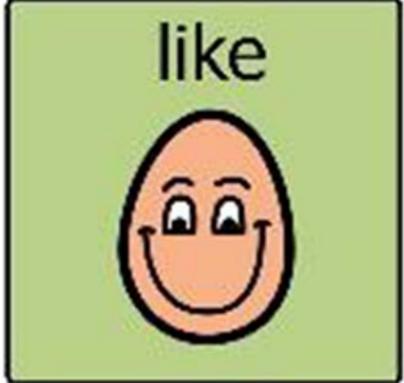
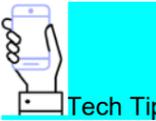
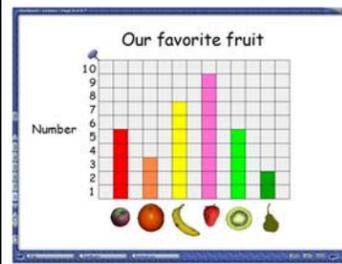


Special Education: Week at a Glance -Week #1
 Learn At Home Week at a Glance Jan. 17- 21st

	Life Skills	Literacy Skills	Numeracy Skills	Fine Motor/Art	Daily Physical Activity	Social Skills	Communication
Monday	<p>Monday through to Friday:</p> <p>Start the day with a morning routine. Each step is part of the learning process. Consider making it a visual checklist!</p> <p>Have your child:</p> <ul style="list-style-type: none"> • make the bed • brush teeth • wash up • get dressed • prepare breakfast (together) • do dishes (together) • get ready to learn! <p>The focus for this week: Laundry</p>	<p>Sight Word Scavenger Hunt: Make a list of sight words (e.g., the, and, they, she, be, to, etc.) and a corresponding sticky note for each word on the list. Have your child find the sticky note somewhere in the house and match the word with the corresponding word on the master list. The link below will take you to levelled word lists. https://sightwords.com/sight-words/dolch/#lists</p> <p>Online Games to Support Sight Word Development: https://www.education.com/games/sight-words/</p>	<p>Warm up: (using dice): Collect 2 dice. Have your child(ren) roll the dice and ask them how many dots they see. Challenge them to tell you how many dots they see without counting one by one.</p> <p>Click here for online dice.</p> <p>Counting Challenge: During meal time, ask your child(ren) to help set the table. Ask how many plates, cups, cutlery, napkins etc. would they need to get to feed ___ number of people in your family?</p> <p>Extension: How many items are all together at the dinner table?</p>	<p>-Use tweezers or tongs or index finger and thumb to pick up small objects like beads or pom poms, coins</p> <p>-Practice tying laces</p>	<p>Winter Scavenger Hunt - As a quick way to get some exercise and practice mindfulness, go on a walk and complete this winter scavenger hunt.</p> 	<p>Monday through to Friday</p> <p>Each week we are focusing on a different theme to help build your child's social skills. This week the focus is Snack Time.</p> <p>Making a Choice Present 2 different items of food Let your child make a choice by pointing, taking or telling you what they would like</p> <p>Tip! Praise your child for making a choice after they selected one of the items</p> <p>Joint Attention Sit together and eat the same item that your child selected.</p> <p>Share feedback about what you are eating (example: "We are both eating ___" or "I like this ___") or respond to their reaction to what they are eating.</p> <p>Tip! -Follow their lead. Comment on a food they are already eating or reaching for. -Sitting in a position where you and your child can see one another will allow for more natural engagement.</p> <p>Turn Taking If your child asks for a snack, you can adjust the speed in which you prepare the snack in order to have them practice waiting for longer periods of time.</p> <p>If there are multiple people in your home, you could put snack options in a bin and then practice taking turns/waiting to select an item.</p> <p>Praise your child for "waiting".</p> <p>Tip! Support your child with waiting by using an open, raised hand to signal that they need to "wait." This is called a gestural prompt.</p>	<p>Monday through to Friday Communication for children who don't use many (or any) words</p> <p>Each week we are focusing on a different vocabulary word to help build your child's communication skills. We will also focus on some strategies that can help boost your child's communication.</p> <p>This week's vocabulary word is "LIKE"</p>  <p>Routines: Talk with your child throughout your day (e.g. getting dressed – "You "like" this red shirt, don't you?"; bedtime - "I "like" this story").</p> <p>Books: Read a story with your child and talk about what you "like" as you are reading (e.g. "I "like" that picture", "That was a funny part. I "like" it").</p> <p>Snacks/Meals: Talk about real foods that are in your home. Have your child tell you what they "like" or don't "like" to eat. Describe your child as they are eating ("you "like" ice cream").</p> <p>Outside: In your backyard, or if you go for a walk with your child, you can talk about plants, trees, or animals that you "like" as you see them. You can also comment on your child's activity (e.g. "I "like" how you made that soccer shot!")</p>
Tuesday	<p>There are numerous ways to support learning this skill, please select the one(s) that work best for your child and allow your child to practice the task(s) you've selected multiple times.</p> <p>1) Sorting Light vs. Dark colours (Have 2 baskets, place lights in one and darks in another)</p>  <p>2) Matching up socks (lay out one of each sock and have your child match the remaining socks to make pairs, or have your child find the pairs and fold together).</p>	<p>I Spy Around My Home: Gather a few small items from around your home. Put these in a basket or bin. They can be everyday items, toys, holiday decor or even craft materials. You can use these items to play oral language games with your child.</p> <ul style="list-style-type: none"> • Begin by talking about what is in the bin. Describe items by colour, shape & texture • Play "I Spy" • Find the item with the beginning sound ___? • Find the item that rhymes with ___? • Find the item that ends with the sound ___? <p>The items can also be used as a writing/audio recording platform. Choose an item and create a description or story.</p> <p>There are many "I Spy" videos available on Youtube. Here is one example.</p> <p>I SPY Games for kids 3</p>	<p>Warm up: (using dice): Collect 2 dice (or more dice to make activity more challenging). Have your child(ren) roll the dice and ask them which number is bigger.</p> <p>Extension: If using more than two dice, have your child(ren) organize the dice from lowest to greatest number or vice versa.</p> <p>Click here for online dice.</p> <p>Patterning Challenge: During meal time, lay a row of nine spoons so that each handle points up or down in a pattern with a core of:</p>  <p>- down, down, up, down, down, up Ask your child(ren) to extend the pattern.</p> <p>Extension: Try a different pattern such as down, up, down, up OR have your child(ren) create a pattern and describe it to you.</p>	<p>-Screw various size lids on to containers</p> <p>-Knead and roll playdoh, bread dough, pizza dough</p>	<p>Alphabet Yoga - Try to come up with a pose for each letter of the alphabet. https://youtu.be/O0Bb5T2-b1A</p>  <p>Tech Tip: Click on the star at the right-side of the address toolbar to save favourite websites.</p>		

