

Remote Learning to support pupils with special educational needs

- Last week, schools across Northern Ireland have set up an online support community on Twitter last week which can be accessed [@learn_ni](#). School principals and teachers are adding daily a range of resources, links and ideas to support each other with remote learning.
- It is imperative for schools to ensure that all children have their C2K username and password in order to access C2K software from home. It would be helpful to remind children of the SMART rules when using the internet.
- Children thrive when there is a plan for the day or a daily schedule. It helps them to feel safe and secure. It is also very important that there is a **balance** between online learning, written and practical activities, outdoor learning and free time.
- Symbols can help explain what's happening now and next.



- In schools visual timetables help children to understand routines throughout the school day, reducing anxiety and improving learning and behaviour.
- Here are some symbols you could use to create a timetable for home.



The [Middletown Centre for Autism](#) has some very helpful resources and on-line learning for parents.

Clicking on the 'Online Learning' link takes users to '[Available courses](#)'

Registration is required to access all of the online learning; upcoming webinars are available for booking on Middletown's Facebook and Twitter pages.

A wide range of [Covid-specific resources](#) from Middletown Centre for Autism are available. These include social stories, games, stories, visual supports and resources from a wide variety of sources for children, young people, parents and carers. '

Useful websites for parents kindly suggested by Anne Moore, principal of Glenveagh Special School

[Therapy Street for Kids | Occupational Therapy](#)

A resource for parents who are looking for occupational therapy activities that can be done at home and with household materials. Skill areas include fine motor, visual motor, crossing midline, self-help skills, sensory processing and handwriting.
therapystreetforkids.com

Sensory activities

[Childhood 101 – Sensory play ideas](#)

[HANDS ON as we grow – 25 Sensory Activities for Kids](#)

[Sensory Dispensary – Story Massage](#)

[Five Acre Wood – Sensory Apps](#)

Literacy and numeracy

[Attention Autism Videos](#)

[CCEA – Science Through Stories \(SEN\)](#) - Literacy

[CCEA – Money Matters](#)

Home Economics

[Cookery Online – Kitchen Health and Safety](#)

[Kids and Cooking – Teaching Kids Food Hygiene](#)

[Healthy Kids – Recipes](#)

[Life Skills Visual Recipes](#)

Early development on-screen learning suggestions:

- Getting Ready to Learn Book Bags.
- Getting Ready to Learn Happy Healthy Kids physical equipment.
- Outdoor physical activities.
- Look at the wildlife, hedgerows and keep track of the changes in nature and photos and drawings.
- Gardening activities- planting and digging.
- Make models from junk materials, Duplo, Lego (*see some suggestions for Lego below- note American spelling*).
- Cut and stick activities, paint and draw.
- Fill a sink with water and engage in water play.
- Play board games e.g. snap, Dobble.



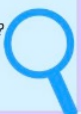



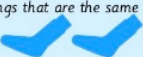


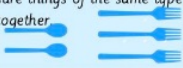
- Bedtime box *Suggested contents:* Teddy in box decorated as a bed; Blanket; Small toy for teddy; CD of bedtime songs and rhymes; Storybook – *Five Minutes Peace, Goodnight Moon, The Gruffalo, Goodnight, Little Bear*.
- Happy sack/books *Suggested contents:* A selection of photographs of happy people/faces (or a variety of expressions for comparison/discussion); CD of happy songs and rhymes; Storybook – *I Feel Happy*; Use phone to record happy sounds, laughing etc.
- New baby box *Suggested contents:* A baby doll; Box decorated as cot/cradle with blanket; Bottle, clothing and nappies; Storybook – *You're the Biggest* (brilliant for new big brothers and sisters!)
- Playdough bag/box *Suggested contents:* Recipe card so children can easily make it with some help (see recipe); shape cutters egg cups, plastic glasses and natural materials around the home and garden; range of tools for shaping and creating marks, using cooking utensils; special ingredients e.g. rice, glitter, spices and herbs.
- Bake and cook with adults.
- Ideas to promote fine motor skills include scissor activities with dough, newspaper, old magazines and card. As the skills progress change the thickness of the paper to make it more difficult and challenging by using former birthday cards and Christmas cards. Use household items like tongs and tweezers to lift sticks, cotton balls, small stones, etc.
- Don't forget the gross motor skills. Apart from the normal running and outdoor play, indoor activities could include: encourage children to bear walk, roll along the floor with arms tucked in and stretched out to strengthen core muscles, balancing/following on the lines on the tiles and using them to hopscotch and not forgetting to encourage using alternate feet on the stairs while counting.
- Further ideas on app called *50 Things To Do Before You are Five* which is available on Google Play on the App Store.
- Create a routine for the day using pictures/drawings/words.
- Learn to ride a bike, bat/ball activities, skip, run, dig, hop.
- Take a walk and look at the wildlife, hedgerows and keep track of the changes in nature and record findings in photos and drawings.
- Gardening activities- planting and digging.
- Keep a dairy/journal.

