Home learning ideas for FHS students
Read or listen to a story with someone at home.
The Colour Thief

Take a look at this link to share the story of ‘The Colour Thief’
https://www.youtube.com/watch?v=xuP7YuFtY9w
It’s one of my favourites and I hope you all enjoy it too!

When telling our stories at school we try to repeat them regularly throughout the week to give our young people time to learn the story and routines. You might find it useful to set aside a little time each day to listen to and share the story.

The following slides have ideas for how to engage your young person at different stages of the story, just pause the video and join in with the actions. Use what you have available at home and adapt with what you can find.

We will also be sharing ideas for things to make and activities that are linked to the story. Please share any work of videos of what you’ve got up to on our Facebook page – we love to see the pupils faces and see how you’re all getting on.
The Colour Thief

“Zot’s world had no colour…”

In this part of the story, try making your room dark, calm and quiet. Close all the blinds or maybe try hiding together under a blanket.
The Colour Thief

“Zot gazed longingly at the distant planet…”

Try holding a small, light-up object (perhaps a sensory light toy, a torch or even a picture of the earth on your phone,) and encourage your young person to look at it and track it as you move it in the dark space.
The Colour Thief

“He decided to go there and find happiness for himself…”

Brighten up your room at this point. Come out from under the blankets or open up the blinds to let lots of light in.

If you have a toy rocket or spaceship, let your young person explore it (if not don’t worry, there’s instructions of how to make one further on!)
The Colour Thief

“Zot opened his mouth and called out in a strange language…”

What strange noises could you make!? Perhaps you could run a spoon around a sieve, put tin foil balls into a metal pan or play the cheese-grater like a glockenspiel? Get creative! (Yes, Mrs Hook has just been exploring the sounds of her kitchen cupboards too!)
The Colour Thief

“All the red flew through the air and into his open bag…”

Find a red object to explore at this point.
(one the activities suggested further on is a colour hunt – perhaps you could find your coloured objects then?)
“Again, he called and the blue rushed into his bag...”

Make your strange noise again and this time explore a blue object.
The Colour Thief

“Next, Zot stole the green…”

Make your strange noise again and this time explore a green object.
“Zot stole all the colour…”

Make your strange noise again and this time explore a range of different coloured objects – yellow, purple, pink, etc.
The Colour Thief

“A boy came bouncing along with a balloon, An orange balloon...”

If you happen to have an orange balloon – great! If not you could print one out, cut one out of orange paper or paint one.
“Zot wanted that colour too, and he took it…”

Take the orange balloon and hide it in a bag or box.
The Colour Thief

“Carefully, gently, he returned all the beautiful colours...”

Tip the bag or box upside down and pour out the colours. This could be coloured objects, cut up coloured paper, balls of coloured playdough, dyed rice or popcorn – you know your young person best and what will be best for them to explore.
The Colour Thief

“He held out his orange balloon…”

Encourage your young person to pass you their coloured balloon.
The Colour Thief

The End.
A little colour certainly can go a long way.

Try to share the story once a day to build routine and understanding of the story – we hope you enjoy it!
Orange balloon cut-out template
can you find different colours in your home
Colour Hunt

Go on a colour hunt to find objects and items to use in the story.

You might like to do this all in one go – like in the picture opposite, or using the sheet on the next page, or you might like to do one colour a day. At school we have different colours for different days of the week. Each morning we choose a coloured object to match the day:

Monday Tuesday Wednesday Thursday Friday
Colour Scavenger Hunt

Look for different colours around you. Draw what you find.

- Something green
- Something black
- Something purple
- Something blue
- Something orange
- Something pink
- Something red
- Something yellow
- Something white
can you make some arts & crafts
Make an Up-cycled Zot

Make your very own Zot alien to use in the story.

You will need:
• Clean yogurt pots/bottles/tubs
• Glue or Sellotape
• Decoration items (pipe-cleaners, googly eyes or use templates from the next pages)

Method:
Assemble the body of your alien using your pots and bottles (this can be any shape, the stranger the better) and glue or Sellotape together.
Make choices about which eyes, legs, arms and antenna you want to stick on your alien and where.

Please put any photos of your creations on our Facebook page – we’d love to see them!
Alien Features Cut Outs

Facial features for you to cut out and stick on an alien, exactly how you want to make.
Design an Alien: Recording Using Marks Cut-Outs

[Image showing various alien legs and feet designs]
Make a Space Ship

Make a spaceship for Zot to get to earth.

You will need:
• 2 paper plates or paper bowls
• A clear plastic cup
• Sellotape
• Paint or space themed decorations (see next pages)
• A picture of your Zot

Method:
• Paint and decorate the underside of your two paper plates or bowls and leave to dry.
• Sellotape your paperplates/bowls together.
• Stick a picture of Zot in the middle of the top plate
• Sellotape your clear plastic cup over the top of zot.

