



Tips for helping your child maintain routine at home

- Get up and go to bed at the same time as usual.
- Break your day into small chunks similar to the school routine to include dedicated time for school work, play times, eating times, sensory play, indoor and outdoor activity times, screen time, chores and creativity.
- Plan regular hand washing breaks throughout the day.
- Encourage your child to **communicate** with you during activities. This could be requesting toys, requesting another turn, making choices or expressing their feelings.
- Continue to practise **M.O.V.E.** goals if your child has one. This could be standing, sitting, stepping, walking in different areas of the house or outdoor space with varying levels of supports. Your child could be practising their M.O.V.E. goal while they are set up with an indoor/outdoor play activity.
- If you choose to have screens available for your child to use, make screen time predictable: have a set time in your day so children know when to expect screen time and for how long.

- If possible plan regular **outdoor activities** or walks into your day. These could include:
 - Running and moving in the backyard
 - Creating an obstacle course
 - Visiting open spaces like public parks, these are preferable over playgrounds where the equipment may not be hygienic.
 - Treasure hunts
 - Kicking/throwing a ball
 - Blowing bubbles

- **Indoor activities** could include:
 - Reading a book with your child and discussing the pictures
 - Junk modelling creations from recycled materials
 - Sensory play with shaving foam, rice, water tray, finger painting, sand, playdoh or whipped cream. Add different toys such as figures, cars, letters, tea sets to these activities each time to change the experience.
 - Car wash - toys and a toothbrush in soapy water. Let the kids wash their toys and towel dry them afterwards.
 - Chores such as washing the dishes, cooking, washing and folding the clothes, gardening and cleaning

If you should need to contact the school during a planned closure, please use the school email address Holroyd-s.school@det.nsw.edu.au



Websites to use at Home

Ian Bean	www.ianbean.co.uk Create a free account to access:	Activities design for students with disabilities using touch, switch, mouse and eye gaze. Eg puzzles, games, choice making activities.
Reading Eggs	www.readingeggs.com.au Individual login attached	Phonics activities Play zone and games Stories
YouTube	www.YouTube.com	Search: – <i>Ants in the Apple – OFFICAL CLIP</i> – <i>Jolly Phonics Phase Two</i> – <i>Preschool stories</i> (Books read online. Ask Who? What? Where? Questions as you listen with child) Hand Washing Videos Search: – <i>WHO: How to handwash?</i> – <i>The Wiggles: The Handwashing Song</i> – <i>Cover your Coughs and Sneezes</i>
ABCya	www.abcya.com	Pre-school – Yr 6 Literacy, Maths and skill games
Sesame Street	www.sesamestreet.org	Pre-school Literacy, Maths and skill games
ABC Count Us In	www.education.abc.net.au	Click on resource or games then choose school level
Study Ladder	www.studyladder.com.au	Click on subject then choose your year level
Every Student	www.everystudent-sws.nsw.edu.au/	Ideas, apps and resources for teaching students with disabilities.
Cassie Stephens	https://cassiestephens.blogspot.com/	Art activities



Apps to use at home

English	Mathematics	Sensory
ABC Me	Monkey Preschool Lunchbox	Sensory baby toddler learning
Reading Eggs	Pre-k preschool learning games	Pocket Pond
Letter School - Learn to Write	Matching Money Using Pics (AUD)	Laser Lights
Toddler Puzzle games for kids	Toca Store	Music sparkles
Kids Train Puzzle for Toddlers	Rainbow Cars - Learn Colours	Sensory plazma
Eggy Alphabet	Eggy numbers 1-10	KidloLand Kids Learning Games