

Activity	Let's have a picnic		
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Brief description of Activity

Make lunchtime fun by planning a picnic.

Plan a teddy bears picnic or just encourage your child to think about what equipment will be needed, devise a menu and finally help you make it or do it independently.



Resources needed

Food:

You might need to set some boundaries first by letting them know where they can have lunch and what food is available before starting.

Suitable cutlery, cups, plates, bowls etc

Activity: Seeds

- Have a Teddy bears picnic and invite your favourite cuddly friends.
 - Decide where to have the picnic, in the garden or in the front room?
 - Count how many teddies and decide how many plates, cups etc will be needed.
 - Lay out everything that's needed
 - Decide what options there are for lunch and ask what everyone wants to eat.
- There is a Makaton sheet of lunchtime foods to support this activity.
- Encourage your child to get involved in the making of their lunch, spreading butter, filling sandwiches etc.
 - Enjoy your picnic!



Activity: Saplings and Trees

The aim of this activity could be to make lunch as independently as possible so make options on the menu feasible if this is the case.
 i.e if making a hot drink is not realistic, only make cold drink options available.

- Discuss what are healthy options for lunch
- Create the menu, this could be drawn or you could scribe for your child if writing is difficult. Alternatively use the computer to type it out or create a tick list with options along the top and the names of those eating down the side.

The Makaton sheet of lunchtime foods might help support this activity.

- Ask each member of the household what they would like to eat from the menu and your child can record the responses.
- Prepare to make lunch. Talk about food hygiene and cleaning surfaces and making sure you wash hands first.
- Look carefully at your order, how many of each item will you need?
- If making sandwiches spreading is a difficult task to master as is cutting.
- Will you cut your sandwiches in half or in quarters?
- Drinks – you can talk about hot and cold drinks. How to make hot drinks safely.
- Drinks you have to dilute and drinks you can drink as they are.
- You could create a survey to see which drinks everyone likes best.
- Now for the best bit, enjoy your picnic!
- If you're lucky you might get the washing up done too!



Attachments

Makaton – lunchtime signs and symbols
 Makaton- handwashing.

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

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