

Functional Literacy

- Write letters/postcards/short stories-keep using your pencils
- If safe-take a walk, recognise and discuss different signs in the community or visit <https://www.slideshare.net/mrbtec/signs-symbols>

Functional Numeracy

- Look at patterns in nature you might find in your garden
- Bake together- weigh your own ingredients, bake and decorate

BUDGETING:

Preparing to move into your new home

- Make a list of all the things that you will need
- Find out their cost via the Argos, Tesco, ASDA websites
- Decide if items are needs or wants
- Set a budget that you must stick to.

Meal Preparation and Cooking/Independent Living

- Good hand hygiene
- Making a sandwich
- Wash dishes
- Dusting
- Hoovering

Safety on the farm

Look on the internet for farm safety videos and discuss the following with your child.

- Working with livestock safely

PE ideas

- Encourage your child to play in the garden – football etc.
- If confined to the house, walk up and down the stairs or along a corridor.
- Sit ups, star jumps, jogging/running on the spot
- Replicate exercise videos that may be available online

Personal care products – look online

- Discuss what personal care products you need to keep clean and healthy
- Discuss how to use these personal care products with your child.
- Look at various brands of personal care products both budget and high end brands

Horticulture

If safe to do so:

- General garden maintenance-brushing etc.
- Weeding
- Help cut the grass

Other ideas

- If you are feeling stressed or worried, there are plenty of guided meditations and mindfulness exercises on Youtube
- Colouring
- Drawing
- Play board games

- Think about how you can help other people who might be in need