



Parents' Guide for Supporting Remote Learning for Additional needs or SEND

In school we use a range of techniques to support children with additional needs. The majority of the time it's not about the content of the work but how it is presented, motivated, supported, modelled and scaffolded that allows them to be independent and complete their work. Please find below a range of techniques we use in school to support their focus and understanding.

- 1) **ROUTINE** - Keep your child in a routine. It is really important to get them up and get them ready each morning as they would for school. Structure and routine are good, and it gets us ready for the day ahead. Use the timetable from the class pages of website to help structure their day.
- 2) **BREAKS** - If your child is feeling stressed with schoolwork online then you can give them a break. It is fine to take a break from learning and do not worry if all work is not completed. We would recommend a movement break, stretch, walk, jump on the trampoline or even better fresh air. This aids concentration and boosts their brain with oxygen!
- 3) **CHUNKS** - Break up the work into smaller chunks and if you can, use a visual cue or 'Now and Next' board to show them what they have to do. An explanation of a 'Now and Next' board can be found here. [What is a Now and Next Board? - Answered - Twinkl Teaching Wiki](#) You could also create a visual timetable so that pupils are able to see how their day is going to progress. More information about visual timetables can be found here. [Visual timetable for kids | Visual timetables and SEN | TheSchoolRun](#)
- 4) **TIMERS** - If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here - <https://www.onlinestopwatch.com/>.
- 5) **RELAX** - Make sure that they get some downtime and they get some time to relax. Seven techniques for helping kids keep calm. Try these simple relaxation and mindfulness activities together and help your child learn to calm down when they feel stressed or anxious. <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>. Also see the self-care kits for children sent with this email and downloadable on our website.
- 6) **UPSETS** - If your child gets angry, give them some space and allow them to go somewhere that they feel safe and allow them do something that they like. Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.
- 7) **FIDDLE** - Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.
- 8) **DYSLEXIA VISUAL STRESS** - If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free - <https://www.aurelitec.com/colorveil/windows>.

You can also change the colour of an iPad/iPhone screen by going into Settings ->Accessibility->Vision->Display and Vision- >Colour Filters

9) **MULTISENSORY** – most children learn best when they can touch and manipulate concrete resources. We have sent out a Maths resource guide using items in your home. Helping your children by using concrete resources such as counting objects, drawing things out, using items around the house this will help their understanding. There are more examples here [Five ways to support your child with dyslexia at home - BBC Bitesize](#)

10) **TASKBREAKDOWNS** – sometimes children like to be able to see how much they need to do and how much there is left to do until they have finished. On a piece of paper together you can make a list of tasks that they need to do. Then the pupil can tick off when they have completed each bit. This helps them to stay on track and have a visual reminder to keep them focused. Then when they have completed, they get a sense of independence and ownership.

11) **RESOURCES** - Visit BBC Bitesize, they have SEND (special educational needs and disabilities) resources, activities and support to help you and your family during lockdown. [Parents' Toolkit: SEND - BBC Bitesize](#). Oak National Academy has also developed resources and sessions. <https://www.thenational.academy/>

12) **VAK THEORY** – all children learn in different ways. Some are visual learners, some are kinaesthetic (touching moving materials) some are Auditory and some prefer a combination of all. In all our lessons we encourage all three. We put up videos and encourage manipulatives and listening skills. We upload videos to Class Dojo. There are many websites that show videos and song etc. about their topics. If your child is struggling with a subject search for a video to help explain it. BBC bitesize has lots of videos to explain different concepts. Click here: [Home - BBC Bitesize](#)

13) **MOTIVATION** – all children suffer from motivation. Find out what motivates your child, then use this as a way to reward work and concentration. Break up the work into the chunks and use rewards to motivate your child. For example. If you complete 10 questions, then you can have 5 minutes playtime. Use lots of positive praise when they have had a go, tried hard or completed what you have asked. You can also upload their work for their class teacher to give them Dojo Points. There are lots of BBC Bitesize games and Educational City games that are educational. You could use this as a motivator at the end of a task. If you also have a teen at home, please see [Five ways to motivate your teen to study at home - BBC Bitesize](#)

How to make your home a fun learning zone; [How to make your home a fun learning zone - BBC Bitesize](#)

14) **HELP** - Do not struggle alone. Zoom has a private messaging feature where pupils can ask their teachers directly for feedback or support. Pupils can also use Class Dojo to contact their teachers. You can also email the class email address for support. Or visit the SEND page of our website for support. Or email the SENCO Vtyas@bassingbourn.cambs.sch.uk for more support.