



**Learning Disability
Professional Senate**

Resources to use with people with learning disabilities through the Coronavirus restrictions

Introduction

The Learning Disabilities Professional Senate has put together this collection of resources that may be useful to support people with learning disabilities during the coronavirus restrictions.

The material contained in this resource has been developed by individuals or organisations and we have acknowledged these wherever possible. We thank everyone for their swift response in developing information.

The Learning Disabilities Professional Senate does not accept responsibility for any of the information in these documents, but hope that they are useful in supporting people with learning disabilities and families and carers who support them.

Different resources may be more appropriate for different people, and we are not recommending any specific resources. Please look through all the resources and choose the ones that are appropriate for your situation.

The guidance in the attached documents is valid at the time that they are developed, but may need amending as government action changes.

Please keep safe

Karen Dodd

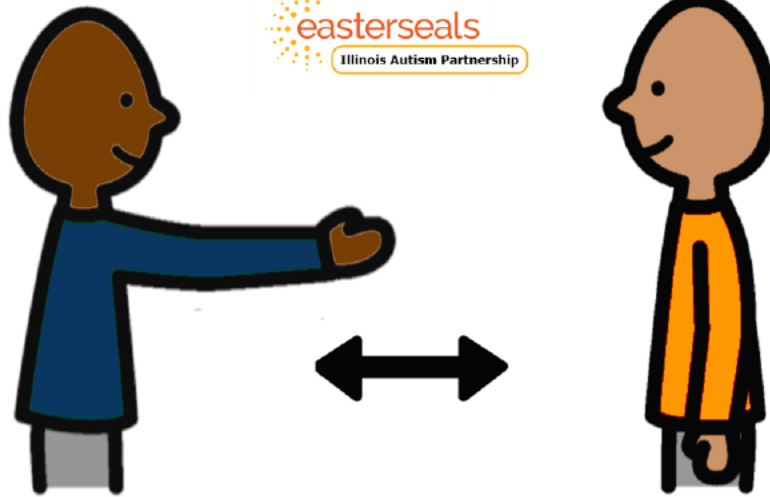
Co-Chair – LD Professional Senate

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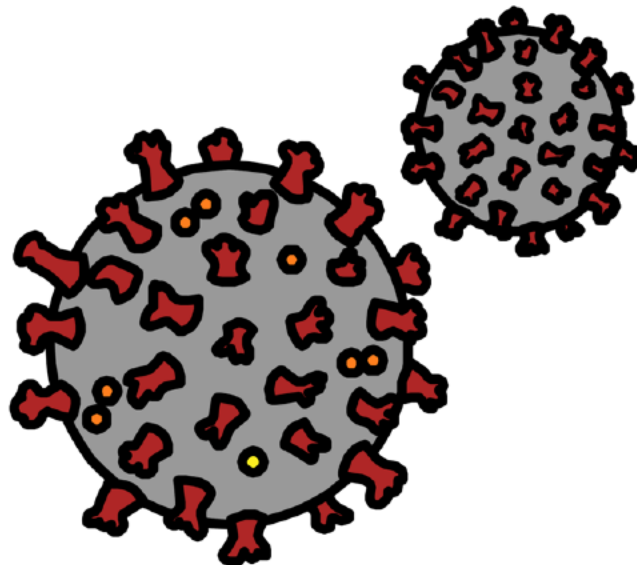
- My Social Distancing Story
- Coronavirus: Tips for Good Mental Health
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- DIY plastic bottle herb garden
- DIY Grass Heads

