

Home Learning for Children with SEND

Parents across the country are finding it difficult having their children at home. This can be even more difficult if your child has a Special Educational Need or Disability. Of course, every child is different and you must suit the needs of your individual child but here are some top tips that might help support you:

- Routine and structure are very important for children with SEND. Try using the visual timetable to structure your day and discuss it in the morning
- You could use the now and next cards to set out expectations and to show your child that if they complete their activity then they can move on to an activity of their choice
- Find a calm, quiet area in your house that you can use as a 'work station'. Some children with SEND will be struggling to differentiate between school and home so sectioning off a place to do school work will help
- Plan in regular breaks - because they will need it and you will too!
- Exercise helps lots of children with SEND. Make sure you factor movement breaks and outdoor activities into each day
- Social stories are a great way to explain situations. Try one to explain Covid-19, home learning or hygiene
- Try some wellbeing activities such as peer massage, yoga, meditation or colouring to reduce anxiety
- Technology can be brilliant to support learning; however, too much time on tablets etc. can have a negative impact on learning and behaviour so try to limit screen time - you could factor some screen time into the visual timetable
- Appeal to your child's interests. If they love space why not do a project on the solar system? This way their learning will be more meaningful
- Don't be too hard on yourselves. If you don't do any school work, it's ok! Use this time to do things that you both enjoy and spend time together. There's lots of great ideas for practical activities online

Useful websites:

- <https://www.gov.uk/home-education>
- <https://www.theschoolrun.com/home-educating-child-with-sen>
- <https://nasen.org.uk/>
- <https://www.autism.org.uk/>
- <https://dyspraxiafoundation.org.uk/>
- <https://www.bdadyslexia.org.uk/>
- <https://www.he-special.org.uk/>
- <https://www.topmarks.co.uk/maths-games/hit-the-button>
- <https://blissfulkids.com/mindfulness-and-the-brain-how-to-explain-it-to-children/>
- <https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/>