Please put any photos of your creations on our Facebook page – we’d love to see them!
Edible Scented Paints

You will need
Food colouring
Herbs and spices
Water
Pots to put your paints into

Method
1. Explore the scents of your herbs and spices and pick your favourites to make your paint
2. Match the herb/spice to a colour – for example, turmeric could be yellow, oregano could be green, paprika could be red, etc.
3. Put the spice and a few drops of your chosen colour into a pot with a little water and mix – you may want to add extra spice or colour to get a good consistency or brighter colour.
4. Explore! Use paintbrushes or fingers to explore your paints. You could try painting onto white bread so that you can eat your creations when finished!

Please share your pictures and videos with us on the Facebook page – we’d love to see what combinations you come up with!
Make and/or listen to some music.
Make a Colourful Playlist

Music and Parachute Play.

Listen to music with your family and create a playlist of your favourite ‘colourful’ music. While listening explore a colourful parachute if you have one, or colourful scarves or even coloured sheets and clothing. Get a grown up to throw them up into the air and watch them float to the ground.

Some ideas to get you started are:

• I’m Blue – Eiffel 65
• Yellow – Coldplay
• She’s a Rainbow – The Rolling Stones
• 99 Red Balloons – Nena
• Purple Rain - Prince

Which songs were your favourite? If you make a playlist please share it with us on the Facebook page – we’d love to listen!
enjoy a sensory massage
At school we often enjoy some sensory massage time and this will be easy and simple to recreate at home.

Play some soothing/relaxing music (perhaps from your playlist!), find some hand cream or moisturiser and then enjoy some quiet time.

If you have access to any sensory lights at home then this would be a great time to put them on and enjoy them in a dark space/room.

We have added a lovely Colours of The Rainbow massage from The Story Massage Programme. Please follow this link for instructions:
https://vimeo.com/413034944?fbclid=IwAR0ZGe7jUDD0EGj2fsTtmhDVEjPRxkeU2ydVFBQgkti96AWXIFTjgu8bDCQ

The story sheet is on the following page. Please take photos and upload them onto our school Facebook Page.
Colours of the Rainbow
Written by Mary Atkinson for the Story Massage Programme
www.storymassage.co.uk

<table>
<thead>
<tr>
<th>Let’s paint an adventure with the colours of the rainbow.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hold on tight and we’ll travel through the seven different colours. Red, Orange, Yellow, Green, Blue, Indigo and Violet.</td>
</tr>
<tr>
<td>All aboard for the colour Red. We’re sitting on a red London bus. Can you see Buckingham Palace?</td>
</tr>
<tr>
<td>Snuggle up for the colour Orange. Feel the warmth of the orange flames as we huddle around a campfire.</td>
</tr>
<tr>
<td>It’s a bumpy ride along the colour Yellow. We’re high up on a camel trekking across the yellow sands in the desert.</td>
</tr>
<tr>
<td>Walk gently on the colour Green. We’re in a beautiful forest with tall green trees and wildflowers.</td>
</tr>
<tr>
<td>Dive deeply into the colour Blue. We’re swimming with fish and dolphins in the warm blue sea.</td>
</tr>
<tr>
<td>Climb up high into the night sky for the colour Indigo.</td>
</tr>
<tr>
<td>With twinkling stars to guide us on our way.</td>
</tr>
<tr>
<td>Tiptoe into the magical, sparkling world of the colour Violet. Would you like to make a wish?</td>
</tr>
<tr>
<td>And now, let’s travel back along the rainbow to arrive safely home after our colourful adventure.</td>
</tr>
</tbody>
</table>
Can you complete a game / task on the computer / iPad?
Computing

Switch work

If you have access to a switch at home then there are lots of different games and websites you can try out. (Click the link on the school website page for lots of different resources).

In class the students all use different access methods to play cause an effect games.

One of our favourite websites is ‘helpkidzlearn.com’ (please see long link below for this site)

Students are encouraged to reach out and press their switch in order to engage with the game.

Touch Cues

Touch cues are physical cues that are used in a consistent manner on the child or adult’s body to give a specific message about what is about to happen to the person. In most cases, the touch cue will be at or near the body part that will be affected and, if the touch cue is used to prepare the child for movement, the touch will give the child information about the direction their body will move. The following are examples of commonly used touch cues. It is important to remember, however, that touch cues are individualized for each person. There is no standardized list of touch cues. Deciding on which touch cues to use with a specific individual will depend on how that person receives tactile information and how they prefer to be touched.

Two gentle taps on the back shoulders .... Signals that the person is about to ‘Move’.

Two gentle taps on the front of the shoulders .... Is asking the person if they are ‘Ready?’

A gentle rub down the length of the arm ... Signals that an activity is ‘Finished’.

Objects of Reference

What are Objects of Reference?