Recipe for playdough

2 cups of plain flour
 2 tablespoons of vegetable oil
 ½ cup of salt
 2 tablespoons of cream of tartar
 1 cup of water and food colouring, if desired.

- Make models from junk materials, Duplo, Lego (see some suggestions for Lego below- note American spelling and some grammatical errors!).
- Play board games e.g. dominoes.
- Read a book.
- Practise your musical instrument e.g. recorder, piano, violin flute etc.
- Dance or enjoy some yoga stretches.
- Paint, draw or make a model from junk materials.
- Play board games such as Monopoly or Trivial Pursuit.
- Play card games such as Uno or Phase 10.
- Bake or cook.
- Go out into your garden and enjoy the fresh air- run, jump, skip, kick a ball, play tennis up against a wall.

Further home learning ideas kindly supplied below by Pamela Algie, principal of Bangor Nursery School.

|  Home Learning Ideas One  | | | |
|---|--|--|--|
| <p>Go on a number hunt around your house or outside.</p> <p>What numbers can you see? What are the numbers for? What do they tell us?</p>  | <p>Sing some nursery rhymes or songs with a grown up.</p> <p>What is your favourite? Do you know the actions? Can you clap along in a steady beat?</p> | <p>Can you help get ready for dinner? How many plates, cups, knives and forks or spoons will you need for each person?</p>  | <p>Share a story with an adult. What was your favourite part of the story? Who is your favourite person in the story?</p> |
| <p>Look in the cupboard for three different sized tins or packets. Feel them. Are they heavy or light? Can you work out which is the heaviest? Which is the lightest? Put them in order.</p> | <p>Read a favourite story with a family member.</p> <p>If it is safe to do so - visit your local library.</p>  | <p>Can you go on a colour treasure hunt? Around the house can you find things that are different colours and then sort them into sets of green things, blue things, red things etc.</p> | <p>Practice using scissors to cut some pictures out of a newspaper or catalogue. Maybe you can make a picture with them.</p>  |
| <p>Help with the washing! Can you help match all the pairs of socks from the washing? Look for patterns that are the same or things that are the same colour.</p>  | <p>Play Kim's game with a grown up. Put five or six small items on the floor. Try and remember them! Close your eyes. The grown up will take away one item and cover the ones that are left with a tea towel. Open your eyes and look, what's missing?</p> | <p>Ask a grown up to show you some coins. Talk about the names of the coins. Look for the small number on each coin that tells you how much it is worth. What colours and sizes are they?</p>  | <p>What am I? The grown up will give you some clues about an animal, it has spots, it has a long neck. Can you work out what animal it is from the clues?</p> |
| <p>Spot the difference. Look at the grown up or around the room. Try and remember what everything looks like. Close your eyes. The grown up will change one thing (glasses on/off, move ornament etc) Can you find what has changed?</p> | <p>What shapes can you see around your house? Can you find circles, squares, rectangles and triangles?</p>  | <p>Can you tell a story you know to a grown up? Can you put get the bits of the story in the right order and tell it so it makes sense?</p> | <p>Can you help sort the knives, forks and spoons into the drawer? Make sure things of the same type go together</p>  |