My Social Distancing Story

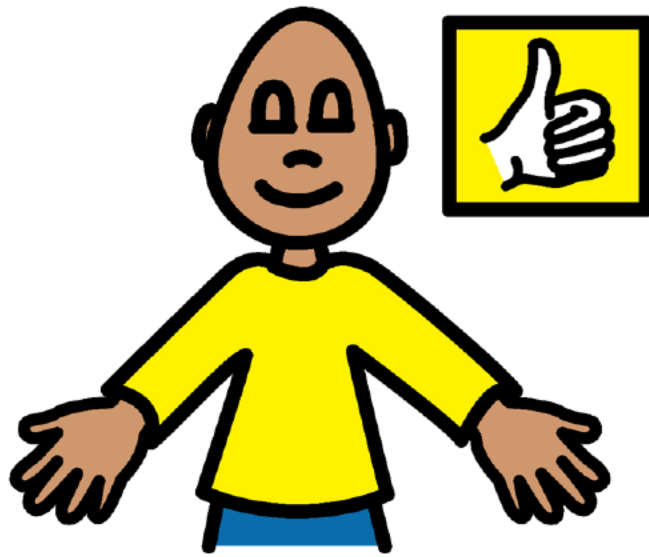
My Social Distancing Story



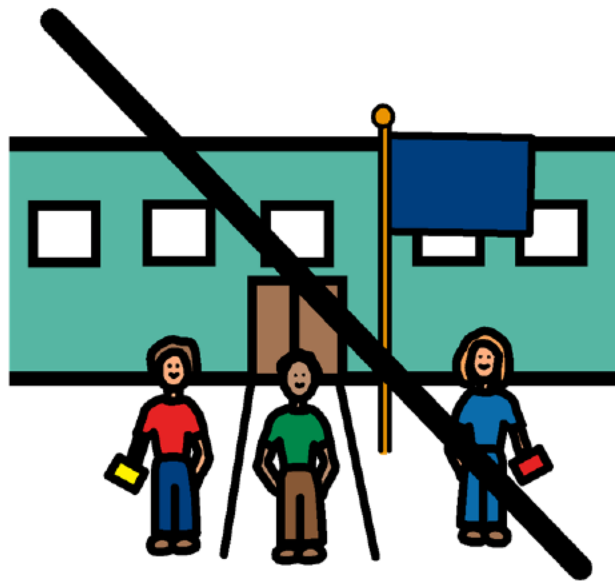
The Picture Communication Symbols ©1981–2020 by Tobii Dynavox. All Rights Reserved Worldwide. Used with permission. Boardmaker® is a trademark of Tobii Dynavox.



**A lot of people are talking about something called
Coronavirus.**



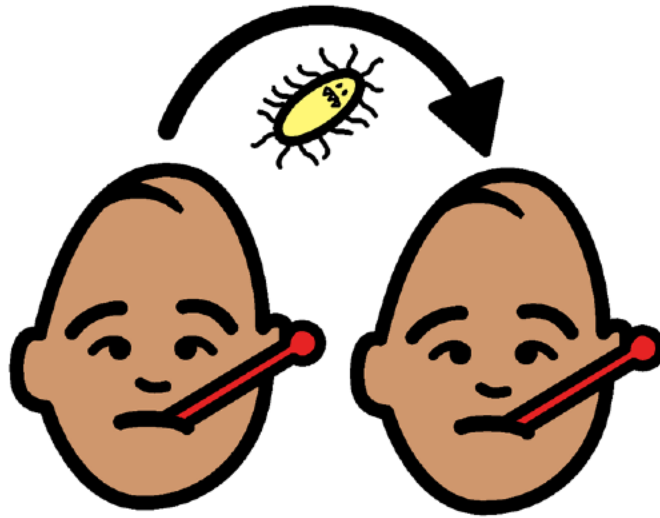
Everyone is working hard to feel safe and be healthy.



My school is closed right now.



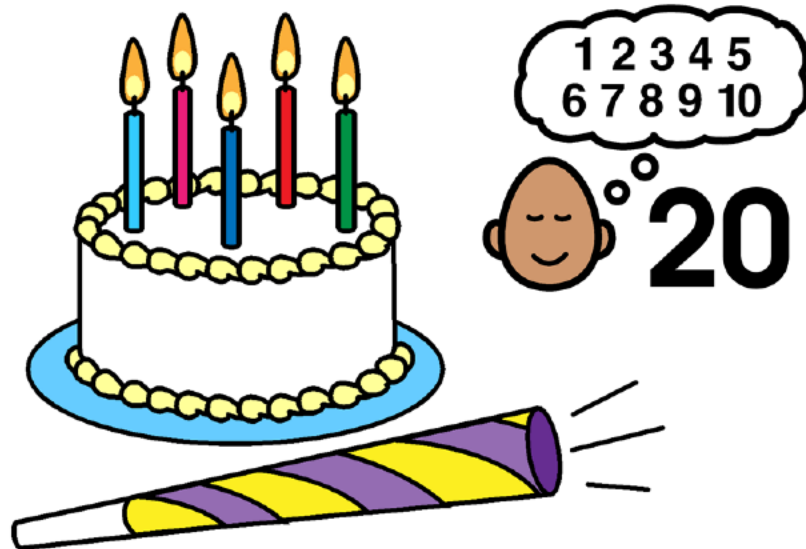
My school is closed because it is being cleaned.



