

# Catcote Futures

Employment

Good Health and Well-being

Community and Relationships

Independence

Your choice, your future

## Home Learning Ideas Book

While your son or daughter is at home, here are some practical ideas to help them continue in their learning.

Our focus for learning at Catcote Futures is 'Preparing for Adulthood' (<https://www.preparingforadulthood.org.uk/>) which is split into four areas:

- Education & Employment
- Friends, Relationships & Community
- Independent Living
- Good Health

Communication and calculation are also a primary focus for us, so there are ideas for those too!

This book will give you lots of fun, realistic and useful practical activities and ideas to facilitate the progress of these vital skill areas at home. Why not give them a try? We'd love to see what you get up to!

Why not post pictures on our Facebook page at [www.facebook.com/catcotefutures](http://www.facebook.com/catcotefutures) ?

# Education & Employment

At Catcote Futures we feel that almost anything counts as 'education' for our learners. There are a range of practical tasks that you can do with your son or daughter that incorporate numeracy & literacy skills such as cooking, shopping (online if you don't want to go out,) browsing the internet, games and puzzles. The skills for work such as communication, working as a team, using initiative, problem solving and more can be emphasised as you go about your daily routines.

*Here are some ideas to help you...*

- Play a board or card game. Counting the spots on a dice, turn taking and following rules is fun and an important part of life;
- Making a simple breakfast e.g. crumpets, toast, cereal or porridge;
- Make a salad spinner picture;
- Make a Sensory Bag;
- Make a bubble picture;
- Plan a breakfast for 4 for only £5 (using online shopping);
- Draw a picture of your favourite breakfast;
- Make a model with 3 things found around the house;
- Watch Newsround to find out what's going on in world;
- Play some memory games;
- Talk about cards (e.g. name 5 animals that live on a farm.) Go to [www.catcotefutures.co.uk](http://www.catcotefutures.co.uk) for these;
- Set up a small shop of items with coins or cover amounts with notes;
- Photography competition – post your best photo to our Facebook page. There will be prizes for the best when we return to college;
- Make a themed collage using different items (e.g. leaves and twigs, bottle tops etc.);
- Write your own sensory story or a poem – there will be a prize for the best!;
- Draw around someone in your house and draw or write all the things that you like about them;
- Make a gift for someone and design your own wrapping paper;
- Find a bug or creature in your garden, research it and make an information poster;
- Set the table for a meal like you would if you worked in a restaurant;
- Find the cost of the food items in your cupboard and stock take what you need;
- Research who invented things you use every day;
- Offer someone in your house a hand and arm massage or an Indian head massage just like you do in the salon;
- Find a hairstyle you like and have a go (NO cutting your own hair though!);
- Wash and dry your own or someone else's hair;
- Find 5 things in and around the house that are green, red, yellow & blue;
- Say the months of the year out loud;
- Count as high as you can;
- Do a simple science experiment - make some slime, gloop or playdough;
- Do a jigsaw;
- Make a camp and think of what you would need to survive in the wild;
- Find facts about 5 wild animals like what they eat and where they sleep;
- Find out some local history about the town you live in and make a leaflet or poster;
- Design a leaflet on what is fun to do in the town you live in;
- Do a family tree;
- Listen to an audio book on YouTube;
- Create a fact file about something that interests you: country, animals, hobby or historical event;
- Read a book with, or to, someone else;
- Sort out clothes from around the house that are not needed, and donate them to charity;
- Mini Enterprise – Iron clothes for 5p an item;
- Plant seeds in the garden and look after them;
- Design a product to make during Enterprise lessons;
- Write/draw/photograph a step by step task eg. Planting a flower; making a cup of tea;
- Research a job role you are interested in;
- Invent a new game;
- Make a kite and fly it;
- Make your own musical instrument using household items;
- Design a lunchtime list for college meals.

# Friends, Relationships & Community

Working with others and visiting the community are vital for our learners at Catcote Futures, however, we realise that this may be difficult during this time (however, current advice is that open spaces such as parks and the beach are okay, as long as you keep your distance from others.) Learning the skills needed to access the community is very important and something that can be practised at home.

