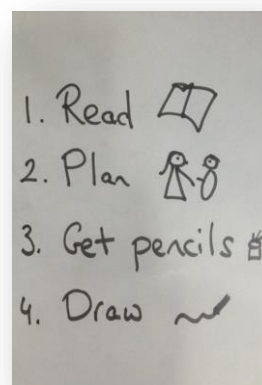
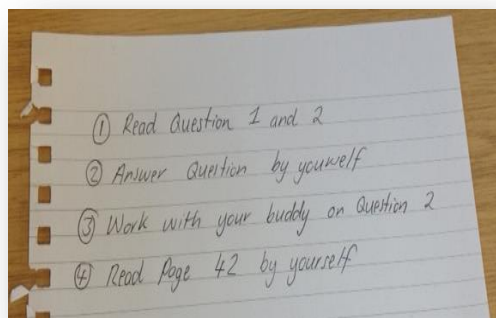


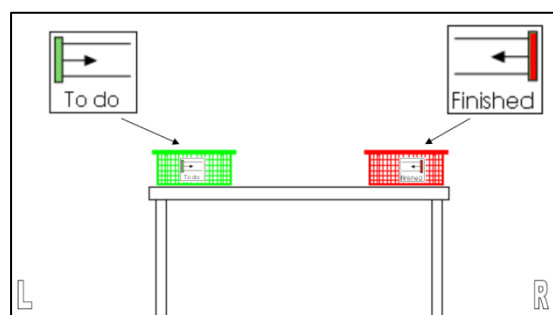
## Helping your child with their work at home

Some students can find organising themselves to complete a task really difficult. Sometimes students can get confused about how long they should do work for, or how much effort they should put in. Below are some ideas you may find helpful to support them during this time at home. If you have any questions regarding this handout or would like further information/resources, please contact your school or setting Speech and Language Therapist.

- **Break down work in to manageable chunks.** You could try cutting up worksheets into smaller, more manageable tasks so that they are easier to complete.
- **Try using a task planner** (attached to this handout) to help your child to think about what they might need to complete the task and to think about what steps are needed in order to complete it.
- **Use visual schedules/timetables** to support your child to know what will happen next. These can be using simple line drawings or written words.



- **Use now/next boards**, which are helpful for breaking down daily tasks for children who find too many steps overwhelming.
- **Use start and finish baskets/bags.** Place the worksheets/tasks they have to complete in a *start* bag/basket. Once they have completed this task, they can move it to the *finish* bag/basket. This will add some structure to the workload, which will be reassuring for some students.





- **Timers** are good to show your child how long they have got left on an activity. This can help them to stay focused on a task. You can find timer apps on you appstore (if you have a smart phone).
- **Be physical and active** where possible. Try playing games like hide and seek, roll the ball, bowl to get the next question.
- **Take regular learning breaks** and try not to make your child sit for too long. Ask them to help with you with a household chore, get them to engage in some exercise using YouTube, or try the exercises attached to this handout.

