

GETTING READY TO LEARN 2019/2020



Pre-school children throughout Northern Ireland have had their daily routines dramatically overturned by Covid-19. Instead of going to nursery or playgroup and seeing their friends everyday children are now at home all day. Understandably, many children will be feeling anxious and unsettled at this time. Planning and keeping to a routine will give young children a structure to their day and will hopefully make your day run more smoothly too!

A visual schedule can help to

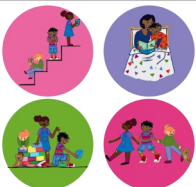
- Promote routine
- Structure the morning/afternoon/day
- Make things predictable
- Reduce anxiety and stress levels
- Promote independence skills

Top tips for using a schedule

- Have it somewhere visible in the house – at your child’s eye level
- The pictures can run from left to right (the same as reading a book) or from top to bottom
- You could change the schedule for each period of the day - getting up/morning/afternoon and then finally a bedtime routine
- Talk through each period, morning/afternoon/bedtime, with your child
- Display only 3 or 4 pictures at once
- Let your child remove the pictures, so they can see the activity is finished and can see what comes next
- Try to include a variety of activities and use your child’s interests when planning the day!

Make it your own...

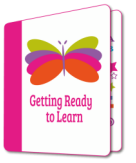
- Design your own schedule using your own drawing/photographs/downloaded pictures or objects
- When using your own images, you could add a brief description of the activity underneath. This will help children to link words to pictures and writing
- Cover the pictures/images/objects with plastic or sellotape or a poly pocket to make them more durable
- Velcro strips are usually used to hold the visuals in place but blu tack or sellotape can work just as well!



Keep checking the Getting Ready to Learn website for other resources and materials that may be useful for home learning ...

www.gettingreadytolearn.co.uk

My Day



Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

Empty rounded rectangular box for writing.

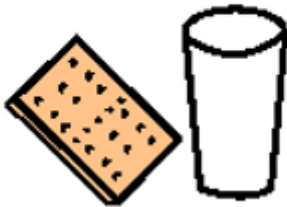
breakfast



storytime



snack



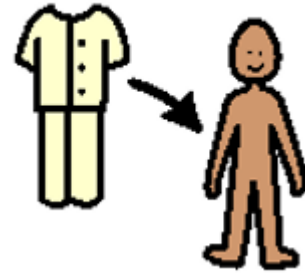
brush teeth



garden



get dressed



bedtime



jigsaw



Lego



painting



cut & stick



puppets



role play



construction



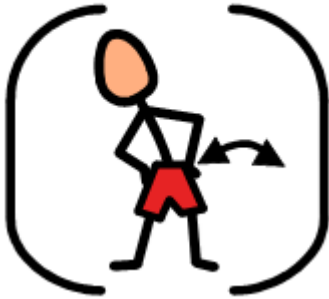
arts & crafts



board game



P.E.



cooking



tidy up



music



Play dough



clean teeth



bath



sleep