<p>Wednesday</p>	 <p>3) Folding towels</p> <p>4) Folding laundry (if your child can fold towels and match socks, try expanding this to folding pants or t-shirts).</p> <p>5) Put laundry away (if possible, have an image on each drawer/shelf to help identify which items will go in each drawer/shelf).</p> <p>**Consider using laundry pods instead of having to measure out detergent.</p>	<p>Google Search: Brightly Storytime or click the link: Brightly Storytime - Read Aloud Picture Books for Kids!</p> <p>Choose one of the stories to read along to.</p> <p>Guiding Question: - What was your favourite part?</p>	<p>Warm up: (using dice): Collect 2 dice.(or more dice to make activity more challenging). Have your child(ren) roll the dice and ask them how many dots they see all together (5 dots plus 3 dots equals 8 dots)</p> <p>Click here for online dice.</p> <p>Geometry Challenge: Help your child(ren) draw a picture of your family table setting (table, chairs, plates, cups, cutlery, etc). Have them identify and/or label the shapes they see (example: the plate is a circle).</p> <p>Extension: How many shapes can they find all together at the dinner table?</p>	<p>-Draw, colour and cut out lines to make a rainbow</p> <p>-Play with eye droppers or turkey baster, or hold the end of a straw in the sink and practice filling it and dropping individual droplets of water out. Fill and dump containers of various sizes</p>	<p>Physical Activity Routine:</p> <p>Seated Workout for Kids https://youtu.be/7o3HWPoekp4</p>  <p>Tech Tip A two-finger tap on chromebook touchpad does the same as a right mouse click.</p>	<p>Communication Opportunities Provide a food item that is in a package that your child can't open independently or that is out of their reach to encourage them to request help/open.</p> <p>Before handing over a snack, prompt your child to ask for the snack by its name in order to expand vocabulary and requesting- this can be done vocally or using augmentative/alternative communication.</p>  <p>Tip! Set up other opportunities for communication by holding back things they need and have them ask for the item/hep (example: give them yogurt with no spoon, if they do not immediately request one, hold the spoon up to show them before labeling it and giving it to them)</p> <p>Leaving an Activity When you are finished eating a snack/meal, you can prompt your child to do some, or all of the following:</p> <ul style="list-style-type: none"> - Tidy up the area - Put garbage in the garbage - Put dishes in the sink/dishwasher - Wash their hands  <p>Tip! Praise your child often for their role in completing an eating routine. If this is a challenge for them, increase your support by making it a game or shared task such as, washing your hands together OR taking turns cleaning up items after a meal (e.g., "I will clear your plate and you can put it in the sink- teamwork!")</p>	<p>Games: You can make silly faces together. Your child can tell you if they "like" or "don't like" your funny face.</p> <p>Partner Strategy: Modelling Try to say the word of the week as many times as you can during the day. Showing your child how the word is used helps them learn to use it themselves.</p> <p>Along with saying the word, model it on whatever system your child is using to show them how to communicate. For example, if you want them to touch the symbol for "like" on a paper communication board, a single communication button, their iPad or their "talker", touch that picture or button when you are saying the word.</p> <p>For more information on AAC and modelling, explore the following: Modeling Video (also called Aided Language Input): https://youtu.be/fIFNMky22-U</p> <p>Assistive Ware Modelling: https://www.assistiveware.com/learn-aac/start-modeling</p> <p>For more specific information for your child, contact your child's Speech Language Pathologist (ask your teacher if you need help).</p> <p>You can also visit our website: bit.ly/TVDSB_SLP (ideas are under the heading "Complex Communication").</p> <p>Or follow us on Instagram: @tvdsb.slp</p> <p>Most of all, just spending time interacting and talking with your child will help to build their communication skills!</p>
<p>Thursday</p>	<p>Picture Prompt: Choose a picture from a magazine, book, online, etc. What do you see in this picture? What do you think is happening in the picture? What do you think happened before? after? Depending on skill level:</p> <p>-Label the items in the picture or write a list of all the things you see. -Write 1 or 2 sentences about what you see. -Write a story based on the picture</p> <p>Here is one online link Picture Writing Prompts for Kids</p>	<p>Warm up: (using dice): Collect 2 dice.(or more dice to make activity more challenging). Have your child(ren) roll the dice and ask them to identify which number is bigger. Then have them subtract the smaller number from the bigger number. (example: 5 dots take away 2 dots equals 3 dots)</p> <p>Click here for online dice.</p> <p>Data Management Challenge: Provide your child(ren) with a collection of forks, knives and spoons and ask them to sort and count each set of items. (eg. 5 spoons, 6 knives, 2 forks)</p> <p>Extension: Have your child(ren) create a bar graph using the forks, knives and spoons.</p>	<p>-Cut yarn into various sizes and glue it onto paper to create a design</p> <p>-Draw a person with at least 6 body parts included, you can listen to the song Mat Man to help you draw. https://www.youtube.com/watch?v=ec7J57YewxQ</p>	<p>WINTER FREEZE DANCE: https://youtu.be/1Z2NQuaYK9A</p>  <p>Tech Tip Watch the Parents Guide To Google Classroom.</p>			



