

# South Somerset Partnership School

## SEND Support at home – Week 6 15<sup>th</sup> June 2020



### PRIMARY

#### Communication & Language



**Cooking together** - Making food has always been a great opportunity for adults and children to come together, and to talk and connect. *Why not create a sandwich with contrasting fillings and rate it together?*

#### Possible conversation starters to use whilst cooking, using open ended questions

How was your day?

How are you feeling?

Can I help with how you are feeling?

What are your thoughts about Covid19?

What do you think about social distancing?

Are you missing your friends?

What would you like to cook together next time?



#### Physical & Sensory



#### Activity Challenge

How many of each of these can you do in 1 minute?



How many **star jumps** can you do in 1 minute?

How many times can you **write your name** in 1 minute?

How many times can you **touch your toes** in 1 minute?

How many **press-ups** can you do in 1 minute?

How many times can you **count to ten** in 1 minute?

How many times can you **run around your garden** in 1 minute?

**Frozen toy break-out:** Choose a container, put some small plastic toys in it, fill with water and freeze it. Once they are frozen, ask your child how they could release them from the ice!



#### Learning - Working Memory



#### Following Instructions – Grass hedgehogs

You will need:

- An old sock
- Grass seed
- Soil
- A plate
- Decorations to make the eyes



**Step 1** – place the soil into an old sock.

**Step 2** – add grass seed to the top and then tie a knot.

**Step 3** – turn the sock over so that the tied end is face down on a paper plate.

**Step 4** – add eyes.

**Step 5** – water every day.

**Step 6** – watch the spikes grow!

#### Managing our Feelings



#### Calming - Ninja stress balls

You will need:

- Balloons
- Scissors
- Sandwich bags
- Flour or play dough
- Ballpoint pen



Fill the bag with flour or play dough. Tie the end. Cut the end off a balloon and place the flour bag inside the balloon. Cut the end off another balloon and place over the bag of flour again – move the hole to make a mask shape for the eyes - then draw on your face!

**Junk modelling** - The joy of junk modelling is that the materials are free! So you can bend the recycling tubes, chop up the pots and, with the addition of some fixing materials such as tape or glue, you can transform the materials into whatever you choose!

#### Upcoming events/useful links

- CAMHS have created the following webpage full of useful resources and contacts to support teachers, parents and young people - <https://www.camhs-resources.co.uk/>
- Somerset's Coronavirus helpline 0300 790 6275.
- If you would like to speak to an Educational Psychologist with any concerns arising for you, or your family during this time they are able to offer support. Please email - [EPShelpline@somerset.gov.uk](mailto:EPShelpline@somerset.gov.uk), leaving your name, school name and times you are NOT available to talk. You can also call 01823 357000 but waiting times may be longer.

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EHCP Co-ordinator: Jason Roberts



# South Somerset Partnership School

## SEND Support at home – Week 6 15<sup>th</sup> June 2020



### SECONDARY

#### Communication & Language

**Cooking together** - Making food has always been a great opportunity for adults and adolescents to come together, to talk and connect. *Why not create a sandwich with contrasting fillings? Rate the sandwich together.*

**Possible conversation starters to use whilst cooking, using open ended questions**

- How was your day?
- How are you feeling?
- Can I help with how you are feeling?



- What are your thoughts about Covid19?
- What do you think about social distancing?
- Are you missing your friends?



What would you like to cook together next time?

#### Physical & Sensory

##### Reminder – Exercise - Reminder

Regular exercise can have a profoundly positive impact on **depression, anxiety**, ADHD, and more. It also relieves **stress**, improves memory, helps you sleep better, and boosts your overall mood.

- Walking/running together.
- Cycling, scootering, skateboarding.
- Kicking a ball around.
- Throwing and catching.



##### Joe Wicks – Exercise Routines

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

##### Yoga with Adrienne

<https://www.youtube.com/watch?v=-jHKVdZOJM>



#### Learning - Working Memory

##### Sun Flower Growing – following instructions

Buy a packet of seeds. Everyone in the house could plant a seed next to each other. Read the instructions on the packet in order to grow your sunflower.

**Learning involved.** Research where and how to buy seeds, the internet or the garden centre?

Who is going to be involved, how many seeds/packs do I need?

How much water is needed and when?

What stops the sunflowers falling over?

Maybe even create a chart to record the different

heights each week?



#### Managing our Feelings

##### Art Club

##### This week's focus -Through your window

This week I would like you to look through any window in your house and draw what you see.

Has it changed during the lockdown?

How do you feel as you are observing and drawing?

What do you notice as you pay more attention?

##### **Extremely therapeutic and calming**



##### Upcoming events/useful links

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