

### Physical and Medical Needs Team

#### Fine Motor Skills

During lockdown all pupils will have had less need to write and exercise their fine motor skills. It is important that we keep these skills going.

Try making some playdough without any fuss. Put all of the following ingredients in a bowl and mix well. Then knead on a floured surface for a few minutes. Add a little more flour until it is smooth and not sticky.

- 2 cups of flour, plus extra for dusting your board
- 2 cups of warm water
- 2 tbsps vegetable oil
- 1 cup of salt
- Food colouring

Try sticking uncooked spaghetti into the playdough and have a race to see who can thread 10 items onto the spaghetti first. You could use buttons, penne pasta and even small beads. NB Please be aware of choking.

### Speech, Language and Communication Needs Team



Oak National Academy has a selection of activities to supplement speech therapy activities. [Specialist therapies - Oak National Academy \(thenational.academy\)](https://www.thenational.academy/specialist-therapies)

Using Language – Lessons 10-12 provide some useful videos to support parents and carers using Colourful Semantics at home.

### Resources of the week

[Word of The Day | Vocabulary Ninja](#)

Free weekly vocabulary activities. Now including home learning activities.



### Autism Team

**Anxiety 1:** The following link may be useful in understanding anxiety experienced by autistic children and young people in their everyday lives and, more especially, at this difficult time. Whilst this is an Australian site, it offers advice on recognising signs and triggers as well as useful strategies and resources with the intention of supporting those from 2-18 universally. Further links are made to information on obsessive behaviours, stimming, sensory sensitivities and challenging behaviour, for example. [Anxiety in autistic children & teenagers | Raising Children Network](#)

**Calming music 1:** Although choice of music is always very personal, individuals may benefit from support to find soothing examples e.g. [Israel Kamakawiwo'ole - Somewhere Over the Rainbow \(with lyrics\) - YouTube](#)

### Specific Learning Difficulties Team

This week's focus is Wellbeing and Self Esteem and finding some positives and skills that your child has learning during lockdown – this can be any skill; it doesn't have to be school related.

- [lovely worksheet](#) this link will take you to the twinkl website and you can download a self-esteem activity to work through with your child to talk about what they have found out about themselves and the skills they have learned during lockdown.
- Once they have filled this in, they can draw a picture/make a comic strip about the activity are most proud of. E.G. if they were proud of baking a cake, they could make a comic strip/picture of the process they went through to bake it.

