

# Daily Structure Guide

**This is a guide. It is different working at home from how it is in the academy, and you will need to be flexible, and work your day however works for you. The government are recommending 3-6 hours a day, but you know your child, and what they can cope with... and what you can.**

**You can use a schedule to show your children what they will be doing next.**

***If you need a schedule see the slides at the end of the powerpoint.***

# Start your morning

1) Good morning song

[https://www.youtube.com/watch?v=Cul\\_p7a9VGs](https://www.youtube.com/watch?v=Cul_p7a9VGs)

2) Days of the week song

<https://www.youtube.com/watch?v=mXMofxtDPUQ>

3) Ask your child what day it is, and look outside to see what the weather is.

If you like, join us at 9.30am until 10am on Teams, for a 'hello' with the other children/adults working from home. You will need to log in as your child to do this, the invitation is in their Outlook.

# Choose activities & independent tasks

- Structured choose sessions allow the children to develop their play skills – very important at this stage of their education.

Building toys – develop coordination, gross and fine motor skills and imagination

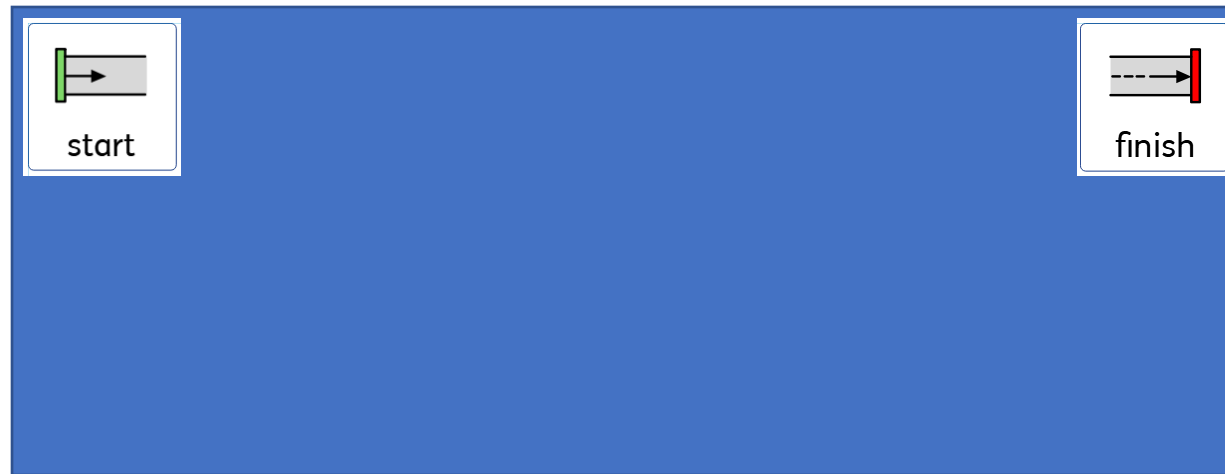
Small world (train tracks, cars, model people (playmobil, dolls houses, teddies) – develop interpersonal skills, sharing, imagination

Creative – (painting, drawing, etc) - develops mark-making, fine motor skills (holding the instruments, drawing large & small shapes/marks)

Sensory tasks – assist sensory regulation, provide stimuli, explore textures and materials.

# Choose activities & independent tasks

- Independent tasks are tasks that teach the children to start to manage their own learning. Give them a deconstructed task and the pieces that go with it and let them complete it on their own at a table. We usually do the English-based ones in the mornings. We call these workstation tasks.
- You could put a start/finish sign on the table for them to keep the same layout as at school. Put the task by the 'start' sign for them to pick up, they should complete and then put it by the 'finished' sign when it is done.



# Snack and have a break



# Curriculum time

- Choose an activity from the weekly powerpoint to complete.
- This could be maths, literacy, expressive arts, physical development, understanding the world.

## **POINTS TO NOTE:**

- **Do not worry about getting all of the powerpoint done. We have provided a range of things for you to choose from; just do what you can and don't worry if you can't, healthy and happy comes first.**
- **These are task suggestions based on what we are learning at school. They have been modified so that they are home-learning friendly (using materials etc that you are more likely to have at home)**
- **These tasks are repeatable – repetition really helps children with ASD to learn. It is not a problem for them to do the same task again – on the contrary it is beneficial to do so; so you could repeat something later in the week to help your child to understand the skills that they are learning.**



Lunchtime!



# Relax

- 15-20 minutes where we listen to music and be still. The children may choose to lie down, or sit.
- <https://www.youtube.com/watch?v=xir91dOrO64>
- You could do some yoga, or gentle massage by drawing on your child's back or hand with your finger; you could write their name, or see if they can identify shapes that you draw on their back.