Home Learning 2



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| Go on a number hunt around your house or outside for numbers 1, 2, 3, 4 and 5- can you put the numbers in order? Talk with an adult about the number before, after and between. | Can you draw a picture for someone who might be lonely on their own? Maybe a neighbour or family member. | Can you make a name the fruit and vegetables in your house? Have a chat about how they feel and smell (and taste!) Have a chat with a grown up about where these grow. | Look at a calendar with a grown up - talk about the days of the week and what happens on each of the days. Maybe you go to Sunday School or Football every Tuesday. What special things do you do during the week? |
| Go for a walk and collect some sticks. Can you order them by length? Which is the longest? Which is the shortest? Can you find something at home the same length as one of the sticks? | Read a favourite story with a family member. If it is safe to do so - visit your local library. | Help a grown up wrap some presents (or cereal boxes) of different sizes. How much paper do you need to cover a small box? How much paper do you need to cover a big box? What do you notice about the difference? | Practice using scissors to cut some pictures out of magazines |
| Tell your grown up about your favourite thing about school. Why do you like it? Make eye contact as you talk and ask your grown up about their favourite thing about their day. | Look at a collection of coins How could you describe each coin? Is it little or big? Is it round or does it have lots of sides? What colour is it? Can you see any numbers on the coins? Ask a grown up their names. | Practice tearing long strips of papers from an old newspaper or magazine. | Can you practice counting objects using numbers just like we do at dinner time! Maybe you can sing some number songs like 1,2,3,4,5 once I caught a fish alive. |
| Make a card for someone special. Inside it you can write a message. Tell a grown up what it says. Can you post it in the post box? | With an empty container can you listen to a grown ups instructions and fill it? Try with long narrow containers, short wide containers and containers of interesting shapes/sizes | Look at some old photos with your child. What differences do they notice? How have they changed? How have other family members changed? Can you put a baby photo, toddler photo and recent photo in order? | Make Playdough with a grown up 2 cups playdough 2 tbsp oil 1/2 cup salt 2 sachets cream of tartar 1 - 1.5 cups of boiling water (mix together and stir to combine) |



Home Learning 3



| | | | |
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| Using lego or blocks can you make towers of different sizes? Which is the tallest? Which is the smallest? | Watch the NSPCC video Pantasaurus Discuss this with your child. | Can you collect shoes/clothing of different sizes. Compare the sizes and talk about them using words like bigger/ longer. | Look at some photos of baby animals with your child. Talk about the names of the baby animals e.g. lamb for a baby sheep. |
| Go on a shape hunt around the house. Can you find circles, triangles, squares and rectangles. Talk about each shape, use its name and talk about the number of corners, sides and the length of sides. | Read a favourite story with a family member. If it is safe to do so - visit your local library. | Talk about different times of the day - Morning, Afternoon and Night. Talk about what you do at different times of the day. Help you child develop an understanding that we do different things in different parts of the day. | Go for a walk outside with your child. Look for signs of Spring and discuss them - photos for this may be sent through Seesaw. |
| In the sink or bath experiment to see what objects around the house can sink or float | Make Rainbow toast - put a little food colouring in water. paint this lightly on to a slice of bread and toast it. | Vegetable printing - cut a vegetable in half and dip in some paint. Print on to some paper or a roll of wallpaper. | Help your child to take some photos of their favourite things using a phone or tablet device. Print these and make a collage or use an app like PicKids. |
| Set a challenge for your child and set a stop watch on your phone. How quickly can they tidy their toys/how quickly can they match a collection of socks? | Have a dance party - each family member picks one song to dance to. | Make ice lollies or jelly. Talk about the before and after. How has it changed? | Listen to some classical music - what instruments can you hear? how would you move to the music? fast? slow? How does it make you feel? |

Screen learning suggestions, kindly supplied by James Curran, principal of Harberton Special School:

Rainbow
Match it up 3
Baby images
Phones for kids
Toy story
Elmo's 123
Paint Sparkle
Touch Emotions
Memory 4-7
Hungry Caterpillar Counting
Shape puzzle
Elmo's 123
Critter's Maths
ABC Wildlife Letters
Maths 3-4
Montessori Intro to Letters
HairyLetters
Elmo's ABC
Maths 4-5
Park Maths
ChooseIT Literacy
ChooseIT Numeracy
ChooseIT Science
Spellosaur
Amazing Time
Addition & Subtraction for Kids

iMovie
PuppetPals
Dexteria Junior
Maths 6-7
Phonics Master
Spelling Magic
Amazing Coin
Addition Wiz
Subtraction Wiz
Math Bingo
Rainbow Sentences
Explain Everything
Dyslexia Quest
Math Bingo
Treasure Hunt
Dyslexia Quest
Memory Block
Speak it
Letter tracking
Brain School
Dyslexia Quest
Memory Block
Speak it
Letter tracking
Brain School



