computers. If you have these at home or can access one there are some great websites that you can use to make learning at home fun!
 - For PCs - Ian Bean's SENICT (https://www.ianbean.co.uk/ss_playzone/) has lots of great online and downloadable (membership is free) resources. You can use the space bar in place of a switch to activate activities
 - iPads and tablets - look for musical cause and effect apps, we like to use piano style apps in class to make our own music!

Everyday activities in the home

- At laundry time - you could sort all of the socks into pairs or group them by colour.
- Baking/cooking - In Seedlings, we love to bake and try delicious new foods. Include your little one when cooking your usual daily meals. Smell the ingredients, what do they feel like? Try and make something new together, like a nutritious smoothie or treat yourselves to a batch of tasty buns!
- Housework - listen to your favourite music and have a boogie whilst doing your usual cleaning jobs!
- Outside time - Spend time in the garden, go for a little walk, or open up the windows if it's warm out.
- Movie/duvet day - Enjoy a nice, relaxing day watching all your favourite films.

Physiotherapy Routines and Equipment

- If your child has equipment such as a stander or a walker and you are confident in their use (and have the space) keep up with your child's usual routines.
- If your child has AFOs or a lycra suit, keep up with their use.