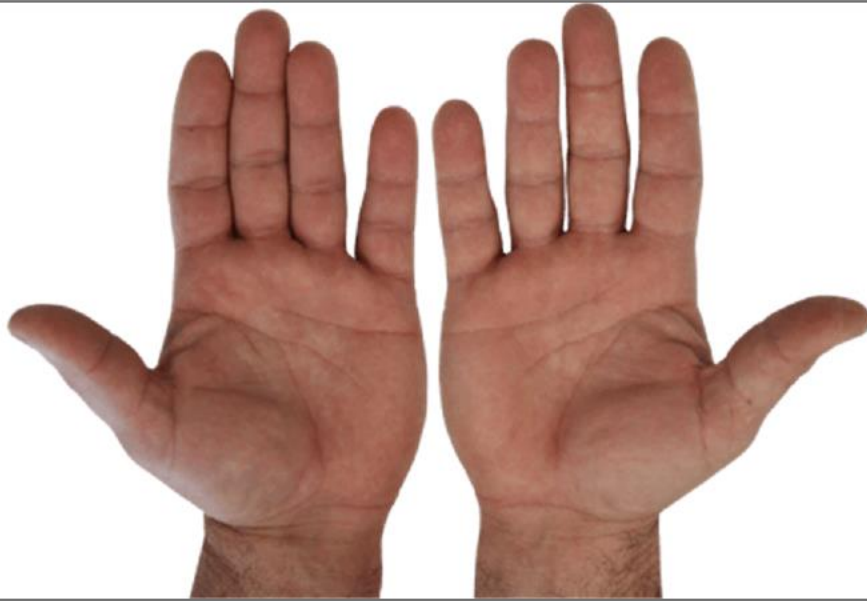
The Coronavirus germs spread VERY easily.



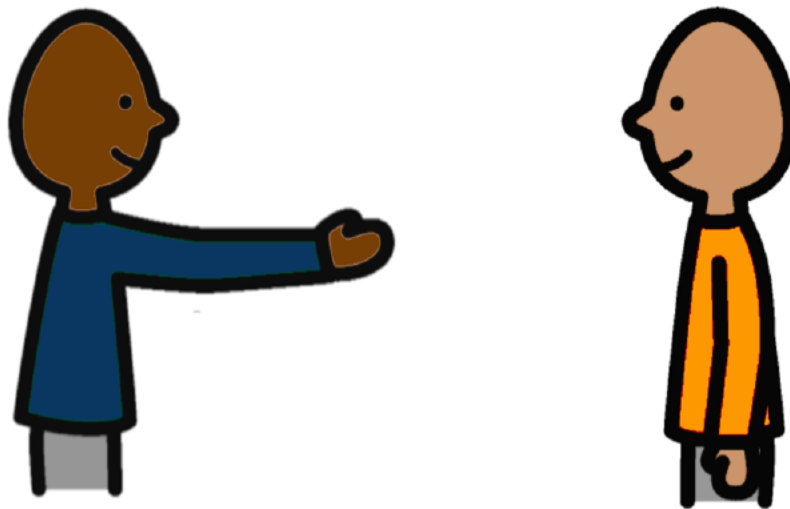
I need to wash my hands A LOT so that I can stay healthy.



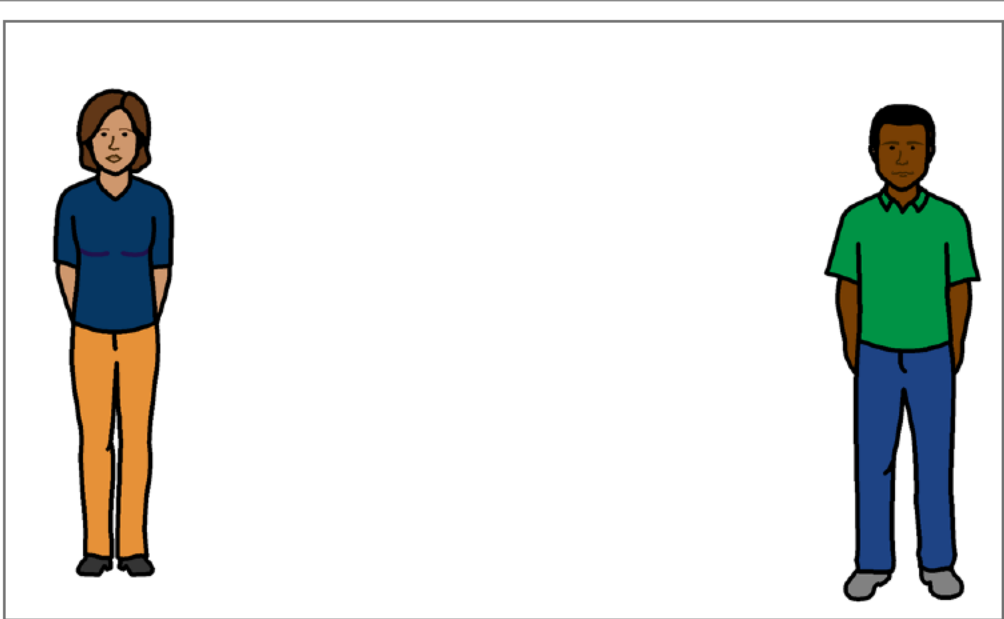
When I wash my hands, I can sing "Happy Birthday," or count to 20!



