

THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 2

30th March 2020

I hope you and yours are doing okay. Thank you for all the supportive feedback about THINGS TO DO Issue 1 - especially the bit received from Australia! We would love to see some of the things you and your children have been doing this week (no children's faces in the photos please). All pictures sent in will be considered for inclusion in the following issue of THINGS TO DO, so email your photos to enquiries@sendsupported.com

Take care, Leo and Lucy



EMOTIONAL WELLBEING - Kate Griffiths

All the focus at present is quite rightly on providing the best home-schooling experience for our children. This is all great, but the focus of this week's newsletter is The Benefits of Boredom! Don't be afraid of letting your child be bored! Give them time during the day when nothing is planned when you can say to them 'Entertain Yourself'.

The Benefits of Boredom:

1. It encourages imagination and creativity. Let them think of ways to occupy themselves and see what they come up with.
2. Boredom teaches grit and resilience. Having time to try things without the fear of failure is essential- if you never fail you never learn. <https://biglifejournal.com/blogs/blog/teach-growth-mindset-kids-activities>
3. Boredom develops problem solving skills. Don't come up with all the ideas- let your child tackle the problem.
4. Boredom helps children form relationships. Give your child time and space and they will probably begin to negotiate and collaborate with those around them to develop activities and games.
5. Boredom improves mental health. Give them time to just 'be' and think their own thoughts.



LEARNING - Clair Cole

Now is an opportunity to work on some of those foundation skills that we all need for learning (such as remembering what we see and hear, identifying patterns, discerning differences/similarities, controlling our pen/pencil when writing, organising our belongings and work, managing our time, sustaining our focus). Over the next few issues, we will be giving you ideas of simple activities and resources you can try at home. The important thing with all of these skills is that you are more likely to see a difference if you can practise them for a short time every day. 'Little and often' is best!



Skill 1. Visual discrimination (noticing visual differences similarities).

If children find this hard, they may: confuse b/d/p, reverse letters and numbers, muddle words when reading, spell words with all the right letters but in the wrong order.

Eg: said spelt siad, not notice their spelling errors, muddle mathematical symbols and shapes.

What you can do: play games such as spot the difference, odd one out, snap, silhouettes, match the detail,

word searches, sorting activities. For examples visit

<https://sendsupported.com/resource-type/things-to-do/>



and



AUTISM - Jules McLean

See the [National Autistic Society](#) for the latest resources and guidance and useful information on the coronavirus.

The following websites will be of help to those adults who would like to learn more about autism: [AET](#) For helpful tutorials and short courses see: [Autism Society](#) and [Understanding Autism](#)



FAMILY & CHILDREN AT HOME - Clare Viney

Widgit Online Free Access:

With more schools closing across the world to help fight the spread of Coronavirus (COVID-19) Widgit Online are helping parents, teachers and carers who use symbols to support their children and young people. To make sure symbol users have access to the systems and resources they need, we would like to offer free and unrestricted access to Widgit Online and its ready-made materials for 30 days.

📧☆ Use code **WIDGIT30** ☆

You can create your free individual account here: www.widgitonline.com/offer

If you have any questions, get in touch: info@widgit.com

The Family Information Service Newsletter contains a wealth of information useful to families in Warwickshire at this time. In the [latest edition](#) 27/3/20 you will find useful advice from the National Autistic Society and guidance on staying safe online with a list of resources and information. If you would like to subscribe, [sign up here](#)

The Scouts have pulled together some inspired ideas for the 'great indoors', inspiring children and adults to keep learning new skills and having fun. <https://www.scouts.org.uk/the-great-indoors>

Staying at home is fun! Leamington Spa Art Gallery and Museum is offering a series of fun online activity workshops for all the family beginning next week. Start gathering items from around the house, go through your recycling and be sure to tune in for the first set of workshops next week!

Arty tots at Home (for ages 1-5) – Wednesdays 10am

Creative Kids at Home (for ages 5-11) – Fridays 10 am

Art at Home (for Adults) – Saturdays 10am

To find out more: [Facebook page](#)



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