*Here are some ideas to help you...*

- Make a phone call /Facetime/Skype to a friend or relative;
- Help an elderly neighbour with a meal or some shopping;
- Visits to outdoor spaces such as parks or the beach can be great exercise! Having a treasure hunt (e.g. find 10 shells, 3 pieces of sea glass etc.) can be great fun!
- Research the local area online. Check out the places you find on Google Maps;
- Go litter picking at the park or beach;
- Road safety practice – make a good practice handbook or video;
- Observational drawing exploring nature – make a scrap book;
- Nature trail and then making collage on return from recycled objects (or a bug hotel!);
- Daily diary posting to friends;
- Design a postcard and post to neighbours, e.g. ‘Thinking of you!’;
- Recipe cards on how to make a meal using what is available in the cupboard;
- Bird watching and research from what countries they have come from;
- Collect and decorate pebbles or stones then hide them at the local park for others to find;
- Community aerobics, staying own garden but playing music across gardens while you stretch;
- Making feeders for the birds;
- Make a friendship bracelet;
- Make layered coloured sand bottle (using salt and coloured chalk);
- Draw or write 10 things you think are important in a friend, for example, being a good listener, being kind or thoughtful;
- Plan and design a new sensory garden for Catcote futures think of things you would like to see or use in the garden;
- Random acts of kindness - do things to make people smile in your house or your community like making a small gift or writing a note;
- Have a karaoke competition with your family;
- Enjoy a family movie;
- Play ‘Guess the song’ using YouTube with your family;
- Make bubbles and go on the garden;
- Brush your animals and collect the hair pin it on your washing line for the birds to use;
- Make paper airplanes and fly them or have a competition with a family member;
- Have a bake-off competition;
- Go through old photos and find out more about your family;
- Find local charities in your town and think how you can support them;
- Make a short video and send it family or friends;
- Create a family tree with names/pictures;
- Draw a picture of your house or family;
- Look at GoogleMaps and make a list of 10 places you would like to visit with your friends.

# Independent Living

There are hundreds of jobs you can do at home to help practise Independent Living skills and best of all, you end up with a tidier home! Any housework tasks you can do are super helpful such as tidying, getting dressed, washing your hands (for 20 seconds of course!), following a recipe or even having a cup of tea and a gossip! Helping others as well as yourself can be very rewarding too.

*Here are some ideas to help you...*

- Cook a healthy meal for the family – try to film it like Gordon Ramsay (without the swearing!);
- Help an elderly neighbour with a meal or some shopping;
- Make own drink or snack – check out [www.catcotecooks.blogspot.com](http://www.catcotecooks.blogspot.com) for inspiration;
- Help prepare meals; collect the equipment, chop, slice & mix;
- Complete cleaning tasks around the house e.g. hoovering, dusting, making your bed, washing up, etc;
- Help with the laundry; collect washing, load machine, fold, sort socks, put the laundry away;
- Help with the gardening; litter picking, putting the bins out, sweep, planting;
- Shopping; follow a shopping list, put shopping away, order shopping online;
- Set the table for dinner;
- Looking after pets; feeding, cleaning, walking.
- Walk somebody else's dog if they are ill;
- Sort the recycling;
- Sort out your wardrobe. Take any clothes you no longer need to the charity bins at the supermarket;
- Sort and tidy the garden shed or garage;
- Help with the gardening cutting grass, weeding, planting new flowers;
- Find all the odd socks and pair them up (make sock puppets with the ones that are spare);
- Make a picnic to have in the garden or on the living room floor;
- Wash the car (and charge your parents!);
- Go through your room and find things to donate to a charity shop;
- Run a bubble bath and have a soak;
- Clean the downstairs windows at home. Offer to do it for neighbour;
- Collect rubbish from around the front and back of the house (wear gloves!)
- Plan a week's food menu;
- Take pictures of all the meals you prepare and post them on our Facebook page;
- Make a non-alcoholic cocktail or smoothie to enjoy with family;
- Design your perfect ice cream or sandwich;
- Organise your kitchen draws and cupboards;
- Design your perfect house or bedroom;
- Empty the Hoover, then fill it up again!;
- Empty all the bins in the house (then wash your hands!);
- Follow a to do list or create a weekly chores list;
- Design different outfits for different activities;
- Learn how to change the sheets or pillow cases on your bed;
- Make your own pizza with your choice of toppings;
- Try some new foods or a new recipe; ([www.bbcgoodfood.com](http://www.bbcgoodfood.com))
- Do some baking for a neighbour.