Friday

Play the game Bang!
Materials: Small piece of paper, shoe box or coffee can.

Instructions:
Write words on pieces of paper and fold them in half. Also add a few cards that say "BANG!". Students take turns picking cards and if they read the word correctly they get to keep the word. If they draw a BANG! card they yell BANG! and then return all their cards (except the BANG! card) to the can/box.

Warm up: (using dice):
Collect 1 die. Have your child(ren) roll ten times and tally how many times they roll each number.

Extension: Roll 2 dice and repeat activity with numbers 1-12.

Roll & Tally

Roll	Tally	Total

Click [here](#) for online dice.

Measurement Challenge:
Gather containers, boxes and packages from the cupboard (minimum 5). Ask your child(ren) to put them in order from tallest to shortest.

Extension: Sort by:
- Holds most to least
- Fullest to empty
- Heavier to lighter

-Build shapes (towers, bridges, pyramids, etc) with blocks

-Have fun to end off the week and let them draw a bit

<https://www.autodraw.com/>

"Deck or Die of Fitness"

A: Use the cards (Aces - 6) or one die.

B: Make a chart with the family on paper/whiteboard
Example:

1/Ace = Torso Twists or Jumping Jacks

Narrow Base Torso Twists - Standing or Seated

- Stand tall with your feet together, or sit with your feet flat on the ground. Hold your arms out straight to the side.
- Turn your upper body and head slowly toward your left side.
- Switch sides and turn your upper body and head slowly toward the right.
- Complete 10 repetitions on each side.



2 = Push-Ups or Tricep Stretch

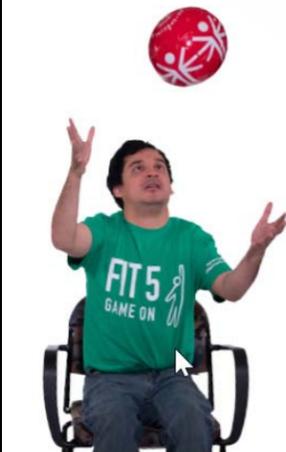
Triceps Stretch

- Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
- Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



3 = Running on the spot/ pump just your arms

4 = Squats or ball toss



5 = Boxing

6= High Step March or pump your arms

C: Role, or select a card, and complete the exercise

as many times as you can.



Tech Tip

If you can't hear a video,
make sure you check the
volume