CITY
fun & games

100 Things to do in 100 colors


www.spreadthehappiest.co.uk

1. Make a sign for everyone at home
2. Make a sign to tell to play and pretend they are the owner
3. Get material to make a cardboard and make a play computer and mouse
4. Get a box and make a play computer
5. Get all the chairs together and make a bus, play computers and driver
6. Make a camp in your bed
7. Make a star, dot, line and use a torch
8. Make paper airplanes
9. Color in a coloring book or draw a picture
10. Have a pom-pom day
11. Have a pom-pom or string hair over a chair
12. Have a pom-pom day
13. Have a fernchased up paper light from a fern
14. Have a pom-pom day with card and water
15. Make sandwiches in strange shapes
16. Make a pom-pom day
17. Learn a rhyme or poem
18. Make a pom-pom day
19. Have a pirate adventure, make boats from boxes or furniture
20. Blow bubbles and catch them
21. Make a number line for the wall, decorate
22. Play a story
23. Make a window and sign out a song
24. Learn a story of the Week song
25. Play musical tables
26. Learn a Beatles song
27. Learn a clown song
28. Make an indoor restaurant and serve your own
29. Have a hero's two party
30. Roll back down the stairs
31. Use the supermarket with cups
32. Eat cereal with a gigantic spoon
33. Have on ice cream party
34. Learn a clown song
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99. Have a hero's two party
100. Roll back down the stairs

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30 Days of LEGO Play

Follow the instructions for each day. The only rule is to have fun and use your imagination!

| | | | | | | |
|--|--|---|---|--|---|--|
| | | | Day 1 You were hired by an amusement park to create a new roller coaster. | Day 2 NASA needs you to build a new rocket. | Day 3 Your parents want to build a new home and they want you to build it. | Day 4 Hollywood hires you to build a movie set for a new Star Wars movie. |
| Day 5 You enter a contest to build the world's tallest tower. Will you win? | Day 6 You are stuck on Mars and need to build a new ship to get home. | Day 7 Ford hires you to create the toughest pick up truck in the world. | Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home. | Day 9 Captain Hook needs a new pirate ship and wants you to build it. | Day 10 You and your friends decide to build a tree house. | Day 11 Prince Charming hires you to build a castle for him & Cinderella. |
| Day 12 Dr. Who hires you to build a new TARDIS. | Day 13 You are asked by the President to build a new monument to George Washington. | Day 14 Mr. Hilton hires you to build a new hotel. | Day 15 There is a circus in town. Build a place for the performance. | Day 16 Help your fellow pioneers build a wagon to make it across the country. | Day 17 Build the fastest car around and join the big car race. | Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene. |
| Day 19 The city wants you to build a bridge to connect one side of the town to the other. | Day 20 Pizza party! It is up to you to make a pizza for all the guests. | Day 21 You are hired to build a brand new hospital. | Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of. | Day 23 You are now in medieval times. You are commissioned to build a jousting arena. | Day 24 The local bank keeps getting robbed. Build a safe no one can crack. | Day 25 Design and build your dream bedroom. |
| Day 26 You are elected ruler. Build a flag for your land. | Day 27 Aliens are invading and you need to build a war robot to defeat them. | Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them. | Day 29 You are hired to build a house entirely out of yellow Legos. | Day 30 There is blizzard. You will need to build a snowmobile |  | What was your favorite day? |

How to clean DEVICES

Our electronic devices can be a breeding ground for germs and bacteria. Many viruses, including coronavirus, can stick around for several hours or even days after being touched by or otherwise coming into contact with an infected person. With that knowledge, keeping them clean can be as important as keeping ourselves protected in order to avoid becoming ill and maintaining a high level of hygiene and cleanliness. We have therefore created this guide to help you clean your devices effectively.

