

## Week Commencing 18.05.2020

Hello!

I hope that you are keeping safe and well.

I've added some new files to the SEND home learning page. This week, think about ways you can be kind to yourself, like looking after your body by moving or making a healthy meal and things that you can do to make yourself happy.

As always, feel free to contact me on [sdoherty@pippins.slough.sch.uk](mailto:sdoherty@pippins.slough.sch.uk)

### Life skills ideas for the week:

Can you make a timetable for the week or a calendar? Look at the days of the week and the weather each day.

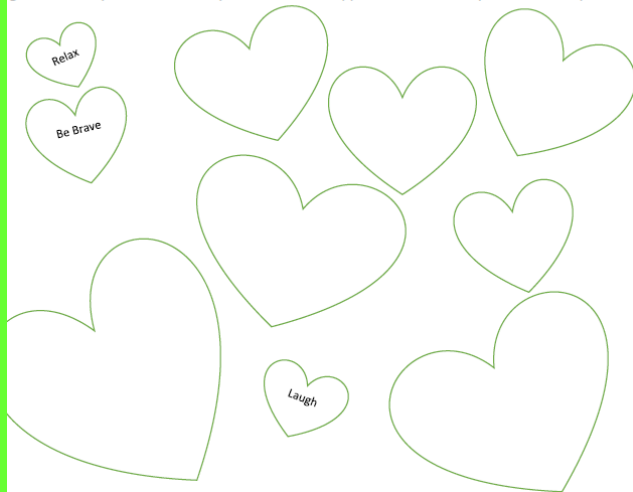
Write a letter to someone – you could write to someone in your house or a relative or even a member of school staff!

Help create a healthy meal – can you plan what you need, buy the ingredients and help make it?

### Wellbeing ideas for the week:

(all ideas can be found in the wellbeing pack on the SEND home learning page)

Write down some ideas about how you can be kind to yourself. Some ideas have been given to start you off. How can you make these happen, or who would you need to help?



### Suggested websites and apps:

#### Listening and attention

<https://cypf.berkshirehealthcare.nhs.uk/support-and-advice/communication-and-hearing/listening-and-attention-at-school/>

#### Ideas for sensory play

<https://www.empoweringlittleminds.co.uk/resources-1>



APP – Calm

useful for mindfulness and meditation for the whole family

## Activity ideas:

**Funny body skills** – can you wiggle your ears? Roll your tongue? Twitch your nose? Practice doing these in a mirror – lots of people can't do these things! Ask someone in your house whether they can do them.

**Silly writing** – cut about 25 – 30 pieces of paper, write one word on each piece. Fold the pieces of paper and mix them up. Can you make a silly poem or a silly story using these words?


**Lego challenge** – create a favourite place – can you recreate one of your favourite places with lego?

## Rain Cloud in a Jar

### Rain Cloud in a Jar

You will need:




- A glass or jar
- Shaving foam (not the gel variety)
- Food colouring (blue if possible!)
- Water
- Small bowl
- Pipette or spoon



1. Fill the glass or jar with water, leaving about 2 inches at the top.
2. Add the shaving foam so it looks like a cloud and let it stand for a few minutes until it is fully sitting on top of the water.
3. In the small bowl, add some water and blue food colouring (or other colours if you want rainbow rain!)
4. Use the pipette to add drops of the mixture to the top of the shaving cream cloud.
5. Observe your 'rain' as it breaks through the cloud!

**THE SCIENCE**

The shaving cream represents the clouds and the water represents the air. The coloured water represents rain. As the coloured water saturates the "cloud", it gets heavy and eventually is so heavy that it can no longer hold the water. It "rains" down into the jar – through the "air." It is just like real rain as it falls through the air.

   @MrsBpriSTEM