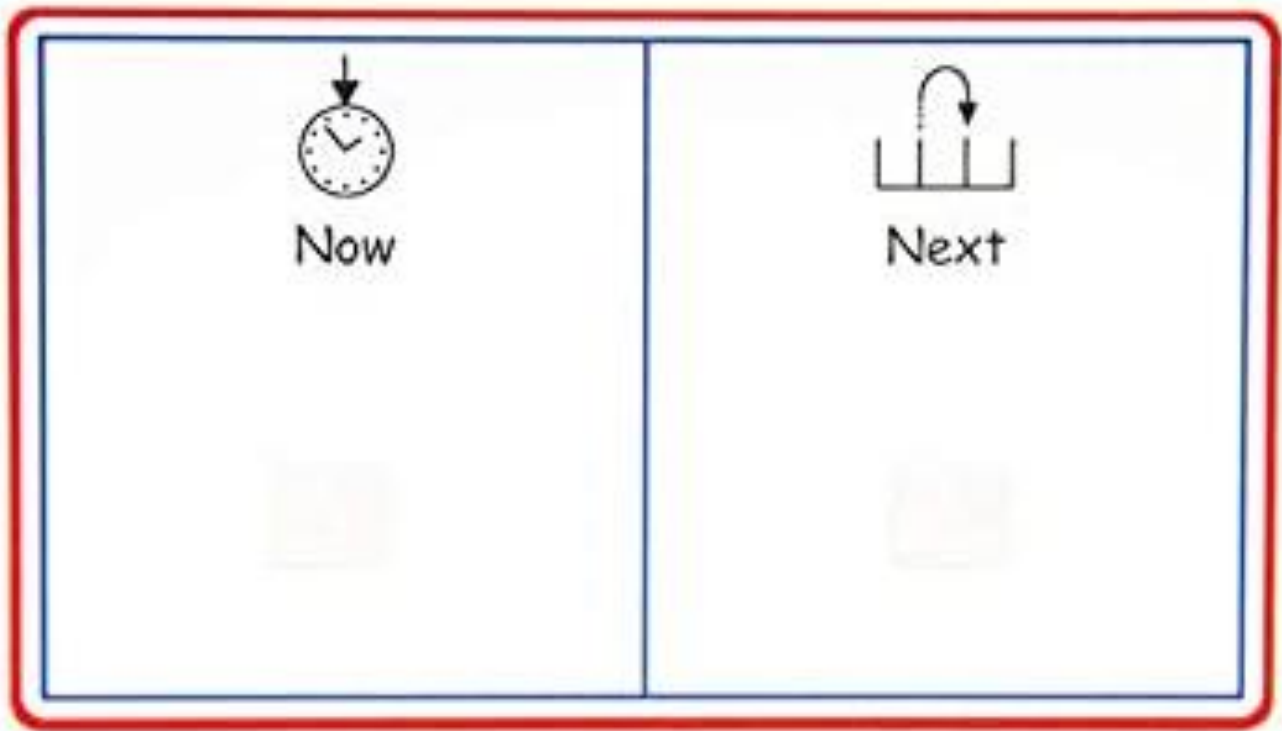
- **Use post it notes or bits of paper.** Talk to your child about all of the tasks you would like them to do and write these down together. Ask your child take ownership and organise when to attempt each task by putting the activities in order (e.g. first: *ready for 20 minutes*, then: *do a worksheet*).



















- **Organise activities to different cups** (e.g. maths work, arts & crafts, exercise etc). Ask your child to pick out an activity from each cup to complete at a time. Perhaps you could aim to do one activity from each cup every day.



- **Use an Effort-o-meter** (see attached) to help students who find it difficult to make mistakes or worry about doing their best work all the time. Show and talk through with your child what level of effort is needed for the task they are attempting.
- **Use a highlighting code** to help your child to know what the most important things are to complete (such as underlining the first 2 questions). Some children will find worksheets overwhelming and will need you to provide structure and a clear start and end to the task.



### Effort-o-meter

4	    Best work - Work really hard on this
3	    Good effort but not your very best
2	    okay effort - okay work
1	    Little effort - one thing finished

Talk through with your child how much hard work and effort is required before they attempt the task. This will help them to manage the expectations when completing the work.

# Task Planner

Task Name: \_\_\_\_\_

I need:

Pen <input type="checkbox"/>	Paper <input type="checkbox"/>	Pencils <input type="checkbox"/>	Glue <input type="checkbox"/>
Felt Tips <input type="checkbox"/>	Scissors <input type="checkbox"/>	Work Book <input type="checkbox"/>	Ruler <input type="checkbox"/>
Crayons <input type="checkbox"/>	Coloured Pencils <input type="checkbox"/>	Coloured Paper <input type="checkbox"/>	Computer <input type="checkbox"/>
Books <input type="checkbox"/>	Rubber <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




I need to:









1	First <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
2	Next <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/>	
3	And then <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/> <input type="radio"/>	
4	Finally <input type="radio"/> <input type="radio"/> <input type="radio"/> <input checked="" type="radio"/>	







# 7 minute animal exercises






Do each animal movement for 45 seconds, with 15 seconds of rest in between.

  -   on the  and  up like a  frog!

  -  and  on the ,  high and  left and right

  - In a  low sumo squat, put your  hands on the  and  shuffle!

  - In a  low sumo squat, put your  hands on the  and  shuffle!

  -  Jumping jacks with  arms and  legs spread wide

  -  Run in the  same place as  FAST as you can!

   - Sit with your  hands on the  floor behind you. Lift  off the  floor and  crawl

  -  March in place with  knees high and  stomping the  floor