

Organising your day

As we move into another week of socially distancing, you may find it helpful to introduce more structure into your day.

You may well have already done this to some extent. We all find ways of coping during these unusual times!

Using a whiteboard or notepad and pen: -

As you know, at nursery we use a whiteboard to tell the children what is happening **now** and what is going to happen **next**.

Last week, we put a link on the website, to show Gina Davies introducing how to use this.

https://youtu.be/3_iGTLToK3U

In this next link, she demonstrates ways in which you can use the whiteboard to help take away uncertainty or anxiety. This could possibly be using it when a child is not keen on a particular activity, such as bath time or washing hair

<https://www.youtube.com/watch?v=mTV8VHFdUAY&list=PL8LYXYdFVswrDMyhKxh4ZTuGdMBVMV5qb&index=2>

For some children, using a whiteboard to look at **now** and **next** will be enough.

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Using a timetable: -

Some children, however, may benefit from a simple visual timetable, letting them know what they will be doing for the morning and then again, what will happen after lunch.

For example: -



This is the timetable that we use at nursery. When an activity is 'finished', the children place that symbol in the pot underneath (made from an old milk carton!).

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You could timetable: -

Breakfast

Exercise

Fine motor activity (from last week's suggestions)

Rhyme time on YouTube

Snack

Bucket time/story

Walk around the block or garden time

Wash hands

Lunch

*Simple drawings, photographs or magazines pictures would be fine as the symbols. Alternatively, you could download some symbols from Twinkl, for free. They have a section on visual timetables in their SEND section, under pastoral.

Bucket time

You could have a go at trying Bucket time at home. Here is a link where Gina Davies demonstrates how to use the bucket.

<https://www.youtube.com/watch?v=uMOHFFtcQA&list=PL8LYXYdFVswrDMyhKxh4ZTuGdMBVMV5qb&index=3with>

Or you could watch a Bucket time with your child on YouTube. There are lots of examples if you type in Attention Autism Bucket time. In the link below, Gina Davies shows you how you can watch Bucket time together, where you, as the adult, model good sitting and good looking.

<https://www.youtube.com/watch?v=hkrjx1uAF5w>