



SENDAT OUTREACH WEEKLY NEWSLETTER: EDITION 2

Welcome! We will be sharing a weekly newsletter containing ideas and links to support teachers and families of pupils with complex SEND during the Covid-19 crisis.

You do not have to be on caseload to access these materials, and a member of the team will be happy to speak with you if you would like further advice or information

<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=9-4-gMINCZ8>



Wellbeing

Try to make half term week feel different from school weeks, even if you aren't able to go beyond your home.

Keep to a structure. Limit screen time

Stay in touch with family and friends; write postcards, letters or arrange a video call

Try to eat regularly and healthily; set yourself a challenge. How many colours of the rainbow can you eat today? Make sure you include 5 fruits and vegetables

Learn a useful skill while you are not in a rush: putting shoes on, Self care/ toilet routine, dressing, making a bed, peeling a banana, making a drink

Go for longer cycle rides or walks, make and take a picnic somewhere special

Have a movie night: make tickets, make popcorn and make a night of it.

Play games together as a family; screens off and game time scheduled in. For fairness let everyone take a turn to choose and have fun!

Fun and educational activities to try

Hide and seek! Set up a treasure hunt; you could add some fun learning by using a theme or finding objects that begin with chosen sounds or letter names.

Make a den: Indoors or outdoors let the children set up a den area. Take cushions, teddys and books in there. A fantastic way to encourage some calm time and to enjoy reading together.

Go to the beach! Paddling pool, sand pits and making ice creams. Pop some ice cream into a small cup, and set up shop, buying ice creams from the 'van'

Have a competition who can make the largest tower from sand/ sticks/ scrap paper and recycling materials, Lego...

Get out the paint brushes and paint with water (floors, walls, anything outdoors); large letters or key words depending on your child's development. Great for motor skills and letter formation

Go fishing! Using paperclips and magnets, make a simple fishing game focusing on 'catching' certain letters, numbers, shapes or pictures

Have a tidy up. Children enjoy helping to sort. Toys can be sorted into type, costumes into themes, socks into pairs! Adapt for your child's age, interest and development: you may have a tidier house afterwards: bonus!



Outdoor ideas for younger children

Mud Kitchen! Play outside, get muddy get creative!

Sieving and straining – mix water, sand, stones and mud in different ways, can you separate them with strainers and sieves?

Mud pies – mixing, pouring, scooping, decorating.

Add baking soda to your mud and powder paint. When you are ready, pour over vinegar and watch it bubble!

Paint with mud on paper or other natural surfaces.

Mud sculptures – use mud to model and build, see what happens when you press objects into the mud. Can you make marks on the surface? Can you use tools to shape the mud?

Muddy car wash – make marks in the mud with the cars, then take them for a car wash in soapy water. (you could also make a bath for muddy farm animals)

Searching activities – find the objects buried in the mud or sand – count them, look for letter pebbles, bury them for a friend to find.

Mark making in the mud: us fingers or sticks, go small and go large!

Outdoor ideas for teenagers

Positivity journal, write, draw or photograph something that makes you feel good and tie it to a tree or pop it into an old jam jar each day

Tell a story using only photographs – take 10 photos on a walk or around your garden. Try and tell a story

Create an outdoor artwork using natural objects – look at the work of Andy Goldsworthy

Try growing a plant from a seed-you could try a tomato or even an avocado

Create some paper airplanes and have a competition outside

Find some pebbles, paint, decorate and hide for family members to find

Be helpful and wash the car, the windows or tidy the garden!

Learn a dance routine together as a family; the teenager gets to choose direct and lead

Set up an assault course indoors or outdoors and time family members as they have a go, keep a tally and plan fun prizes or forfeits

<https://sendat.academy/outreach/useful-resources/>

Please look at our website for further resources and contact details. Have fun!