An object of reference is any object which is used systematically to represent an item, activity, place, or person. Understanding real objects is the first stage of symbolic development. Therefore using objects is considered the most concrete way of representing a word. Objects of reference are used with individuals who find it difficult to understand spoken words, signs, symbols or photographs. The object can be:

• A real object, for example a toilet roll to represent going to the toilet
• Part of a real object, for example part of a towel to represent bath time
• Miniature objects, for example a toy desk to represent that it is time to work
• Abstract objects, for example a silk scarf to represent a particular person

Smells and sounds of reference can also be used to provide multisensory feedback.

Read more: https://integratedtreatmentsservices.co.uk/
can you make some arts & crafts
Over Christmas I managed to eat my body weight in chocolates. As a result we have a large collection of coloured cellophane sweet wrappers. Instead of throwing them away we put them to good use to create our Rainbow Fish and Elmer The Elephant masterpieces on contact paper.
How To Make Animal Paper | Paper Craft Ideas 2019

https://bastelspiele.designershq.net/omg-how-to-make-animal-paper-paper-craft-ideas/
Tactile Objects

You can find objects that have different tactile properties. You can organise and group these – supporting tactile and language recognition. You can make ‘This Feels ....’ poster for reference and fun. You can use these objects or the poster to support your Sensory Story.
Making salt dough is a really fun and easy activity for kids and the chances are you will have all of the ingredients in the cupboard ready to go on a rainy day. Children will love using their imaginations to create all sorts of exciting objects (although simple shapes do seem to work best) and hours of fun painting their creations, but do take care to remind little ones that the salt dough is not edible.

**Salt Dough**
https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe

Makes 1 ball  
Prep 10 minutes  
Cook 3 hours

1 cupful of plain flour (about 250g)

half a cupful of table salt (about 125g)

half a cupful of water (about 125ml)

**Method**

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.

2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.

3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear’s picnic.

4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.

5. Leave to cool and then paint
Top tips

• Simple designs work best, as the dough isn’t sturdy until baked. If your child can’t decide between a tall giraffe or a flatter gecko, for example, steer them towards the gecko. Also bear in mind that the bigger/fatter the model, the longer it will take to harden in the oven.

• Try using silicone baking sheets to roll out the shapes without the need for extra flour. This saves on cleaning up your kitchen. Silicone sheets are also a quick way to bake without needing baking parchment.

• If you want to make salt dough 'cupcakes' like we did, pop your shaped dough into cupcake cases before you put it in the oven and bake the pretend cakes in cupcake trays. The dough then sets firmly stuck to the paper cases, ready for painting with pretend icing, cherries or sprinkles.
For inspiration, visit our friends at 5 Minute Fun and discover 5 ideas for using salt dough.

Like this? Try our other activities for kids:
Indoor activities for kids
How to make playdough
How to make a bath bomb
Cooking projects for kids
Top 10 easy bakes for kids
Kids' baking recipes without flour
How to make a pom-pom
Family & kids hub page

Keep little gardeners busy with more fun crafts...
How to make a herb garden
Easy rock painting for kids
How to make a fairy door
How to make a stick photo frame
How to make a bee flowerpot
How to make garden wind chimes
5 easy garden crafts for kids
Fruit & veg for kids to grow

https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe
Invitation To
MIX COLOURS
ON FOIL
www.sandinmytoes.tk
Coloured Aluminium Foil

https://www.firstpalette.com/quick-how-to/colored-aluminum-foil.html

Colour aluminium foil in a few easy steps. Once dry, it can be used for making colourful metallic collages, mosaics, and other craft projects.

SUPPLIES NEEDED
Aluminium foil
White glue or clear liquid glue
Liquid dishwash soap
Food colouring
Paint brush
1. Cut aluminium foil.
Cut aluminium foil into sections.

2. Add colour to the glue.
Pour white glue or clear liquid glue into a cup or container. For about a tablespoon of glue, add 2-3 drops of food colouring and a drop of liquid dishwash soap.

3. Mix well.
Mix well. Make more colours of glue by repeating Step 2 with various colours of food colouring.
4. Colour the aluminium foil. Use the coloured glue mixture to paint on the aluminium foil's shiny side.

5. Let the foil dry. Colour as many aluminium foil sections as you like. Set aside to dry.

6. Use the coloured foil. Once dry, the coloured foil is ready to make into collages, mosaics, and other craft projects.
Coloured Playdough

Materials
• 1 cup water
• 1 tablespoon vegetable oil
• 1/2 cup salt
• 1 tablespoon cream of tartar.
• Food colouring.
• Saucepan
• 1 cup flour

Directions
1. Combine water, oil, salt, cream of tartar, and food colouring in a saucepan and heat until warm.
2. Remove from heat and add flour.
3. Stir, then knead until smooth. The cream of tartar makes this dough last 6 months or longer, so resist the temptation to omit this ingredient if you don’t have it on hand.
4. Store this dough in an airtight container or a Ziploc freezer bag.

https://www.familyeducation.com/fun/playdough/play-doh-recipes