

## Learning at home - Additional support activities you could try

Physical/ motor development	Social, communication & interaction	Language development	Calming and Relaxation	Additional learning practice
<p>Build a Lego model using 20/ 30/ 40/ 50 pieces</p> <p>Build a blanket fort (use blankets/ pillowcases/ sheets/ rugs etc)</p> <p>Build the tallest tower (lego or other blocks)</p> <p>Make your own play dough <a href="https://www.bbcgoodfood.com/howto/guide/playdough-recipe">https://www.bbcgoodfood.com/howto/guide/playdough-recipe</a></p> <p>Do a jigsaw puzzle</p> <p>Mindful colouring <a href="https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack">https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</a></p> <p>Try some yoga <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a></p> <p>Try these apps:</p> <ul style="list-style-type: none"> <li>• Stencil art</li> <li>• Awesome Xylophone</li> <li>• Dexteria Jr</li> <li>• Alice in Colourland</li> </ul>	<p>Play a board game</p> <p>Make a treasure hunt</p> <p>Find out what your mum/ dad/ carer used to play with when they were your age</p> <p>Do a jigsaw puzzle</p> <p>Call a grandparent/ aunt/ uncle or family member you haven't spoken to in a while</p> <p>Have a picnic in your garden or living room.</p>	<p>Learn what a new word means every day - how many times can you use it? (use either a dictionary or an online dictionary)</p> <p><a href="https://www.speechbuddy.com/blog/games-and-activities/online-games-for-speech-therapy/">https://www.speechbuddy.com/blog/games-and-activities/online-games-for-speech-therapy/</a></p>	<p>Make a den (use sheets, blankets etc) and read a book in there</p> <p>Write down your worries, and put them in a bag. Take them out one at a time and discuss them with a trusted adult, older sibling or friend.</p> <p>Do a jigsaw puzzle</p> <p>Mindful colouring <a href="https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack">https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</a></p> <p>Listen to some mindfulness (try iTunes: meditation and Relaxation for Kids by Dr Elizabeth Scott)</p> <p>Try some yoga <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a></p> <p>Read a social story:</p>	<p>Count how many chairs, beds, pictures (etc) are in your house</p> <p>Watch a TV programme and write an episode of your own</p> <p>Play a memory game, e.g. I went to the shops and I bought... (each person adds an item and you go around the group having to say all items).</p> <p>Helping with the laundry/household items - pairing socks and other clothing/knives and forks</p> <p>Organising household items by shape or colour</p> <p>Go on a number/shape hunt around home</p> <p>Share and listen to stories</p> <p>Draw pictures to represent items/writing items on a shopping list</p> <p>Play counting games: e.g. 'Whats the Time Mr Wolf?'</p> <p>Practise counting and your phonics with games on these websites:</p>

			<p>Some links are on the Parent Advice page or see here and the story below:</p> <p><a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a></p>	<p>Numberblocks: <a href="https://www.bbc.co.uk/iplayer/episodes/b08bzfjh/numberblocks">https://www.bbc.co.uk/iplayer/episodes/b08bzfjh/numberblocks</a></p> <p>Alphablocks: <a href="https://www.bbc.co.uk/iplayer/episodes/b01cz0p1/alphablocks">https://www.bbc.co.uk/iplayer/episodes/b01cz0p1/alphablocks</a> <a href="https://www.phonicsplay.co.uk/">https://www.phonicsplay.co.uk/</a></p> <p>Try these apps:</p> <ul style="list-style-type: none"><li>• Word scapes</li><li>• Times Table Rockstars</li><li>• Jolly phonics app</li><li>• Hairy letters app</li><li>• phonics play website for blending and segmenting</li></ul>
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## The Stay Home Superheroes

Once upon a time there was a big, busy world. In this big, busy world there lived a little boy called William. William loved going to school to play with his friends, going to the park to play on the swings and swimming at his favourite pool.

But one day, everything started to change. William heard on the news that there was a Big Problem. This problem was so big that it started to spread over the whole world. All the grownups were talking about it. All the children were talking about it. In fact, every single person in the whole world was talking about it. Everyone started to feel worried and scared about the Big Problem.

Soon, the Big Problem caused some big changes. At first people stopped going to work, then he wasn't allowed to go swimming anymore, then he found out that school was cancelled and day by day the big, busy world he lived in got quieter and quieter and quieter.

William was confused. He felt scared too. He had so many questions. What was going on? Would it be OK? How could they stop the Big Problem?

He went to ask his special person all of his big questions. "It's OK to be scared and worried, lots of other children feel that way, even adults feel scared too sometimes" they told him, giving him a BIG hug.

"But all of the very best, cleverest people in the whole world are working hard to fix the Big Problem right now" they explained.

This made him feel a little bit better. Surely the cleverest people in the world could find a way to fix it! But it was such a Big Problem, and he was still scared. He had to do something.

His special person explained that there were lots and lots of special helpers working hard to save the world and stop the problem.

"Like superheroes?" said William.

"Just like superheroes." They said, smiling.

William wanted to be a superhero too. This was his chance! Super William to the rescue! He jumped up, ready to run outside and join all the other superheroes to fight off the Big Problem and save the world, but his special person stopped him and locked the door.

"HEY! How can I help fight the Big Problem if I'm stuck inside?" he asked.

"Well, we DO need you to help. Everyone is going to have to help to solve this Big Problem. And YOU are going to have a very special job indeed. You are going to become a Stay Home Superhero!"

William had never heard of THAT kind of superhero before. He wanted to know all about them. He found out that Stay Home Superheroes could help fight off the Big Problem by using their Stay Home Superpowers. But what were they? He tried so hard, but he didn't have super strength or super speed either. In fact, he felt exactly the same as before.

"The Big Problem can't be solved with super strength, or super speed. The Big Problem will only stop growing if all the new Superheroes use their Stay Home Superpower to stay at home. In fact, if all the new Stay Home Superheroes work together the Big Problem will get smaller, and smaller and smaller every single day, until it goes away!" his special person explained.

"But staying home is a boring superpower!" said William in a grump.

"Boring? No way! You have the superpower to make this fun! And staying home is how YOU can help to save the whole world- there's nothing more powerful than that!"

Just staying home and having fun could save the whole world? And he would be a real-life superhero? William started to feel excited. He started to feel powerful too! He couldn't wait to tell all his friends that they could turn into Stay Home Superheroes just like him!

William got to work quickly, using his Superhero creativity to think of all the fun things he could do at home. He made a long list: pillow forts and cooking and games and dancing and puppet shows and singing and movies and MORE! Even better, William found out he could still play in the garden and go outside too, as long as he stayed away from all the superheroes who lived in different houses. They could wave to each other and wink, because they all knew the special job they were doing!

William did miss playing with his friends and going swimming and to the park. But then he remembered how important his new Superhero job was. He was helping to save the whole world and that made him feel so good inside. He was very proud of himself. Then he fired up his superpowers ready to find something fun to do. William the Stay Home Superhero and all his superhero friends worked hard together to help save the world, all without leaving their homes. And now you know, you can be a superhero too!