**H4.2 Class - Week beginning 04/05/20**

Hello Parents,

Hope you are well and staying safe.

While we continue to remain social distancing and working from home here are the parts of the school curriculum that can possibly be done at home with your child:

* Independent Living skills: Personal Care routines e.g. hand washing,
* Independent Living skills : Food preparation e.g. making breakfast
* Independent Living skills: Awareness of self and family
* Independent Living skills: Work awareness e.g. cleaning and wiping down the kitchen surfaces

All of these areas are part of everyday life and so you will be doing these with your children anyway. Encourage your child to complete these tasks as independently as practical. This is also an opportunity for brothers and sisters to act as role models/teachers.

Each week I will ask you to focus on recording one area and to take photographs of your child attempting their activities.

The more photos we have of your child completing their activities on different occasions and on different days the easier it will be to use them towards their accreditation certificates at the end of the year. These photographs can be taken on your mobile phones and emailed to me at [H4.2@mayfield.bham.sch.uk](mailto:H4.2@mayfield.bham.sch.uk)

**This week can you to focus on recording the following activities around eating times:**

1. **Choosing what to eat (breakfast, lunch or dinner)**
2. **Collecting the utensils you need (e.g. spoon, plates, bowls)**
3. **Making your breakfast (if appropriate e.g. making toast)**
4. **Clear utensils away after you have eaten (e.g. clear away plates, cups, forks)**
5. **Wash up your utensils and leave things clean and tidy**

If other photo opportunities occur during the day e.g. sweeping the floor, choosing clothes etc. please feel free to photograph those and email them to me. On the following page I have a ‘typical’ day of activities which have opportunities for independent living skills.

Many thanks

Gerry Walsh, H4.2 Class Teacher

During the day try to encourage your child to complete as many of these tasks as independently as practical.

1) Brush teeth

2) Choose clothes to wear

3) Get dressed – practise using zips, buttons, strapping shoes, tying laces …

4) Wash hands

5) Make toast/cereal/breakfast

6) Wash up or load items into a dishwasher

7) Exercise - This could be a walk (with social distancing)

8) Lesson activity e.g. website activity listed below

9) Relaxation time

10) Wash hands

11) Make lunch – make a jam sandwich etc.

12) Wash up or load items into a dishwasher

13) Exercise

14) Lesson activity e.g. website activity listed below

15) Relaxation time

16) Use the washing machine, hang clothes out to dry, use a tumble dryer …

17) Look at photos of activities taken during the day

For other activities or lesson activities try the websites below which have various ideas to try online or download at home:

**Interactive games**

<https://www.topmarks.co.uk/>

**Physical activities**

Physical activities from the Open Theatre

Session 1 - warm up

<https://www.youtube.com/watch?v=KKNp6XT-Qlk>

Session 2 - scarf dancing

<https://www.youtube.com/watch?v=jl6ilNHqsY8>

Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

**Crafts**

<https://www.creativebug.com/>

Twinkl

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Brainpop

<https://www.brainpop.com/>

Best regards,

H4.2 Class Team,

Gerry, Sonia and Omar