



Special Educational Needs and Disabilities Academies Trust (SENDAT)

SENDAT Outreach

Mount Road Bury St Edmunds Suffolk IP32 7BH

Tel: 01284 761934 Fax: 01284 725878

Email: info@sendat.academy

www.outreach.sendat.academy

CEO – Mr Lawrence Chapman N.P.Q.H. B.Ed.(Hons). M.A. (Ed). LPIOL

Working at home, how to improve concentration

My suggestions are not about keeping your child busy, they are designed to increase their stamina and concentration. Learning can seem endless to young children and they respond well to variety, movement and knowing how far they have got through their task.

Preparation

Make sure you set out a space that is uncluttered.

Do a timetable for each study session, including warm up activity/work task/reward. Sometimes an activity break is needed in the middle. Ensure your child knows that they are working towards a reward, use a timer or stick a marker on the kitchen clock so they can see how they are doing. It is fine for your child to negotiate a reward but you choose the activity break and warm up or it may always be the same thing!!! I think this approach works very well for all of you working at home not just the child with SEND. As you do each section your child ticks or crosses out, give praise, high 5s whatever works for them.

Be sure to include some things where you are not involved to give both your child and yourself a break from each other.

Activity breaks must be just that **active**, no screens or paper. They can have a learning focus but can also be just huge fun. If you start an activity break and it is valuable and going well,



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extend the time or carry it over for the reward section of your session.

I have also sent extra ideas, some designed for SEND, but many for them to share with siblings or you, the adult.

How to start

Do I understand the task? Do I need help to get started? Who can help me? How to sitfeet flat on floor, back straight, hold page with left hand/write with right.

Simple relaxation techniques

1) Breathing to the count of 3, breathe in 1,2,3 breathe out slowly, hand on tummy.

2) Palm rub with opposite thumb

3) Short kinaesthetic/activity break

My favourite is HITT (you can find lots online about this and you must join in so all of you can get fit)

Run on spot for count of 15, 10 finger to nose/ear cross overs, 10 star jumps, 10 elbow to knee bends, 10 head/shoulders/knees and toes quickly, 10 squat bends left hand to right foot right hand to left foot alternating, 10 bent knee push ups. *Should take 3 mins max. No equipment or PE kit needed.*

4) Stories read by famous people to sit and enjoy after doing a 'work' task

<https://www.storylineonline.net/>

5) onwards please look at the other files your Senco/teacher has sent you and choose what your child and very importantly you will enjoy together.

Above all have fun together, if an activity not working for you stop and do something else.