Always

Use wrung out alcohol wipes. Apple state that using a 70% isopropyl alcohol wipe or disinfectant wipe is ideal for the outside of a handset. To be on the extra safe side, power down the device before cleaning it. If you use a screen protector or protective case, you can clean these gently with warm water and soap. Just make sure you remove them from the phone first. While you CAN use general disinfectant spray, make sure it's sprayed onto a clean, soft cloth first, and not applied directly to the device. It will need to say something along the lines of 'kill 99.9% of bacteria' on it to be effective.

MOBILE PHONES & TABLETS

Turn the laptop all the way off before starting any kind of cleaning and always unplug it from the mains. If you can remove the battery of the device, do so. Wipe the screen with a dry microfibre cloth, then thoroughly wring out an alcohol wipe and repeat before returning with a dry cloth. The rest of the laptop can be cleaned with an alcohol wipe, much like a mobile phone, but be careful to wring it out to avoid unnecessary liquid dripping into the inner circuits. Be sure to clean thoroughly on and around the keys and any other buttons, but not between any open cracks.

LAPTOPS & COMPUTERS

Remove any batteries the controller might use (Xbox controllers sometimes have batteries in the back). Use alcohol wipes and be sure to get into the crevices around the sides as well as all the buttons on a video game controller, then dry it immediately with a microfibre cloth. On a console, pay specific attention to things like the power buttons and disc/cartridge eject buttons if there are any. If you have a vacuum cleaner with an appropriate attachment, use this to remove things like dust or food prior to using an alcohol wipe. A microfibre cloth will also do the job but make sure it's clean and dry before you use it.

GAME CONTROLLERS (& CONSOLES)

Use alcohol wipes like with laptops and keyboards. Make sure they're unplugged and leave them to dry a little after using disinfectant wipes. If you have a Hoover with the right attachments, be sure to give it a once over first to remove food and debris. Compressed air is also great for keyboards. Use short, sharp bursts and aim to push dust towards somewhere you can Hoover it easily. Lightly dampen a cotton swab with rubbing alcohol and be sure to get between the keys as much as possible. Things like mice, headphones and microphones also need to be disinfected with wipes. If your keyboard is wireless, remove the batteries before you clean it. Don't let any moisture leak inside the keyboard and dry them with a clean microfibre cloth.

KEYBOARD & MICE

Never

Don't submerge the device in bleach or soapy water. Similarly, do not clean the device whilst it's charging or otherwise plugged into another device. Using alcohol wipes on things like leather cases or other fabric and material should also be avoided as it could damage them. Don't clean phone cases with in-built batteries or other electronics with soap and water. A big thing to remember is to not use straight rubbing alcohol. It can damage the oleophobic and hydrophobic coatings that keep oil and water from damaging the display and ports. Finally, don't use regular house-hold surface cleaners (non-disinfectant ones) on phones and tablets - they are too abrasive and may damage them irreversibly.

As with mobiles, avoid using water to clean the more delicate parts of your laptop such as keys and ports. While some of the more modern phones can be waterproof, laptops aren't and it will almost certainly cause damage and irreparable.

Do not use soapy water or bleach on the controllers and definitely not on the console itself. Make sure controllers are unplugged and inactive before cleaning them to avoid any problems with the electronics. Similarly, consoles should not be left on and need to be unplugged from the mains before being cleaned. Stay well away from the ports on consoles too, as any liquids could damage the interior.

Don't clean them with warm soapy water. The electronics in these are not designed to be waterproof like some modern mobile phones and tablets. Also, don't use too much rubbing alcohol on keyboards as they could remove the lettering on top of keys.



General Tips

1

Don't rub too hard. A gentle swabbing will be sufficient and excess cleaning could damage your devices. Wait a few minutes for the disinfectant to work, then wipe it clean.

2

How often you clean your electronics depends on a number of factors such as how much you come into contact with other people. Be sensible and practical.

3

Keep hands and faces as clean as possible. You'll have to wipe clean electronics less if you're nice and clean using them.

4

Remember, some germs are good and can help build a healthy immune system in children, but you can never be too careful with coronavirus.

5

Do not use regular kitchen sponges to clean devices - often they contain as many or more germs than our phones.

6

Consider using hands-free devices instead of pressing the phone to your face while making a phone call. If there's anything nasty on your phone, the last place you want it is near your face.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, IGN UK and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



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