

# CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack 2

CHILDREN WITH SPECIAL  
EDUCATIONAL  
NEEDS AND  
DISABILITIES  
(SEND)



# SEND

## Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Arts & Crafts

SEND



All are FREE to downloadable from the [www.barnetyouth.uk](http://www.barnetyouth.uk) website. Just follow the instructions and let us know how you get on by sharing your creations with [byes@barnet.gov.uk](mailto:byes@barnet.gov.uk)

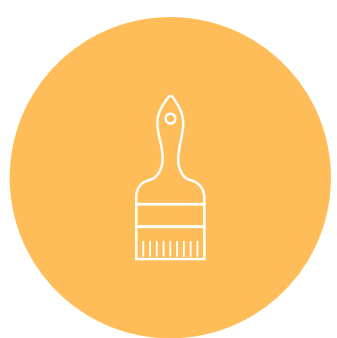
## Age Categories

This resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

## DID YOU KNOW?

We provide online sessions to get young people talking!

Check out [www.barnetyouth.uk](http://www.barnetyouth.uk) or to sign your child up and find out more email:

[byes@barnetyouth.uk](mailto:byes@barnetyouth.uk)

# UNDER 5S

## SEND Activity Resource Pack

### Ice painting

#### Materials:

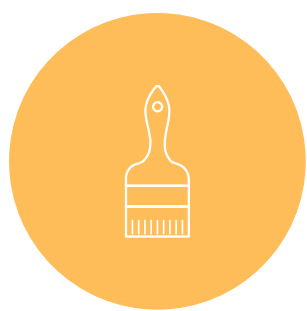
- Washable paint
- Ice mould
- Water



*Please make sure this is not consumed. As much as they ice may look edible, unless you are using edible dye or colouring then this will not be healthy to consume*

#### How to:

1. Begin by filling an ice cube tray roughly 1/3 of the way with paint, rotating colors as desired.
2. Fill the ice slots the rest of the way with warm water and carefully stir until combined.
3. Pop the ice tray(s) in the freezer for 4-6 hours.
4. Now, let the play begin!



*Dont forget to enjoy your ice painting in an area that is easy to clean!*



<https://www.growingajeweledrose.com/2012/07/summer-fun-ice-painting.html?m=1>



# 6 - 11YRS

## SEND Activity Resource Pack

### Safe-eating Sensory slime

#### Materials:

- 3 cups of corn flour
- 1 cup of cold water
- 4.5 cups of boiling water
- Liquid food colouring (multiple colours)
- different pots or bowls for different colours



#### How to:

1. Mix the cornflour with the cold water and stir together.
2. Pour in the boiling water and stir between each cup. It goes really strange but keep stirring and it literally seems to “melt” into a wonderful, custard-like consistency.
3. You will then need to add your additional cup of flour to make the mixture thicken.
4. Then separate it into individual pots before adding colouring,

#### If you cannot find the right consistency:

1. Try simply adding up to 1 more cup of cornflour/ cornstarch and see if that helps to thicken it.
2. Try mixing the paint in a pan on a medium heat instead of just in a bowl, as that will help to bring it together.



*Be carefull when using this slime.  
Even though it is edible - too much  
of anything could make you not  
feel very well!*

# 12 - 15 YRS

## SEND Activity Resource Pack

### Tree of life



*First of all.. time to go for a walk, on your walk try to find at least 10 leaves off the floor that look different from each other and bring them home*

#### What you'll need:

- Your leaves collected from your journey
- Glue
- Paint
- Pens
- Scissors
- Paper



#### How to:

1. Using your paper and pens draw a tree in the middle of your page and put this to the side
2. With the leaves that you collected make sure that they have been cleaned and dried. Now you are going to decorate them, Each leaf will represent the important people in your life; parents, siblings, carers, friends, etc.
3. Decorate your tree with your leaves made up of all your favourite people by sticking them on with glue.



