



St Mary's
Catholic Primary School and Nursery

SEND RESOURCES

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-semantic-2/>

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.
- www.timestables.co.uk 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 (Autism 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](https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr)

or try the daily Joe Wicks PE lessons available online.

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.

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...

<p>Sensory Bottle</p> <p>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.</p> 	<p>Happy Jar</p> <p>Continue to add happy and positive moments to your happy jar.</p> 	<p>Teddy Breathing</p> <p>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!</p> 
<p>Face Your Feelings</p> <p>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)</p> 	<p>My Time!</p> <p>Make time each day to do something you enjoy.</p> 	<p>Share a compliment</p> <p>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 makes them feel, notice how it makes you feel too.</p> <p>Compliments</p>  <p>Feel Good!</p>

<p>Make a Happy Jar</p> <p>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 yourself of happy times.</p> 	<p>Write or Draw</p> <ul style="list-style-type: none"> • 5 things you can see • 5 things you can smell • 5 things you can feel • 5 things you can hear 	<p>How Do You Feel?</p> <p>Can you draw a face to show each</p> 
<p>Musical Moments</p> <p>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?</p> 	<p>Birdy Business</p> <p>Listen carefully, can you hear the birds singing? What do you think they are saying?</p> 	<p>Family time</p> <p>Enjoy time as a family, you could play a game, watch a film, read a story.</p> 

RAINBOW SCAVENGER HUNT

primary playground

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.

