

## Ideas for Activities during the school closure – Upper 2

Maths related:

Time:

Use timers on mobile phones, cookers, sand timers, tablets to measure how long it will take you to complete an activity e.g. a jigsaw, making a cup of tea, toasting a slice of bread, dissolve cubes of jelly, count how many cars/bikes/buses/vans pass your house. Then turn this around and set a timer 1 -5 minutes and say what you could accomplish in the time frame. Things like how many times can you hit a 'target' with a ball in 1 minute; or how many beads can you thread onto a lace; or how many water bombs can you burst; how many laps can you go around your garden in five minutes.

As an extra you could do some very simple recording of how many objects/ how long it took too?

Design and Technology

Make a boat using foil; you can have a go with this without too much support and gradually improve your design. Once your boat is made you can attempt to get it to float on water and test its strength by adding 1p coins to it and discover how many it can hold before it sinks.

Have a competition with your family see whose boat can hold the most/least coins.

Pass the Parcel:

This is a great game and we have had some fun with it in class; play it in the traditional way using layers of paper. In between layers wrap a separate object to explore as you play or after. Can they name the objects you conceal; do they know, or can they show what they are for? In class we have hidden yoyo's, high visibility jackets, chattering teeth, torches, balloons.

It's a lovely communication game because you can discuss the uses of things and encourage exploration

Writing:

Send a letter, photo, card, picture to somebody you know well. I know postage is very expensive, but it is a lovely way to keep in touch.

When the letter arrives with its recipient ask them to photograph themselves receiving it to share with you; and ask if they can send a letter or other item in return; it will be exciting waiting to see what they send.

Reading:

Spend time sharing books; everyone in Upper 2 enjoys being read to.

You can look for words/letters that they recognise but ensure they have pleasure in the book and sharing it with you. Write down or say words for them to find in the text; encourage them to join in with any repetitive or familiar text.

### Cooking:

Encourage them to help to cook meals or make themselves a snack; including learning how to safely make a hot drink, making a cold drink without adding too much cordial. If you grow any foods in your garden spend think about how you would use these items in cooking and how you would prepare them. Using fresh herbs is a good way of looking at how we use plants in our cooking; they have great sensory benefits too

### Sensory:

We spend such a large part of the school day trying to support everyone's sensory needs I was looking for new ideas for activities we can do together when we return to school. On Pinterest I found a '7 Minute Hit Work Out for Self-Regulation' it is something I would like to try with the group once we are back together so would love it if you have any success at home. Some of the exercises will take some working out to begin with but with some good modelling from staff I am sure we will get the hang of it and we might even have some benefits.

It is difficult to say which sensory activities are right for an individual as everyone is different, but these are some of the activities which go down well in class:

Cutting up strips of paper into smaller and smaller pieces

Jigsaws

Water

Sand and magic sand

Vibrating toys

Balls of different types including power balls

Rice we use this dry (know it is scarce!)

Exercise balls to sit, balance, roll over on front or on back, throwing and catching whilst seated on ball

Ribbons to twirl and track movement in air

Ice

2D shapes to make patterns with

Music

Sorting – this can be small or large objects e.g. cutlery, colours, clothing

Have fun and take care