

## SENsational learning ideas – Families

Dear Parents / Carers,

Welcome to our sixth edition of the SENsational newsletter. Our theme this week is families recognising the importance of looking after each other in these times.

### Thought for the week

**“When the world stayed apart, we stayed together.”**



**“In time of test, family is best.”**

**Burmese proverb**

### Deciding what to do

Choose something from each of the ‘5 ways to wellbeing’ (developed by NEF) every day

- Be active – plan some exercise as a family – an active game, walk or cycle ride
- Take notice – notice and appreciate small things that your family are doing for each other
- Connect – contact your wider family through online calls
- Give – giving back to the community helps people feel valued – plan as a family some things you can do to support each other and others
- Keep learning – learning gives a sense of achievement – why not learn something new as a family?

### National events

Here are some upcoming national events that link to our theme.

18 May	<a href="#">Visit your relatives day</a>	Visit your family virtually – chat on the phone or through technology, send a letter or card, eat a meal together with others in your family using technology to share the experience together
<a href="#">Get caught reading month</a> Challenge yourselves as a family to get caught reading your favourite books in different places in the house and different times. Share favourite books and photos with your relatives!		

### Support for Parents

- Kristy Forbes is an autistic parent with 4 autistic daughters and has an informative website with opportunities for training and development for parents. There is information about a parent's programme – 'InTune Families™' which is 6 modules, delivered online, exploring autistic family life from an autistic perspective. The programme is not free but is highly recommended.  
[www.kristyforbes.com.au](http://www.kristyforbes.com.au)
- Bristol Autism Support for Families BAS provide a mentoring service with buddy scheme, zoom support sessions and have just launched a new phone service. [Weblink](#)
- Support for parents of children with autism Bristol's Local Offer includes Preparing for More Time at Home and Supporting Children Practically and Emotionally around Coronavirus. [Weblink](#)
- COVID-19 Looking after yourself, looking after your children - Wiltshire have created this resource to provide advice and support for parents. It suggests looking after your own wellbeing by including something from each of the '5 ways to wellbeing' as above (developed by NEF). There is lots of advice to support you with looking after your children including links to support and resources.

<b>Family Action</b>	Telephone: 0808 802 6666 Text message: 07537 404 282 <a href="http://www.family-action.org.uk/what-we-do/children-families/familyline">www.family-action.org.uk/what-we-do/children-families/familyline</a> Supports people who are dealing with family pressures by using a network of volunteers to support family members over the age of 18 through telephone calls, email, web chat and text message.
<b>Gingerbread</b>	Single Parent Helpline: 0808 802 0925 <a href="http://gingerbread.org.uk">gingerbread.org.uk</a> One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

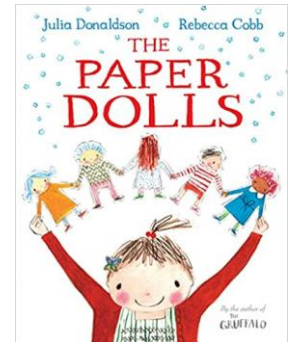
There are lots of resources and suggestions for activities on our home learning website.

<https://www.integra.co.uk/home-learning/>

### **This week's activities you might want to try**

#### **Skills Builders activities**

- Share a story about families - Paper Dolls by Julia Donaldson Read - a wonderful story of childhood, memory and the power of imagination with family being a strong theme (EYFS, KS1 and SEN). [Book link](#) [Link to make paper dolls at home](#)
- 7 top tips to support reading at KS2 – Education Endowment Fund tips to help families have fun with reading at home and to develop your child's reading skills. [Weblink](#)
- Science activities – choose a project from the STEM website to do as a family, projects cover ages 4 to 16. [Weblink](#)
- Mystery Science – watch a free science lesson together and inspire your kids, currently free to register. [Weblink](#)



#### **Calm and Happy (wellbeing)**

- Sibling "get along" posters (free download) including some great easy to follow tips on how to defuse sibling arguments. Print the posters off and display them on your fridge to remind you of the easy to follow steps. [Weblink](#)
- A reminder to try and look for the positives, however hard this may be. Sometimes it is easier to focus on all of the things that are not going well, but by thinking of the positives we can change our mind-set and our children's. Give your child a compliment, even for really small successes. This can be a really powerful thing to do! [Weblink](#)

#### **Be Creative**

- Play games with friends and family on Zoom or similar online platform. Six suggested games are Trivia, Second Guess, Jeopardy, Charades, Pictionary and Taboo. [Weblink](#)
- There are also ideas for games with a VI twist including Bingo, I hear with my little ears and scavenger hunt. [Weblink](#)
- Family handprint art - make a set of family handprints from paint or paper collage. Create more and use them to create pictures. [Weblink](#)
- Use salt-dough to make a 3d handprint keepsake. [Weblink](#)
- Bake some heart or family shaped biscuits together. [Weblink](#)
- Make a Paper Chain of Friends/Family Make a paperchain and decorate it with people in your family or maybe include close friends too. [Weblink](#)
- Create a 'Helping Chain' Make a paper chain. On each link, write one way each person does, or can help others. [Weblink](#)

#### **Keep Active**

- Exercise together – try walking, cycling, yoga or an online class.
- 15 family activities to do at home from Lifestack. [Weblink](#)
- 50 activities for siblings to play together. Siblings don't always get along. This can be when they are hungry, tired, or just can't think of anything to do but annoy someone else. That's why it is useful to have a play idea or set something up for them. This collection of activities contain ideas that promote connection, others are just side by side activities that engage multiple ages. [Weblink](#)

**Frequently Asked Questions** - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

**Contact us with your COVID queries on [SENDCOVIDenquiry@southglos.gov.uk](mailto:SENDCOVIDenquiry@southglos.gov.uk) or 01454 866123.**

The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.

If you have any ideas for home learning you would like us to share please email us at [jo.briscombe@southglos.gov.uk](mailto:jo.briscombe@southglos.gov.uk).