Wb 30.3.2020 - Suggested Activities

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| **Monday**  | **Session 1****Start the week in the right way- PE with JOE WICKS 9.00 am**<https://www.youtube.com/watch?v=K6r99N3kXME> Find video for 30th March Resource You will need a laptop or smart tv to do this activity.**Report progress in** Speech Language & Communication/ Independence**Session 2****Communication – Discussing with others 1hr** BBC news – Expresso news – Newsround – listen to the radio Talk about what has happened – who it affects **Report progress in** Speech Language & Communication**Session 3** **Technology in the home** **Task 1 – 1hr** Demonstrate using technology in the home for leisure- Computer – Games console- tablet – another electronic device. **Task 2 – 1 Hr Help with preparing a meal.** Use a toaster – oven – microwave – use the hob – blender etc. to help prepare lunch or dinner. Record progress in independence or Cognition and learning. **Session 4****Independent living 1 hr** Help with Tasks in the day to support the household- Make the bed, load the dishwasher, hoover the house, dust the sides. Etc **Record progress in Independence and cognition and learning** **Session 5** **Independent study 30 mins** Online task Literacy / Numeracy in line with EHCP |
| Tuesday  | **Session 1** **Cooking 1 hr**Ready Steady Cook breakfast ’ is a fun and creative way of making food out of random ingredients. Invite the young people to bring a range of sweet and savoury ingredients, put them in a pile on a table and decide what you are going to make. Have a sweet group and a savoury group. You may not use all the ingredients and it is a good idea for the leaders to have a few key ingredients such as pasta, milk, eggs, instant mash, Angel Delight, bread etc. that can be used alongside the ingredients the young people provide. ‘Ready Steady Cook’ is not about how good the food is, but how creative and wacky you can be with what you have**Record in social and well being****Session 2** **Gardening and or house care 2 hrs** Decide on a gardening task Weed or tidy the garden with tools or * Up-cycle a few plastic bottles & turn them into planters.
* Use eggshells to make a mini garden that you can put in the window
* Make birder feeder using old bottles

**Session 3** **What is Covid 19 Social Story -  In widget Symbols**<https://static.lgfl.net/Covid19%20Social%20Story%20What%20is%20coronavirus.pdf>**Read through the COVID 19 social story Each version gives more detail .****Eg version****Record progress in social and well being*** **Session 4**

**Independent study 30 mins** Online task Literacy / Numeracy in line with EHCP**Record in Cognition and learning**  |
| Wednesday  | **Session 1****Start the week in the right way- PE with JOE WICKS 9.00 am**<https://www.youtube.com/watch?v=K6r99N3kXME> Find video for 1st March 2020Resource You will need a laptop or smart tv to do this activity**Session 2** **Independence All DAY activities Complete everyday tasks with little independence** Make the bed, tidy own room, make breakfast, decide of morning activities Dusting, sorting clothes, washing , washing up **Choices** **Session 3** Make and prepare treat for Movie night. Put sweets in bag, look through films on TV, streaming service, video or DVD. **Session 4****Afternoon/Evening session 2hr** Video / DVD night / in-house cinema evening Get treats prepared earlier cinemas provide popcorn, drinks treats and chocolate. Comment on who was in the film, what they did where they were, why did that happenDid you enjoy the film? What was your favourite part?  |

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| **Thursday**  | **Cognition and Leaning** **Activity 1 - Communication , social and well-being 1 hr** Play a board game or Family game to promote conversations and discussions. To make things a bit more interesting, giant garden games can be used.You can also use Alexa for games to play focusing on turn taking and listening skills. If you have no board games Twinkl has games you can print and Help Kidz learn to play game online. **Other Suggested Activities** **KIDZ Learn**<https://www.helpkidzlearn.com/>Login – Games and ActivitiesUsername: Meadowshkl         Password: meadows**Discovery Expresso** Login and go to the video zone. Research a topic of your own choice and comment on what you have learnt. Watch another topic and compare what you have watched. <https://www.discoveryeducation.co.uk/>login-(top right- Login)**Username:** aln**Password:**OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw== |
| Friday  | **Exercise – walk to the local park, Up and down step / stairs/ exercise in the garden/ follow a dance routine.** Agree an activity and its duration.Complete the activity and report Record in independence /physical **Independent study 1 hr**Review the week verbally or in written form. What tasks have you completed? What achievements are there? What progress have been made and what are you going to work on next week. Has information been emailed to teacher. Report progress within email. **Cook 1 hr / Food Critic – Focus Communication** Cook evening meal with support. Follow verbal instruction, Find item, chop ingredient and mix. Prepare food.  Was the Food hot, warm, cool or cold. Which item was the tastiest? Would you change anything? Repeat for pudding or treat.  |
| Websites to support learning  | **Help kidz learn Games and Activities** Username: Meadowshkl         Password: meadows1Twinkl [www.twinkl.co.uk/offer](http://links.support.twinkl.co.uk/mps2/c/_AA/8PUmAA/t.301/HHsrpmliQbekv5IfnGoIZQ/h5/EbC1nPf9k9D5DT3zk18lxBwa1fOubB7v8tpG7jFvX-2BAUbtuFWZqRQucggCq4xkD-2BcXZRVhMv6jRDtAXDkJfo-2BPY39Pl6rzJj5RA8l-2F0Qx-2FAbnlpHcpwDVJzdJ-2Fbx0xH3cpirySnajFEQ4LF3oVW90BTEDzanG6FbzEgbzQY-2BmK65sLdK-2B79vxjc5ExO3Zsp4K-2F5xD-2FfIe-2F-2B17fZHXXxZIw-3D-3D/zhCb) and enter the code UKTWINKLHELPS and sign up for free**Discovery Expresso**- Follow the link <https://www.discoveryeducation.co.uk/login/autologin/?service=espresso&user=admin&token=OTU3MTspVPr0PO5AQJj9P5yLIYlhVMTQNw==&err=na>

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