

# RISE NI

## BHSCT



## ADVICE PACK

Dear Parent,

Given the school closures RISE NI have developed a pack of activities for your child. We recognise these are unusual times but we remain keen to support you in helping your child continue to make progress in the areas we have been working on in school. We recommend completing at least 1 or 2 tasks a day from the pack.

The RISE team wish you and your family all the best in the coming months and look forward to reviewing your child and their needs once they return to school.

Speech and Language Advice for Home

There are many simple things that you can do every day with your child at home to develop their speech and language skills



### **Observe and comment**

When you are playing with your child, take a step back, do not feel that you have to fill the silences, just comment on the things your child is doing so they can hear (and learn) the new vocabulary.

### **Be a good model**

Speak clearly and slowly and face your child when speaking. If your child says a word or sentence incorrectly, rather than correct them or ask them to repeat it, just say the word / sentence back to them correctly to show you have understood. This way your child always hears the correct version. This is how children learn language.



### **Expand language for your child**

Expand what your child has said by adding one or two words or a new idea. If your child says "car", respond with "big car" or "yellow car" or "fast car". If your child says "driving a car", you can say "yes, the boy is driving a car. He is driving really fast". This way, your child will have the opportunity to learn new words and learn how to link items and events together.

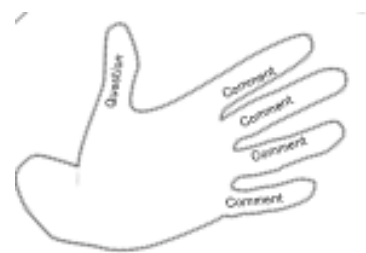


### **Books, books, books**

Books can be used in many ways to develop language and early literacy skills. Evidence shows that children that have more exposure to books prior to schooling will often develop early literacy skills earlier. Enjoy reading books with your child at home.

### **Try not to ask too many questions**

Children learn language through hearing it. When we comment on what they are doing or what is happening around them, we are modelling language for them. This helps them to learn language and keeps the interaction flowing. Too many questions can easily block the flow of natural conversation and can feel like a test. As a guide, try to make **4** comments for every question you ask.



Example: Instead of simply asking 'what did you paint?' you could say 'Oh what a lovely painting. It looks like a funny robot. I like it's long arms and smiley face. I wonder if you could paint a house for this robot too.'



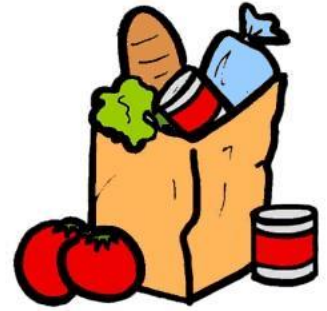
### **Make every opportunity a language learning activity**

Whether it's a trip to the shop or beach, or even dinner-time or bath-time, you can make every activity a language learning activity. Point to things, name them, sing songs, or ask a question. You don't have to set aside a specific time of day to learn language, every activity is a language learning activity.

### **Activity Ideas for Home**

### Shopping game

Make a pretend shop by placing 5-6 food items on a table across the room. Give your child a shopping bag and ask him/her to retrieve 2 items from the table, e.g. "I'd like a banana and a biscuit". Then replace the two items and give your child another instruction. If your child can remember 2 items well, begin to ask them to retrieve 3 things from the shop, e.g. "I'd like juice, beans and an apple". You can also reverse the roles, so that you have the shopping bag and your child tells you which items to get. This game could also be varied e.g. the farmer could be asked to feed a variety of animals.



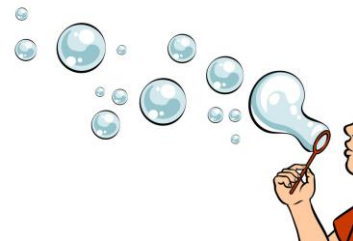
### Musical Statues

Play music on radio or cd. Tell your child that when the music stops they must freeze like a statue. You may need to show your child how to do this first.

### Ready Steady Go!

This game can be played using a range of toys. The aim is that the child can wait and listen for the word 'go!' and then perform an action. The adult says, 'Ready, steady..... go!'. When the child hears 'go!' he/she could:

- Blow a
- Roll a ball to you
- Knock down skittles
- Push a car/train along a track
- Jump up from behind something
- Run to something outside e.g. tree, bench
- Throw bean bags into a basket



bubble



### Musical Activities

Clap out a rhythm, or use a drum to make a beat. Ask your child to listen and copy the rhythm.

Clap 1-3 times and ask your child to jump/step the same number of times. You may need to demonstrate this first, e.g. 'clap – clap', your child listens and jumps twice.

### I-spy

Play 'I-spy' using descriptions of objects, e.g. 'I spy with you drive', 'I spy with my little eye, something that is



my little eye, something hot'.

### Animal Noises/Vocabulary sorting

Set out some farm animals. Make the noise of an animal and see if your child can find it. See if your child can sort the animals into their different categories e.g. animals that live at the zoo, the farm or in the sea. This activity can also be varied e.g. sorting transport (sky/land/sea), clothes (winter/summer), food (healthy/not healthy)



### Washing Game

This is similar to the 'shopping game'. Set out some clothes on the floor, e.g. trousers, sock, t-shirt, hat, and jumper. Ask your child to put two items of clothing in the washing machine, e.g. 'Put in the sock and the hat'. Then replace the clothes on the floor and ask your child to listen again. If your child can remember two items well, make the activity more difficult by asking him/her to remember 3 items.

## Songs

Sing songs and nursery rhymes with actions,

- e.g. 'If you're happy and you know it'  
'The wheels on the bus'  
'Incy Wincy spider'  
'Heads, shoulders, knees and toes'



## Hide and Seek

This game is useful for developing visual attention skills. Hide some objects around the room, e.g. cars/bricks and let your child watch you. See if your child can remember where the objects were hidden and find them.

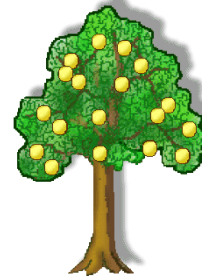


## Kim's Game

This is another game which can help to develop children's visual attention. Collect 5-6 familiar objects from around the house and place them on the table/floor. Let your child look at all the items first and talk about them. Then tell your child to close his/her eyes while you hide one of the objects behind your back. Then ask him/her what is missing.

## Run and Touch

This is a game to play outside and can be useful for auditory memory skills. Tell your child to, e.g. 'Run and the bench'. Encourage your child to listen and remember



developing touch and both places.



## Post box

Cut out pictures from magazines or draw them. Make a post box out of a shoebox by cutting a hole at the top. Put a selection on pictures in front of the child and ask them to post the pictures. The more pictures that you ask them to remember, the more difficult it will be e.g. Post the ball, the book and the brush.

## Drawing picture

- Give a series of simple instructions for  
e.g. Draw a big square in the middle of  
Add three windows  
Add a blue door.  
Draw two trees in the garden.  
Draw four flowers.



children to draw your paper.

To make it more difficult, put two pieces of information together. E.g. 'Draw a cat in the window and a dog beside the tree'

## Simon says

These instructions can be simple. E.g. 'Simon says touch your nose and turn around' or more difficult e.g. 'Simon says before you turn around, clap your hands.'



### **Barrier games**

Make sure you and your child have matching equipment and are divided by a barrier. Take turns giving and listening to instructions so that when the barrier is removed you have identical results e.g. put the spoon under the cup/put the apple beside the bowl.