# Good Health

Good health is all about exercise, keeping clean, eating well and staying safe. At this unusual time, there are special, extra things we need to do stay healthy too such as practice washing our hands, practicing good hygiene and catching any coughs or sneezes in a tissue. Of course, good mental health is also very, very important so be sure to do activities that make you laugh, smile and feel happy!

*Here are some ideas to help you...*

- Wash your hands for 20 seconds (sing 'Happy Hand Wash to me!' twice;)
- Do a story massage (email [mary@storymassage.co.uk](mailto:mary@storymassage.co.uk)) for a BRILLIANT booklet of massage stories;
- Complete your physiotherapy programme;
- Follow an exercise video on YouTube;
- Healthy Food preparation, make a salad or healthy sandwich;
- Maintain good personal hygiene – brushing your teeth, washing your hands, showering, etc.
- Experiment with different hair styles – have a modelling photoshoot;
- Have your nails painted or paint someone else's nails;
- Wash your own hair;
- Follow guided meditation (put guided meditation into 'YouTube');
- Complete laughing yoga session;
- Complete exercise routine from NHS direct;
- Go for a walk in the local community – remember National Trust sites are now free;
- Try new healthy food or create a healthy cookbook;
- Try making a healthy food preparation video – 'Catcote Cooks at Home';
- Helping to clean the house – helping with the chores (see 'Independent Living' Skills);
- Communicate with family members, both in person and on the phone;
- Make a fact file of a job role in the NHS – a person that help us;
- Enjoy time outside in the garden – take photos of flowers or wildlife;
- Go up and down the stairs;
- Eating three healthy meals a day and keep a food diary;
- Create a poster on how to be healthy;
- Keep a diary (written/photo/video) of things to tell your friends when you are back at college;
- Go for a walk and create a collage of things you find;
- Tell somebody if you don't feel well;
- Create a joke book/funny face book;
- Practice faces for emotions and expressions;
- Limit your time on or watching electronics;
- Draw some funny pictures of the staff to bring into college;
- Make a mood board of all your favourite things;
- Make your own stress ball with a balloon and rice or sand;
- Take part in sand play or water play;
- Paint a picture using sponges, rollers or frozen paint;
- Make and wear a facemask;
- Find a recipe for a scrub and give your carer a massage;
- Make a guide to the things to do to tackle the Corona Virus.

# Communication

Communication is great! Find the time to have a good chat, make choices and safely interact with others while at home. Communication skills are about more than speaking and listening to each other; they also include reading and writing, which for many students means identifying and matching items, following schedules and mark making. Any activities or interactions you do together practices your communication skills – but remember your social distance!

