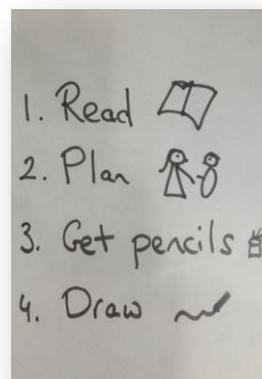
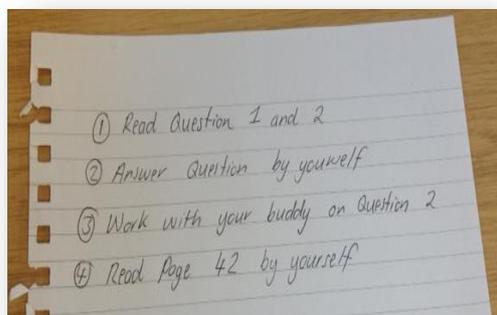


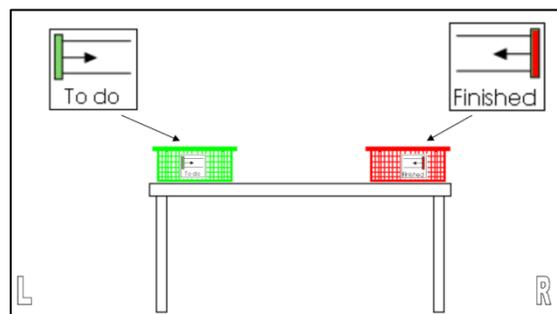
Helping your child with their work at home

Some students can find organising themselves to complete a task really difficult. Some times students can get confused about how long they should do work for, or how much effort they should put in. Here are some ideas you may find helpful to support them during this time at home.

- **Break down work in to manageable chunks.** You could try cutting up worksheets in to smaller, manageable tasks so that are easier to complete.
- **Try using a task manager** (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** are also 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 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 to do and write these down together. Ask your child take ownership and organise when you will attempt by putting the activities in order (e.g. first *ready for 20 minutes*, then *do a worksheet*).

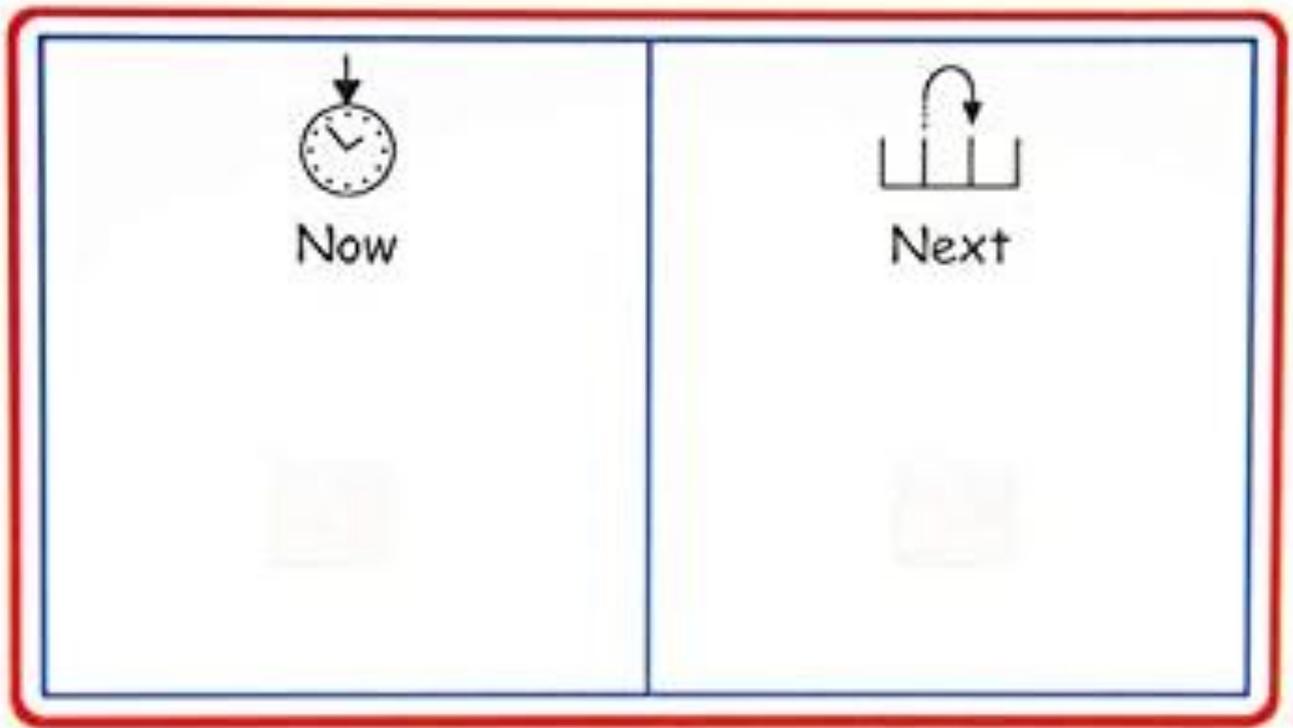


- **Organise activities to different cups** (e.g. maths work, arts&crafts, exercise ect). Ask your child to pick out an activity from each cup to complete at a time. Perhaps you could aim to do one activity fro each cup every day.



- **Use an Effort – o- meter** (see attached) might be helpful for 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.

If you have any questions regarding this handout or would like further information/resources, please contact your school or setting Speech and Language Therapist.



Effort-o-meter

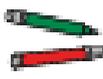
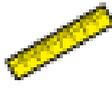
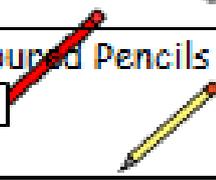
4	    Best work - Work really hard on this
3	    Good effort but not your very best
2	    okay effort - okay work
1	    Little effort - one thing finished

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.

 **Frog**  jumps -  Crouch  on the  floor and  jump up like a  frog!

 **Bear**  walk -  Hands and  feet  on the  floor,  hips  high and  walk  left and  right

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

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

 **Starfish**  jumps -  Jumping jacks with  arms and  legs  spread  wide

 **Cheetah**  run -  Run in the  same  place as  FAST as  you can!

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

 **Elephant**  stomps -  March in place with  knees  high and  stomping the  floor