

## **Post 16 home learning ideas.**

### **Daily planner**

Support students to make timetables for their day to include activities from below.

### **Outside activities**

Planting vegetable seeds, the students can plant the seeds keep a diary if appropriate and then eat the produce. Seeds can be planted straight in the garden at this time of year or you could get creative and use different items to make pots, i.e. old shoe, tins etc.

Exercise time – set up a circuit in the house or the garden, ball games, skipping, hula hoop timed activities i.e. how many jumps can you do in a minute

### **Money**

Set up a shop using items from the house, price each item, students to purchase items selecting the correct money and if appropriate working out change

### **Preparing food**

Encourage students to help to prepare simple meals and snacks as independently as possible, following instructions on packets etc

### **Washing clothes**

Encourage students to help with the washing, sorting items into colours, explore washing labels, load the machine, and select the correct programme.

### **Washing up**

Students to lay the table for meals counting out how many items they will need i.e. plates, knives, forks etc, then clearing their plates and wash up their items

### **Personal hygiene**

Choose a favourite song to wash hands and brush teeth to.

### **Sensory activities**

Hand and feet massage

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

<https://childhood101.com/sensory-play-ideas/>