Top Tips for parents/carers whilst your child is not at school

1. Try to keep to a daily routine building in work time, down time, exercise, work on social/emotional skills
2. Show the day's activities on a visual timetable so that your child knows what to expect
3. Try and remain as calm as possible as this will help your child feel more calm and settled.
4. Use Social stories to explain what is happening and why
5. Have a quiet, distraction free area for your child to work as this will help them to focus
6. Try and ensure that the desk/table where the child is working only has the equipment that is relevant to the work they are doing.
7. Improve motivation by providing agreed rewards for both effort and achievement
8. Try to pick your battles! Decide what is really important to stick to and try not to worry about getting everything perfect all the time.
9. Stay in touch with other adults and friends – linking in and sharing ideas will be helpful for everyone. Consider use a video link (e,g, Facetime) sometimes to feel more connected.
10. Consider joining supportive on-line groups, for example The Gloucestershire Autism Support Group on Facebook
11. Take care of yourself as well as your child. Give yourself permission and time to do the things that help you feel relaxed and happy when your child is safe and settled

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Useful Websites and Resources

https://www.bbc.co.uk/bitesize

https://www.bbc.co.uk/teach/supermovers

https://scratch.mit.edu/explore/projects/games/

https://blockly.games

https://www.twinkl.co.uk/resources/covid19-school-closures

https://www.teachyourmonstertoread.com/

https://www.natgeokids.com/uk/

https://www.bbc.co.uk/teach/school-radio/

http://www.treetoolsforschools.org.uk/menu/

https://www.oxfordowl.co.uk/for-home

https://www.bbc.co.uk/newsround

http://primaryhomeworkhelp.co.uk/

https://www.stageslearning.com/

https://www.coolmathgames.com

https://www.doodlemaths.com/

https://thekidshouldseethis.com/

https://www.literacyshed.com

https://ed.ted.com

Activities and Ideas for INSIDE

- Cooking and baking
- Puzzles and jigsaws
- Board games and card games
- Read a magazine or favourite book
- Drawing and colouring
- Listening to music
- Sensory and craft play
- Watch a film
- Learn a new skill or language
- Knitting, sewing or cross stitch projects

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Activities and Ideas for OUTSIDE

Go for a cycle/scooter ride or a walk

Have some water fun

Have a garden picnic

Plant some seeds and do some gardening

Made a garden den

Tree play – climb it or measure it

Sand play

Have a scavenger or treasure hunt

Play hopscotch

Make a flower necklace/daisy chain

Have a mini sports day

Fly a kite

Make a mud kitchen

Try star or cloud gazing

Chalk art (on walls, paths or the drive)

Wash the car

Make a bird feeder

Skipping (forwards and backwards)

Blow bubbles (washing up liquid and water mix)

Make and chase sun shadows

Make a whistle with a blade of grass

Play with a ball or Frisbee