# Choose/Independent tasks

After relax, we do our independent tasks again and another structured choose session. The choose is great for PSED (personal, social, emotional development) as with certain tasks they learn to share, take turns, and cooperate with their peers. This can be you during this home time.

Independent tasks are usually maths-based in the afternoon.

# Curriculum tasks

- Choose another task from the powerpoint to do. This could be a different subject, or if needed/wanted you could repeat the morning tasks to allow repetition and consolidate learning.

# Story time

- Choose a video..... There will be a new one every week of school staff reading, or you can read your own books, or watch a read along on YouTube.
- Any reading is good reading and extremely beneficial to your child - even if it is just listening to you. Modelling reading is great – if your children see you reading they will value it themselves.

# Additional activities – Attention Autism

- We are recording some 'attention autism' videos, which will be sent through to you as they're done. These are just for your child to watch – in class the adult performs as you will see on the video and the children learn to pay attention and watch without grabbing at the objects. They are short, and usually very exciting! As the children progress, the sessions become longer, and eventually introduce turn-taking elements. The videos that we will do will just cover the early stages, which is where most of our children are at the moment.
- Feel free to use the videos as often as you like.



# Additional activities – Physical Development

- The EYFS staff have developed a physical development video that the children can follow along with, featuring lots of our EYFS team! Who needs Joe Wicks!?
- The video is around 8 minutes long – you can do all, or parts of it as often as you like.



# Schedule

- On the next two slides are cards that you can use to make schedules. They can be displayed on the screen but are more effective cut out and stuck up so that they can be removed after each task is complete. This is how they work at school.
- If you need these as you have no printer, please email [jwilliams@purpleoaksacademy.org](mailto:jwilliams@purpleoaksacademy.org) and I can arrange getting this made up for you.
- The first slide is a basic 'every day' schedule, the second has cards that are more specific, and extra ones that you may need throughout the day.

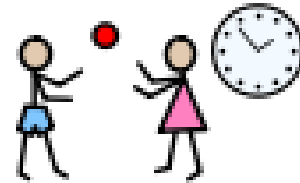




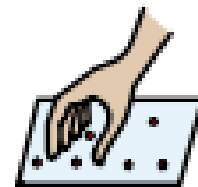
Breakfast



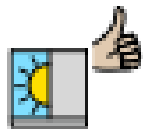
Teams



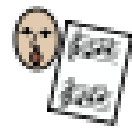
Playtime



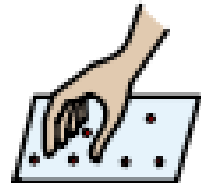
Choose



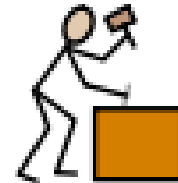
Good Morning



song



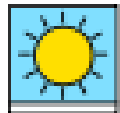
Choose



Tasks



Workstation



Days

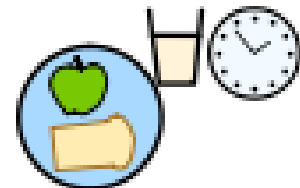
of the



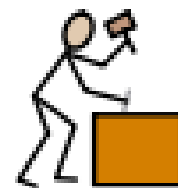
week



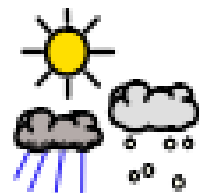
Workstation



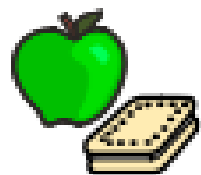
Lunchtime



Tasks



Weather



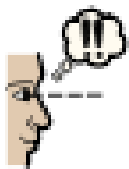
Snack



Relax



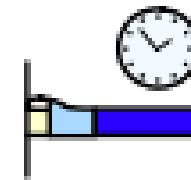
Story



Attention Autism



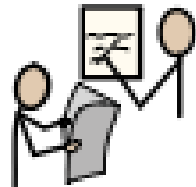
Understanding the world



Bedtime



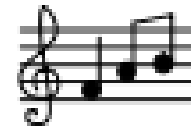
Wash hands



Literacy



Creative Development



Music



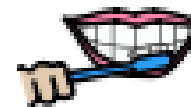
Dinner time



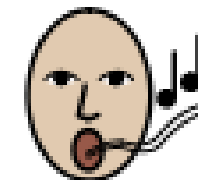
Maths



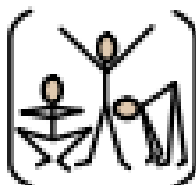
Sensory



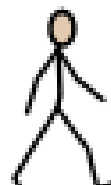
Brush teeth



Singing



PE



Walk



Toilet



Communication