Home Learning 2021



Top 5 Tips

1. Visual timetables

When children are in schools their day is structured; assembly time, lesson time, break time, lunch time and home time. Using visual timetables in the home environment can help continue the structure and helps to plan the day. No more “what’s next” as you can direct them to go and look at the visual timetable.

2. Now and next boards

Do you have a child that is struggling to focus and complete tasks or maybe getting easily distracted wanting to play with their toys or on their computer? Now and next boards are a great way of visually showing children that if they complete work then they can get time doing their choice of activity. Display the picture of the lesson/activity that needs completing followed by a picture of the child’s chosen activity explaining lesson first then toys. Now and next cards are also perfect for keeping students on track during their online lessons.

3. Sequencing cards

Being at home is a perfect time for children to develop their independence skills. Use these sequencing cards that step by step show the child how to complete simple tasks such as make a sandwich. Perfect for developing lifelong independent skills and it could be the perfect chance for the adult supporting the home learning to grab a cuppa whilst they independently make lunch.

4. Focus on the positives

While lockdown is a difficult time that makes us feel that the things we love and enjoy have been taken away from us, we can use this time to our advantage. For example, we may use this lockdown period to learn new skills, discover new talents and find more of our special qualities. Use the positivity worksheets, to capture and celebrate such positives that have come from lockdown. Or use the ‘Positive Points’ sheet to simply highlight any positives from the day, use it alongside a reward chart or reflect on the previous day’s positives at the start of each day. (Any positive is an achievement!)

5. Fit in ‘you’ time (for both the child and the adult)

During lockdown, the child’s and adult’s entire routines have changed as they are no longer able to attend school, do the after-school activities they are used to or as an adult work from their usual workplace. It is easy for us all to become bored, frustrated, sad or lonely. The ‘Top Tips for Looking After Yourself at Home’ worksheet has plenty of ideas for how children and adults will be able to look after themselves at home and keep themselves occupied throughout the day.

Extra Ideas!

Reward Charts

Reward charts are a great way of encouraging children to do what is expected of them – as long as they are completed consistently!  It is always a good idea to discuss with the child what their reward will be to maximise the effectiveness!!

Daily Routines

Sticking to a daily routine helps to reduce stress levels and encourage better sleep – for both you and your child!  It also helps children feel in control of their environment, feel safe, secure and more comfortable.  Attached are visuals for a simple routine which can be cut out and displayed for the child.

**Encouraging attention and completing tasks**

Task Focus Boards – Task focus boards are a strategy used when children find it difficult to follow instructions and remain focused on a task.  The attachment explains their purpose in more detail but the main purpose is to break down tasks into smaller, achievable chunks and to sequence the task.  That way children can see what is expected of them step-by-step and have the satisfaction of crossing out each step as they have completed it.  Younger children may choose pictures instead of writing.  When the three steps have been completed, either reset the board by adding the next three steps, or, you could use a reward chart alongside to support motivation and you could reset the board during their reward time.

Everyone will be dealing with this situation in their own way.  These simple resources can encourage discussion with your child.