*Here are some ideas to help you...*

- Play charades or a mime game;
- Start a YouTube video channel or practice DJ/Podcasting skills using Audacity;
- Take part in, and respond to, a sensory story showing likes and dislikes;
- Complete ChooseITMaker 3 activities around a sensory story;
- Follow a symbol-based recipe (see [www.catcotefutures.co.uk](http://www.catcotefutures.co.uk));
- Write/make a photo a diary about your time away from college;
- Play charades or a mime game;
- Go on YouTube and learn a song on Makaton Carpark Karaoke;
- Watch a movie then make a quiz or talk about how it made you feel;
- Make your own YouTube video about one of your hobbies;
- Make musical instruments using pots & pans and put on a concert;
- Watch Catcote Cooks ([www.catcotecoooks.blogspot.com](http://www.catcotecoooks.blogspot.com)) and leave a comment;
- Talk to another adult about how you are feeling;
- Share a book or story with another – think about what happened after the story ended;
- Listen to music & dance to show how it makes you feel;
- Call others through phone and face time;
- Make a story about a superhero with the silliest special power you can think of;
- Order a takeaway meal;
- Play iSpy;
- Make five choices in a day;
- Play the 'Yes/No' game;
- Do some roleplay;
- Play guess the drawing or hangman;
- Make your own Catcote cooks video;
- Make up your own dance then do a performance or create a music video;
- Make a joke book and tell your best jokes to family and friends on the phone;
- Listen and repeat game;
- Play 'Try not to laugh!'
- Make a sock puppet and put on a puppet show;
- Learn a magic trick;
- Invent a new game;
- Edible bread painting;
- Make a story in Clicker (free licences are being given away;)
- Make food choices using food as visual choices.
- Play sound Bingo.
- Learn the sign of the day – check Facebook.
- Text one of your friends.

# Calculation

Calculation is anything relating to Maths and/or number!

This can be time, money, shape, colour, position and all kinds of problem solving activities. Many, many games (both physical and less strenuous) rely on maths skills so go ahead and have fun!

*Here are some ideas to help you...*

All of these areas can be covered as part of activities such as games. These incorporate key skills such as turn taking, application of number, counting and many more...

## ***Time***

- Recognising key times of day and associated tasks – matching symbols or pictures to key events of the day. For example, brushing teeth on a morning;
- Recognising times / dates in different formats e.g. calendar, digital watch, clocks;
- Events – recognising key days and dates (birthdays, holidays, trips, health appointments;)
- Researching times online or within a magazine of favourite TV programmes;
- Cutting up and sequencing the TV programmes from a particular channel;
- Trying entering times into the microwave to prepare some foods;
- Countdown challenge games –
- How many star jumps can you do in 60 seconds?
- How long does it take to walk around the garden?
- How long does it take you to load or unload the washing machine?

## ***Number***

- Counting tasks, one more, one less;
- Food stock checks;
- Using numbers on home appliances – microwave, TV remote, washing machine / dish washer (where possible) tablet, computer;
- Board games which include using a dice. If possible use a dot and a numeral dice;
- Finding and recognising numbers within your home – what number is used in your address;
- Listen to music which include numbers – Steps – 5678, The Proclaimers – I would walk 500 miles etc.
- Play darts
- Play a game of top trumps.

## ***Money***

- Research the cost of favourite products from within a catalogue or online, can you find any bargains?
- Sorting and matching coins into groups;
- Money snap / match game (use real money;)

## ***Size, space and prepositions***

- Sorting and matching skills
- Sorting cutlery into the correct section on a tray or draw
- Play the bigger or smaller game: Elephant or mouse, Apple or Grape, Scooter or car etc.



# Online Links

- Please post any pictures of students hard at work to: [www.facebook.com/catcotefutures](http://www.facebook.com/catcotefutures)
- A List of all the companies giving free subscriptions: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- Free sensory stories: <https://sensorystoriespodcast.com/podcast-files/>
- The Sensory Projects Covid19 Resources: <http://www.thesensoryprojects.co.uk/covid19-resources>
- SEN ICT resources by Ian Bean: <https://www.senictsoftware.com/>
- Activity Books from TTS: [www.tts-international.com](http://www.tts-international.com)
- Helpkidzlearn: [www.helpkidzlearn.com](http://www.helpkidzlearn.com)
- Kahoot!: <https://kahoot.com/>
- Twinkl: <https://www.twinkl.co.uk/>
- Catcote Cooks: [www.catcotecoos.blogspot.com](http://www.catcotecoos.blogspot.com)
- YouTube (search for guided meditation): [www.youtube.com](http://www.youtube.com)

## Useful Information & Numbers

- 111 – Ring in case of emergency, this may be very, very busy. Try going online

### What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell