

Suggested timetable

It is suggested that you work on the same activities every day. Children with autism require lots of repetition so do the same activities/tasks both morning and afternoon.

<p>AM & PM activities</p>	<p>Calm start to the day:</p> <p>Start the morning with calm classical music for children</p> <p>Write your name and practise letter formation</p> <p>Laminated sheets</p>	<p>Practise your sounds: Watch you tube channels – see below</p> <ul style="list-style-type: none"> • Watch the CVC phonics videos from YouTube – see links below • Complete phonics activities from the activity packs • Read a book with your child • Matching sound games – in pack • Letter formation sheets 	<p>Maths – counting time: Watch YouTube channels – see below</p> <p>Number formation / games – number packs</p> <p>Numbers: Cut up the numbers 0-20 in your number pack, then ask a grown up to mix the numbers up. Then, see how quickly you can put them into the correct order.</p>	<p>Physical break: Take some time to stretch/jump up and down</p> <p>Watch you tube channel If you can go in your garden and/or on your balcony</p> <p>Use the things around your house to make a den or a tent</p> <p>Follow one session of Cosmic kids yoga on YouTube.</p>	<p>Fine motor skills: Make a 2D shape picture by cutting out some shapes you find in newspapers and magazines. Play with some lego – Build something to improve their fine motor skills</p> <p>Cutting skills –activities / worksheets provided.</p> <p>Cut up some old newspapers</p>	<p>Reading Choose from the following activities: Books Bug Club Magazines or leaflets</p>
<p>Play-dough recipe You need:</p> <ul style="list-style-type: none"> • 2 cups plain flour (all purpose) • 2 tablespoons vegetable oil • 1/2 cup salt • 2 tablespoons cream of tartar • Up to 1.5 cups boiling water (adding in increments until it feels just right) • food colouring (optional) • few drops glycerine (optional- adds more shine) 		<p>Routines / ideas to support changes: https://www.youtube.com/watch?v=AzM5FSIBeYk https://www.youtube.com/watch?v=AzM5FSIBeYk https://www.youtube.com/watch?v=AzM5FSIBeYk</p> <p>Play ideas: https://www.youtube.com/watch?v=gW-ZBVmmwuU https://www.youtube.com/watch?v=1PlnUKPsP6Y https://www.youtube.com/watch?v=1PlnUKPsP6Y</p> <p>Attention group ideas to try: https://www.youtube.com/watch?v=Jiv5ylt-Ak https://www.youtube.com/watch?v=m2RiYnluVXY</p> <p>English – favourite stories: Jaspers beanstalk – https://www.youtube.com/watch?v=jemrWJX7xJo Handa’s surprise – https://www.youtube.com/watch?v=ocnRQi89nK8 The Very Hungry Caterpillar - https://www.youtube.com/watch?v=75NQK-Sm1YY https://www.youtube.com/watch?v=kMjTKNoZn_o</p> <p>Phonics: https://www.youtube.com/watch?v=1btvnlD6Z_A https://www.youtube.com/watch?v=eiSNwYhBf28&list=PLxhkRgeJL9Al-DvP374cTdq7Wk1Kxa9M&index=2 https://www.youtube.com/watch?v=3ovJlxTQpsU https://www.youtube.com/watch?v=8rejiMU6a44</p> <p>Counting: https://www.youtube.com/watch?v=e0dJWfQHF8Y https://www.youtube.com/watch?v=bGetqbgDVaA https://www.youtube.com/watch?v=bGetqbgDVaA https://www.youtube.com/watch?v=D0Ajq682yrA https://www.youtube.com/watch?v=D0Ajq682yrA https://www.youtube.com/watch?v=Aq4UAss33qA https://www.youtube.com/watch?v=Aq4UAss33qA</p>				

Other activities you could do throughout the day

Visit one of the following websites:

<https://scratch.mit.edu/explore/projects/games/> Computing

<https://www.natgeokids.com/uk/> Geography and history

<https://www.duolingo.com/> Modern Foreign Languages

<https://mysteryscience.com/> Science

<https://thekidshouldseethis.com/> Videos about the wider world

<https://m.youtube.com/user/crashcoursekids> Videos about the wider world

<https://idea.org.uk/> Computing and Coding

<https://www.prodigygame.com/> Maths

<https://www.bbc.co.uk/cbeebies/radio> Audio books

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/> Science, the world around you and PE

<https://learnenglishkids.britishcouncil.org/> English

<https://www.oxfordowl.co.uk/for-home/> Reading

<https://www.redtedart.com/> Art and DT

<https://theimaginationtree.com/> Art and craft activities

<https://toytheater.com/> Educational games

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmnpaxqZbkgudD49l71ep8-sjXmrac> Encyclopaedia

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

Printable resources for all subject areas

<https://www.doorwayonline.org.uk/activities/letterformation/> Letter Formation

<https://www.ruthmiskin.com/en/find-out-more/parents/>