

Speech, Language and Communication

Please have a look at the Speech and Language resources below:

Try the free app Bitsboard. Visit http://www.do2learn.com

Have a look at the resources at https://www.speechandlanguagekids.com/free-materials/

Colourful Semantics have a wealth of free resources to support early language and sentence construction: https://integratedtreatmentservices.co.uk/our-approaches/speech-therapy-approaches/colourful-semantics-2/

The Communication Trust has many links to different resources for parents as well as schools (some free) as well as offering some free training which is very interesting: https://www.thecommunicationtrust.org.uk/

Dyslexia and Processing

- Dyslexia gold is a computer based program, which all children at St Mary's can access. If you would like your child to have a log in, please email me on l.hemming@stmarysrc.cheshire.sch.uk and I can set your child up on the system. Any child can play the games, even without being diagnosed dyslexic.
- SOS spelling is a dyslexia friendly approach to learning spelling. A step by step guide can be found here: http://bettertuition.co.uk/simultaneous-oral-spelling/
- <u>www.timestables.co.uk</u> is a great alternative to TTRockstars. You do not need a login and it does not have the time pressure that some pupils find tricky.

ASC (Austism Spectrum Condition)

Please have a look at some of these resources to support working at home.

CEAT have added resources to their page for families to use: https://www.cheshireeast.gov.uk/livewell/local-offer-for-children-with-sen-and-disabilities/education/supporting-send-in-education/pupils-with-asc/resources-for-parents-parents-and-family.aspx

You can find free sensory planning with multisensory activities and messy play at: https://www.empoweringlittleminds.co.uk/resources-1

There are free resources available from Social

Thinking: https://www.socialthinking.com/free-stuff/books-thinksheets

Motor Skills

Fine and Gross Motor Skills

Dough Disco is great for fine motor skills - https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj pRw

BBC Dancemat helps typing skills: https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr

or try the daily Joe Wicks PE lessons available online.



Social, Emotional and Mental Health

Please the following resources to support emotional and mental health.

You can find some ideas for wellbeing apps here: https://www.theschoolrun.com/best-wellbeing-apps-for-kids

Information about Mental Health in children: https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people

There are a number of books for children explaining the Coronavirus too - Elizabeth Jenner has written a book:

Coronavirus: A Book for Children. You may find this is useful way to explain what is happening to your children. It is currently free to download from Amazon.

Additional ideas are also attached below...

Sensory Bottle

Using a bottle, water and glitter make your own sensory glitter bottle. Shake it and spend time watching the glitter settle back down again. You could also add oil or glycerine, pompoms, sequins or any other craft items. I would love to see any you make.





Face Your Feelings

Using play dough, clay or salt dough create different faces to show a range of emotions.(If using clay or salt dough you can paint them after)





Happy Jar

Continue to add happy and positive moments to your happy jar.



My Time!

Make time each day to do something you enjoy.





Teddy Breathing

Lay a teddy on your tummy, take deep breaths in and out and watch teddy move up and down. This can also make you laugh a lot!



Share a compliment

we all know how lovely it feels when somebody says something nice to us. Try and make a compliment to someone you speak to, you will see how it make them feel, notice how it makes you feel too.



Make a Happy Jar

Each day write down one thing that made you smile, put it in the jar. When things are getting difficult or you feel sad, open the jar and remind your self of happy times.



Write or Draw

- 5 things you can see
- 5 things you can smell
- 5 things you can feel
- 5 things you can hear







How Do You Feel?

Can you draw a face to show each

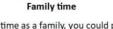








Enjoy time as a family, you could play a game, watch a film, read a story.





Spend some time each day listening to your favourite music. How does it make you feel? Why do you like it? Does it create a memory for you?



Birdy Business

Listen carefully, can you hear the birds singing? What do you think they are saying?