This will make sure my hands are clean and I stay healthy.



Another thing I can do to stay healthy and safe is called **social distancing.**



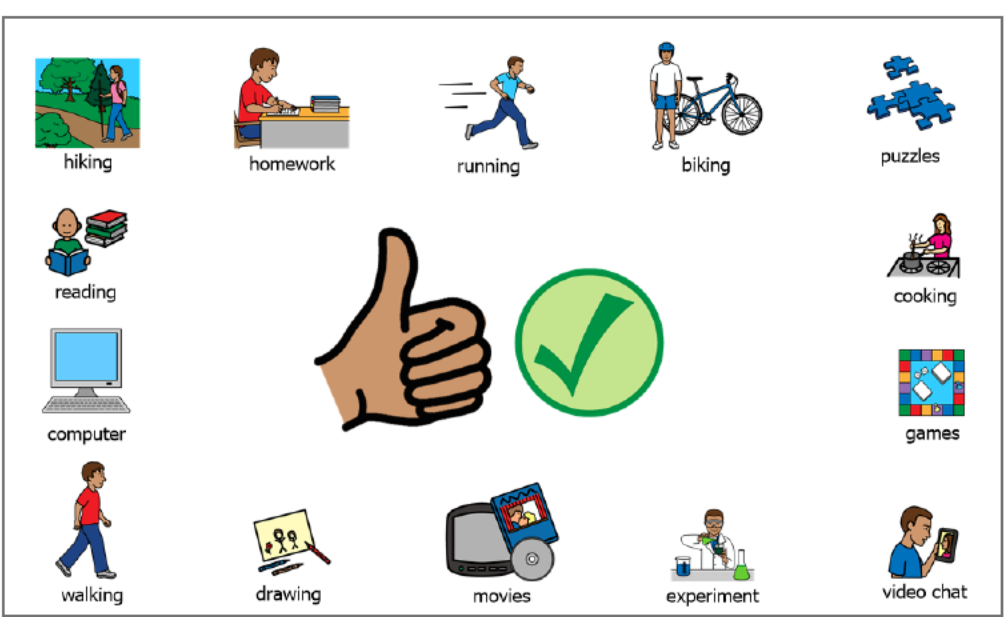
Social distancing means I cannot be close to other people.



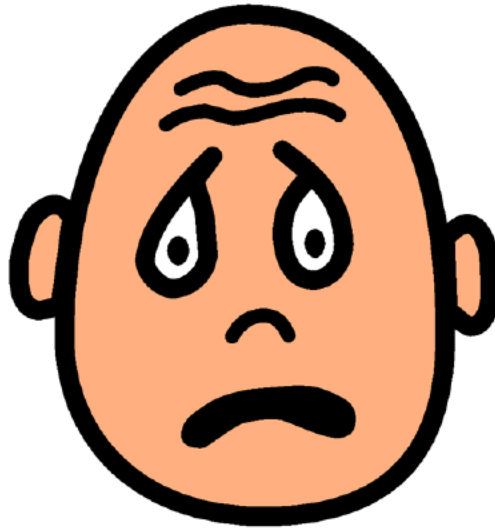
Social distancing also means that crowded public spaces like restaurants, libraries, theaters, and other places might be closed just like my school.



Fun activities or events might be canceled. This is so we can all stay healthy and safe.



