

Home education – Summer 1 – weeks 5 and half term
PSHE (Personal, Social, Health and Economic Education)

This week our focus is on keeping to a healthy routine. I know this has been difficult for most of us and these challenging times have meant that some of us are out of routine, going to bed late and waking up late. We must remember the importance of sleep for our health and well-being. Sleep is when our memories are consolidated (aids learning), our muscles are grown, tissue is repaired and hormones are synthesised. Let's aim to get up and ready in time for Joe Wicks at 9am and to set a calm good night time routine 😊

Tips to help your child sleep

1. Create the right environment

Keep noise to a minimum and swap the ipads and games for a quiet story time together. Make sure the room is at a comfortable temperature and pay attention to the light in the room.

2. Learning to Sleep

Your child might be unsure of what is expected at bedtime. Try to keep a consistent bedtime and try to wake your child up at the same time every morning to set a solid routine. Try to stick to the same sequence of events before going to bed E.g. bath, dinner, brush teeth, toilet, story, cuddle, kiss, sleep.

3. Eliminate

- Lots of high energy activity before bed
- Naps during the day
- Stimulating snacks and drinks before bed
- Electronic gadgets before bed

4. Investigate

If your child has severe sleeping difficulties it might be a good idea to speak to your GP about potential sleeping disorders. You could also consult with your child's OT and teacher to investigate sensory resources such as weighted blankets, night lights or calming music.

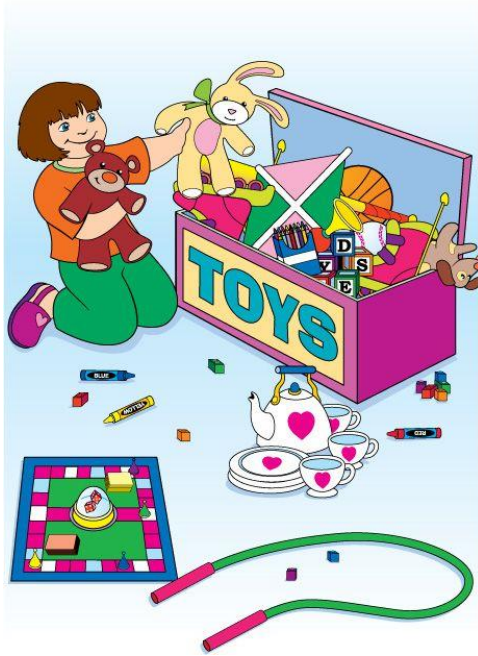
Online Resources

This is a very valuable resource with clear information. It includes how to track your child's sleep, how long your child should be sleeping for and some bedtime strategies.

<https://www.wlmht.nhs.uk/wp-content/uploads/2015/01/Sleeping-difficulties-in-children-with-learning-disabilities.pdf>



Chore Challenge



Over the next two weeks your challenge is to Pick up your toys and books and place them back where they are kept. At first you might need some help from mum or dad but by the end of next week I hope this is something you can do all by yourself!

Adults, it may be helpful to use a method called 'backward chaining'. This is when you do most of the steps for your child but they do the final step independently. E.g. you could show them how to pick up the item, walk to where it is kept, put it half way in then ask your child to push it in (last step). As they become more independent, completing the last step independently, you reduce your support. E.g. this time you let your child put the object in after they have watched you pick it up and walk to the correct area. You continue to reduce your support over the days so that eventually your child is doing the full job by themselves ☺

You can record your child's progress to share later.



tidy up



tidy up

The Tidy Up Song

(sung to the tune of The Farmer in The Dell)

It's time to tidy up

It's time to tidy up

Tidy tidy tidy tidy

Time to tidy up



When



I



am



finished



playing



with



my



toys



I



need



to



tidy up.

Some useful resources to keep fit and healthy



Exercise while sitting down

<https://www.youtube.com/watch?v=qsonHTjcnj4>

https://www.youtube.com/watch?v=bML9D_I6Jes

https://www.youtube.com/watch?v=SpubKk_YtHE



<https://www.youtube.com/watch?v=xTZC29UR0Pc>

https://www.youtube.com/watch?v=H-CcPSebha8&list=PLS91u_8OMuXvMh_BMXUKtyLwgLgxud-bn

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



Frozen Berry Yoghurt

Ingredients:

250g of mixed frozen berries

250g 0% fat Greek yogurt

1tbs honey

Method:

1. Put the berries in the blender.



2. Put the yogurt in the blender.



3. Put the honey in the blender.



4. Blend together for 20 seconds or until



smooth.

5. Scoop into bowl and enjoy!

