

Hi all,

I hope everyone is safe and well. Here are some suggestions that might be useful during this time. Remember these are only suggestions and please do not feel pressured to use any of them. The importance of play indoors and outdoors cannot be emphasised enough. We have also added various links that might be useful.

Here is a general timetable of activities that we do in school every day.

1. Playtime
2. Sensory room/ball pool
3. Hello group – who is here today, weather, days of the week, stories, nursery rhymes, jolly phonics.
4. Walk
5. Music – bizzzy breaks (the Irish Heart Foundation website) or <https://www.gonoodle.com/> (the kids especially love dancing to Maximo).
6. Independent work *
7. Teacher time *
8. Group = sensory play, art, construction, puzzles, playdough, fine motor activities, sorting activities (sort by colour/size/shape/object).
9. Hall – trampoline, PE, games (what times is it Mr Wolf, traffic lights game, musical chairs)
10. My choice – the children choose from 2 items of interest.
11. Clever touch – games, nursery rhymes, jolly phonics.

*During independent work and teacher time the children complete 3 items of work. For independent work, these are activities that the children have mastered and can do independently without any help (a little help if needed).

We use 3 baskets and work from left to right. You could put anything you think they could do in the baskets – puzzles, threading activities, pre-writing worksheets, matching activities, toys they like, construction activities, posting tasks etc.

Sensory activities

- Foam
- Playdough
- Rice/lentils/chickpeas/oats
- Sand
- Water
- Trampoline
- Painting



- Slime
- Water in a basin, some wash up liquid, blow through a straw and watch the bubbles forming
- Balloons
- Beanbag
- Heavy lifting
- Hugs
- Flour
- <https://www.learning4kids.net/list-of-sensory-play-ideas/>
- <http://www.earlyyearsresources.co.uk/blog/2018/02/sensory-play-activities-and-ideas/>

Fine motor activities

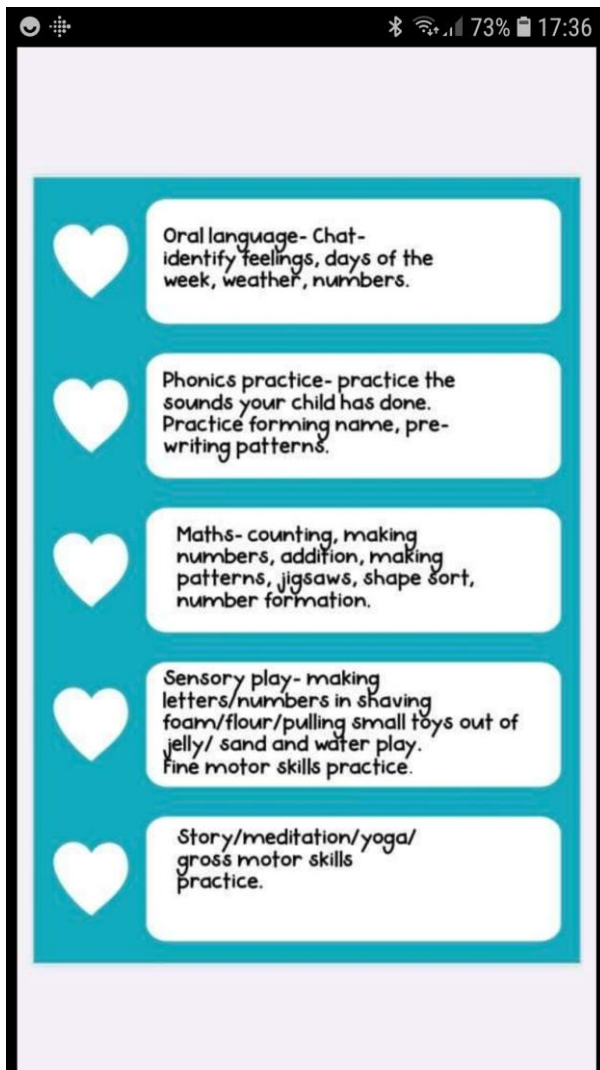
- Threading
- Colouring
- Cutting
- Pencil control activities
- Posting activities
- <https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

