

SENsational learning ideas - Rainbows

Dear Parents / Carers,

Welcome to our third edition of the SENsational newsletter. We hope that you had an enjoyable Easter, particularly the lovely weather, even if it was mostly just seeing it through the windows. Most of you are probably through the adjustment phase of being at home, although no doubt there will continue to be challenges. For many children the home environment is not associated in their minds with 'school' work, indeed in the minds of adults it is not a place associated with 'school' work! This means, there are bound to be issues about motivation and purposeful engagement. In our second edition of the newsletter there were seven key nuggets of advice about home learning and these continue to be a good foundation from which to work.



Thought for the week

“It takes sunshine and rain to make a rainbow.”

Roy T Bennett



How do I decide what we are going to do?

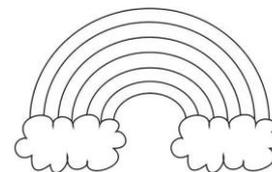
- A child's interests are always a good hook into learning. It does not matter what these interests may be, all learning is good.
- You may find that certain activities appeal more to your child. Let them engage with these and then, where possible, build in other things to link in to them.
- Sometimes allowing a child to choose the order they do things in can be a good motivator. It also builds vital skills like negotiation and compromise – even this is a learning point.
- Remember that in school children have regular time to be physically active – break, lunchtime and during PE lessons. Make sure physical activity, of some sort, is built into your day.
- Have a balance of activities. A list or even a simple timetable, may allow you to plan for a range of activities. Any routine or timetable should work to support you and your child, you should not become a slave to the timetable! Do not be over-ambitious, keep it manageable.
- You can use our rainbow activity planner to decide together on what activities you might do.

A Rainbow of ideas for creating a balanced day

This idea came from a Key Stage 1 teacher at Emersons Green Primary but would suit any age group.... Try to think of each different kind of activity as a different colour of the rainbow, and make sure that by the end of the day you've done something for most of the colours! **Home learning** is just one of the colours! Whilst it is great to know that you'll all be learning lots, remember to have some down time and relax: **play in the garden if you have one, play a board game, watch a favourite film or TV programme, get creative, or talk to someone/share a book.** Have some fun! Use our categories or why not make up your own as a family. You might like to choose some activities and colours with your family and colour in parts of a blank rainbow when you've done something, such as:



Keep Active
Be Creative
Calm and Happy
Helping others
Skill Builders



Help children with SEND continue their education during Coronavirus

DfE recently published this [guidance](#) aimed at parents which includes:

- a list of online educational resources for children including apps and games
- a list of Coronavirus resources from The Sensory Projects - grouped into those aimed at people with additional educational needs, learning about COVID 19 and the changes this is creating in our lives
- guidance on technology for SEND to support home learning including communication, software, apps, tablet and phone accessories.

This week's activities you might want to try

Skills Builders activities

- Supporting your child with writing – see the ideas in the attached document which includes ideas to help them structure their writing.
- BBC bitesize are now putting on daily lessons in English, maths and other core subjects via the BBC website and programmes on iPlayer and BBC Red Button. There are 20 minute shows for age groups from 5 to 14 as well as evening programmes support GCSE and A level. Choose the year group of your child to begin [here](#).
- #LitFilmFest are streaming daily literacy session on [YouTube](#) for key stages 2 and 3.



Calm and Happy (wellbeing)

- Simple songs - brushing your teeth fun simple song and video for early years and primary. [Link](#)
- Cooking Chocolate Rice Cakes with visual symbols - step by step recipe with visual symbols for making chocolate rice cakes. Promotes independence. An activity to do with primary and secondary children of different ages. Younger children will need to be supervised by an adult. [Link](#)
- Sensory stories podcast and activities - special *sensory* stories made to be *experienced* by the listener through the senses for early years and primary. [Link](#)
- Handwashing Tips - advice for encouraging and improving hand washing from Sensory Integration Education for children and young people with sensory sensitivities. [Link](#)
- Rainbow mindfulness - mindfulness walk looking for colours of the rainbow along the way for early years, primary and secondary. [Link](#)
- Rainbow energy relaxation - Yoga and mindfulness rainbow activities: stretches, relaxation, song for early years and primary. [Link](#)

Be Creative

- Disney on Stage – fun activities to do with your family Disney Theatrical's free education programmes. Activities from **The Lion King**, **Mary Poppins**, **Aladdin**, **Frozen**, and a selection of **Careers in Theatres** videos and podcasts for all ages. [Link](#)
- #Every Home A Theatre - Every week #EveryHomeATheatre will give you the opportunity to get your whole household involved in some theatre-based fun and creative learning. Suitable for ALL ages and levels of experience - no special skills required. [Link](#)
- Access art - Activity ideas for Drawing, Making, Mindfulness, Digital Media – free resources and accessible art ideas for primary and secondary. [Link](#)
- Art for Kids Hub - YouTube channel showing you how to draw a variety of things from animals to cartoon characters to cars. Suitable for any age. [Link](#)
- Seussville - activities, crafts and games based on the world of Dr Seuss for early years / primary. [Link](#)



Keep Active

- Yoga poses - series of illustrated poses for primary and lower secondary, coupled with the action of breathing deeply while doing and holding the poses, which help release anger and frustration. [Link](#)
- Yoga exercises - simple yoga exercises for primary children. [Weblink](#)
- Super-hero Yoga - Yoga exercises with a super-hero theme for primary children. [Weblink](#)
- Yoga partners - more complex yoga exercises working in a pair for primary and secondary. [Link](#)

Frequently Asked Questions - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

Contact us with your COVOD queries on SENDCOVIDenquiry@southglos.gov.uk or 01454 866123.

The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.