Please ask for help when using the scissors if you are struggling



# 12-15 YRS

## SEND Activity Resource Pack

### Edible Sensory Garden

#### Materials:

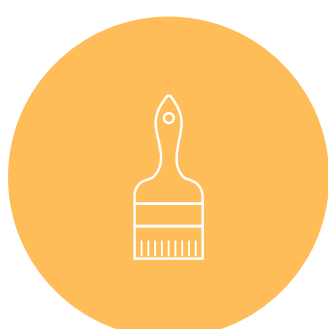
- Soil
- Small seed pots
- Seeds; Watercress, mint, Basil, Chives etc. are great for easy, quick growing and perfect for an edible sensory garden
- Watering can (if you do not have this, why not use a bottle - like a milk bottle - poke holes in the lid and fill up with water to create and even pour



<https://blog.thatcleanlife.com/key-steps-to-keep-your-herb-garden-alive/>

#### How to:

1. Fill small pots or seed trays with compost. Use a watering can to thoroughly wet the compost, and leave to drain.
2. Sprinkle seeds evenly and thinly over the surface of the compost, try to spread out as much as you can. Cover seeds with a thin layer of compost, so that you cannot see the seeds anymore.
3. Add a little more water to the top of the soil, but only a little bit at a time to make sure not to over water.
4. Place the pot of seeds on a well-lit windowsill or in a greenhouse outside
5. Grow them in a warm place indoors – if growing them on a windowsill you may need to move them at night as temperatures can drop dramatically.
6. After a couple of weeks, the young herb plants will be ready to transfer to bigger pots so please complete the steps again but instead of using seeds, use the plants you have grow.
7. After a couple of weeks you will also begin to harvest and use the herbs grown



*Why not try and adding some of the herbs to your food!*



# 15+

## SEND Activity Resource Pack

### Fairy Cakes

#### Ingredients:

##### **For the Cakes**

- 100g unsalted butter
- 2 medium eggs
- 2 tsp Vanilla Extract
- 100g Caster Sugar
- 100g Self Raising Flour

#### Equipment:

- Cupcake cases
- Muffin Baking Tray
- Mixing bowl
- Weighing scales
- Whisk (Machined is easier)
- Tablespoon

#### Additional:

##### **For the decoration**

- 150g Icing sugar
- Sprinkle decorations

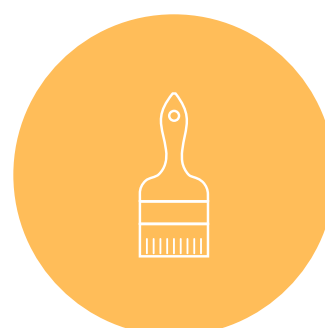
##### **Equipment**

- Small Mixing Bowl
- Teaspoon for application

#### Method:

1. Preheat the oven to 170°C (fan 150°C, gas mark 3).
2. Place your cupcake cases in to your muffin tray.
3. Mix together the butter and sugar
4. Add in the eggs one at a time mixing between each addition.
5. Add the vanilla extract.
6. Carefully fold in the flour until just incorporated.
7. Spoon the mixture into the paper cases and bake for 15-20 minutes until golden on top. Check with a fork to see if cakes are ready by dipping the fork in and checking if it comes out without any mixture in it.
8. Once they are Allow to cool on a rack.
9. To make the icing, add a few drops of water to the icing sugar until the consistency becomes smooth and glossy. Add more water if needed, or if the icing becomes too runny add a touch more icing sugar to thicken.
10. Spoon the icing on to each cake and decorate as you wish

*Why not try and decorate with different food colours or other edible accessories!*



Please ask for help when using equipment or hot surfaces

<https://www.bakingmad.com/recipe/simple-fairy-cakes>



# 0-19 EARLY HELP SERVICE

## Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to [www.kooth.com](http://www.kooth.com)

## Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

[www.engage.barnet.gov.uk/communityhelphub](http://www.engage.barnet.gov.uk/communityhelphub).

[www.barnetyouth.uk](http://www.barnetyouth.uk)