Construction

- Lego
- Blocks
- Jenga blocks
- Magnets
- Stickle bricks

Gross motor activities

https://autism.lovetoknow.com/Ten_Gross_Motor_Activities_for_Autistic_Children



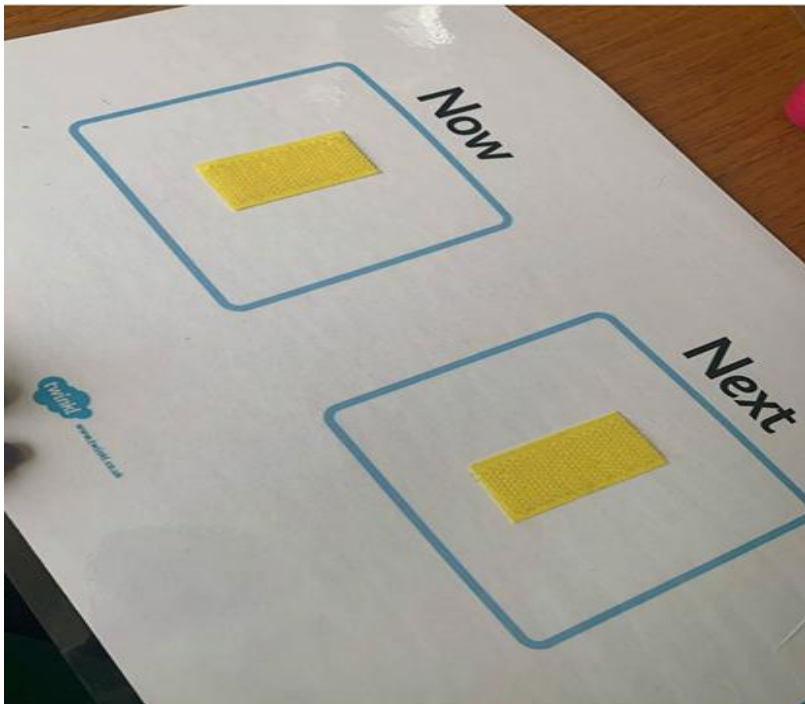
Visuals

Visuals play a key role in our classrooms and support our children throughout the day, they help lessen any anxieties around change and transitions and help form a familiar routine. We understand that we have different resources at home and in school however here are just some ideas if your child needs any support adapting to being at home during this period.

This is our daily schedule. Each child has their own schedule. The children take the picture of the task we are going to complete and post it in a box near that task. This could be adapted to home activities if you find your child needs visual support in their routine. These are PECS images and can be found online.



This a Now and Next (similar to First/Then) visual support that we use in the classroom. These really support children with transitioning to the next activity. These are effective used alongside a timer to help the children understand when an activity will be coming to an end. Again, these can be adapted to home activities if you feel your child might benefit from this. These can be found online on Twinkl. Twinkl are now offering a free subscription, you might also find some other useful resources too. (Link below)



Useful links/websites

- ASD School Closure Toolkit – <https://l.ead.me/bbTE3n>
- Twinkl – <https://www.twinkl.ie/> use code IRLTWINKLHELPS
- Pre writing activities – https://www.myteachingstation.com/worksheets/pre-writing?fbclid=IwAR2rOi9oP8mrknQk3IJQIMwkiBVIIcdeICGz_8kn-cHq00U4pIWubEYjYjM
- Helpful downloads – https://www.sunshine-support.org/covid-19-downloads?fbclid=IwAR1H_MpwoYI611ZrrPx2g9xoKk52IKs0ijsPGprWthbjeR70ZivP67stsc
- Supporting children with learning disability/ ASD at home during school closure – https://cdn.fsbx.com/v/t59.2708-21/90449250_3198600433699303_5108311257207799808_n.pdf/Cardiff26Vale-Uni-Health-Board.pdf?_nc_cat=103&_nc_sid=0cab14&_nc_ohc=hs82c60vRkgAX_N22DW&_nc_ht=cdn.fsbx.com&oh=2ee1c9c04d7122be2a99c576a7c0bd3f&oe=5E7B716E&dl=1&fbclid=IwAR2fd7gAWaAMybEpwhh8Wb94BEqzZ9Kg_holPPOsDJ0nVADGxDTAwzJOrsg

Once again please remember these are suggestions which might support your child at home. These times may be difficult for your child as they are not in their school routine and may associate some tasks with home and some with school. You know your child best and what works best for them. Good luck everyone and we hope to see you soon!

Mary and Danielle