

# SUPPORT FOR HOME LEARNING

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We want to make sure you as supported as possible so we have put together some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

We understand that we are not there face to face at the moment for all of the pupils that we support, but we can arrange a chat and check in on WhatsApp if you or your child wants to speak to us. Please just email us [admin@longlands.sat.coop](mailto:admin@longlands.sat.coop) and we will arrange this for you.

## 1) KEEP YOUR CHILD IN A ROUTINE

It is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.



## Take a break



## 2) GIVE THEM A BREAK

If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go what is important is that the children have a go.

## 3) USE VISUALS

Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.



## 4) USE A TIMER

If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.online-stopwatch.com/> - Don't forget to give reminders of how much time is left before moving to the next thing.

## 5) MAKE TIME FOR DOWNTIME

Make sure that they get some downtime and they get some time to relax, for example you could use mindful activities and yoga.



**Please give me space.**



## 6) GIVE THEM SPACE

If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.

## 7) DO NOT PUSH FOR THEM TO TALK

Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.



## 8) PROVIDE THEM WITH FIDGET TOYS

It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.

## 9) MOVEMENT BREAKS

It is important to not sit still for too long. Make sure you take time out from working and move around. This will aid concentration. Try to get fresh air daily too, walking is fantastic for this and counts as your daily exercise.

Time for a movement break!



## 10) ASK FOR HELP

Do not struggle alone and ask for help. We have sent out a lot of information of parent/carer groups, our contact details and the details of national agencies that can support your child.

**REMEMBER - LIFE IS NOT NORMAL AT THE MOMENT AND IT IS OKAY FOR YOUR CHILD TO BE ANXIOUS AND STRESSED AND IT IS COMPLETELY OKAY FOR THEM NOT TO NOT UNDERSTAND WHAT IS GOING ON.**

### BLU TAC

This is amazing to use, your child can squash it, squeeze it, pull it, roll it and destroy it when they are feeling stressed. (If you can't get blu tack, you can also use white tack).

### A STRESS JAR/BOTTLE

This little craft activity is amazing as it will keep your child busy and make them less anxious. To make you will need to mix warm water with some PVA glue in your chosen jar/bottle. You then add glitter, buttons, craft stars or other small craft materials, put the lid on and shake. When your child is feeling stressed, get them to find a safe place, shake their jar/bottle really hard and then get them to put it down and watch everything inside move around and begin to settle. They can think of it as a storm that is calming down..



### A WORRY BOOK

This is a book that belongs to your child, when they feel stressed, angry or anxious they can write down their thoughts in this book. This book is their property and no one else can look at it unless they invite you to. When they do invite someone to look at their book this is because they want them to know how they feel and because they want to talk about it.

### A STRESS BALL/ TOY

This can be something soft that your child can use to squeeze or mess about with when they feel stressed or anxious, it is something that has no feelings or cannot be hurt and so they do not need to worry about how it feels afterwards.

