


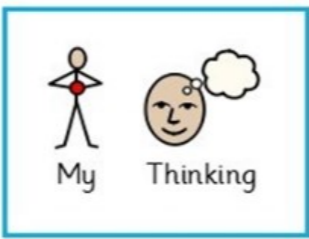

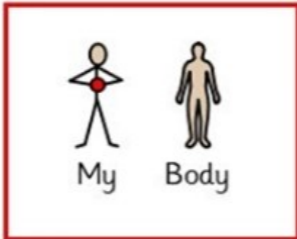

How it Works

Each term, support your child to pick the homework they wish to complete, aiming to collect at least 5 stars in total.

Homework Pick and Mix

Spring



				
<p>Ask your young person to choose what they would like to watch on TV or a DVD. Use their preferred communication aid e.g. ALD, object of reference.</p> <p style="text-align: right;">★</p>	<p>Prepare a shopping list for a preferred meal you want to cook. Research what you want to make then write down the ingredients or use pictures to make a list.</p> <p style="text-align: right;">★</p>	<p>Go for a walk around your local area. This could be a trip to the park or a walk around the streets with the family dog.</p> <p style="text-align: right;">★</p>	<p>Let your young person experience a comb or hair brush and see if they can brush their own hair.</p> <p style="text-align: right;">★</p>	<p>Research local destinations; this could be shops, parks, museums, cinema, entertainment complexes. Ask your young person where they would like to go.</p> <p style="text-align: right;">★</p>
<p>When watching TV with your young person, let them communicate whether they like or dislike the show they are watching. Use their preferred communication aid.</p> <p style="text-align: right;">★★</p>	<p>If possible, take your young person on a trip to a shop or supermarket to buy the ingredients they need. Refer to the list they made and cross off items as you collect them.</p> <p style="text-align: right;">★★</p>	<p>Encourage your young person to do some light exercises for 5 minutes. This could be anything from star jumps, a run, trampoline, bike riding or yoga.</p> <p style="text-align: right;">★★</p>	<p>Let your young person experience a toothbrush and toothpaste, see if they can brush their own teeth with little to no support.</p> <p style="text-align: right;">★★</p>	<p>When they've chosen their desired destination, plan a trip and go through the activities they will do when they get there.</p> <p style="text-align: right;">★★</p>
<p>Ask your young person <i>why</i> they like/dislike a certain television show. It could be for different reasons e.g. "it's funny", "it's musical", "it's scary".</p> <p style="text-align: right;">★★★</p>	<p>Prepare the meal you want to eat. Help in the kitchen as much as possible and at the end of the experience, try the food.</p> <p style="text-align: right;">★★★</p>	<p>Encourage your young person to do some light exercises for 10 minutes. This could be anything from star jumps, a run, trampoline, bike riding or yoga.</p> <p style="text-align: right;">★★★</p>	<p>Include the previous two targets in 'My Body' (hair brushing and teeth cleaning) into a daily routine. Have your young person do this first thing in the morning and last thing at night.</p> <p style="text-align: right;">★★★</p>	<p>Visit the destination and complete the activities your young person chose to do.</p> <p style="text-align: right;">★★★</p>