**H4.2 Class - Week beginning 11/05/20**

Hello Parents,

Hope you are well and staying safe.

Thank you to the families that have completed the previous home learning activities.

Over the next week we would like you to focus on the following objectives for Independent Living Skills. Please email me the photographs taken of your child completing the tasks. These photographs can be taken on your mobile phones and sent to the email address below:

1. **Show the clothes you like to wear**

(During the week students can point to their clothes, pick different clothes, choose a coat when going for a walk and practise putting their clothes on independently)

1. **Identify your clothes from a selection of clothes e.g. yours and your mom’s**

(During the course of the week students can point or select their clothes from a selection of other clothes e.g. siblings or parents. These could be different types of clothes e.g. socks, trousers, coats etc.)

1. **Use a washing machine to wash your clothes**

(During the course of the week students can wash and dry their clothes using a washing machine, tumble dryer or clothes line. Support your child in loading the clothes into the washing machine, pouring in washing powder, closing the door etc.)

Try to take at least 1 photo of your child completing each activity and let us know how they got on with the task. Should you have any questions about the activities then please send an email with your questions to me at [H4.2@mayfield.bham.sch.uk](mailto:H4.2@mayfield.bham.sch.uk)

See the following pages for further ideas and activities.

For Your Information

Here are other parts of the school curriculum that can 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.

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)

If other photo opportunities occur during the day e.g. sweeping the floor, taking exercise 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