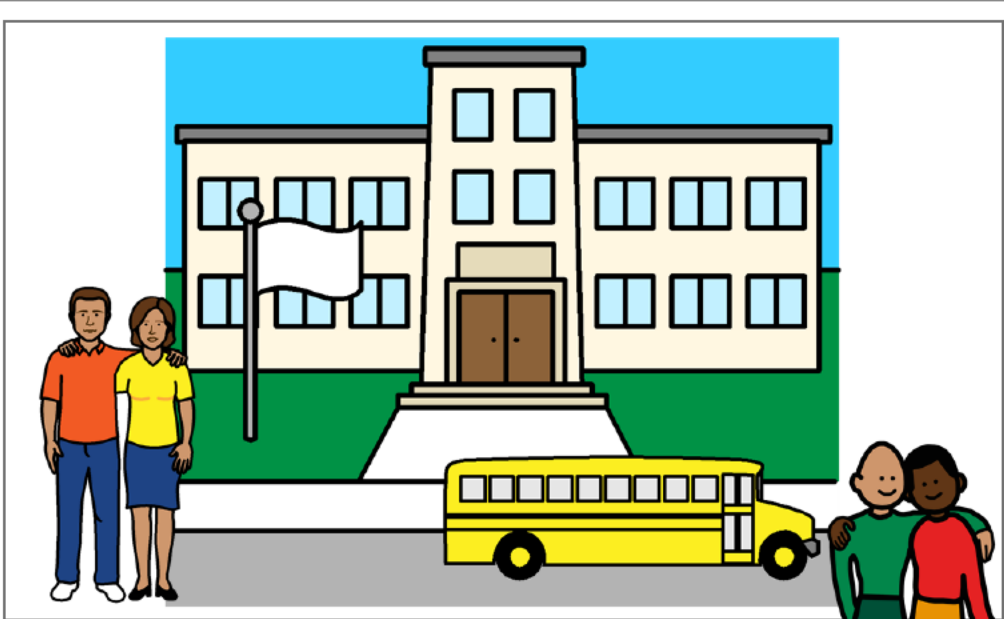
These are some things that I CAN do!



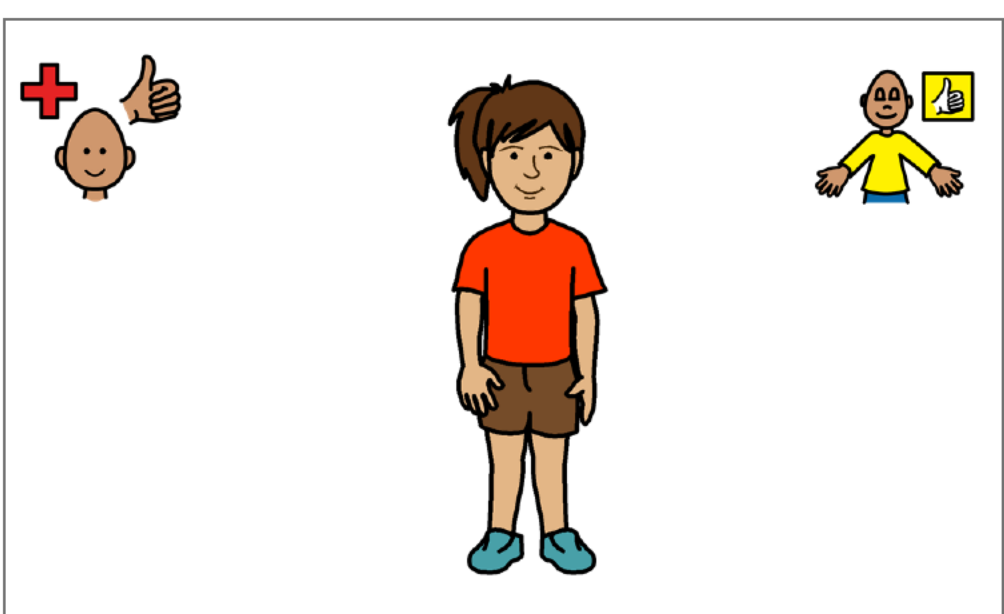
Social distancing might make me feel worried or sad.



If I feel this way, I can always talk to someone that will help make me feel better.



This will be over soon!



Social distancing will help keep everyone happy, healthy, and safe!



THE END

Coronavirus: Tips for Good Mental Health

Coronavirus

Tips for good mental health

- 1.** Keep a routine. Wake up at the same time every day, shower, eat!



- 2.** Eat healthy



Go for a walk in the park

Dance to your favourite song



- 4.** Call a friend or family member



- 5.** Do a fun activity that you enjoy! Such as cooking, baking, art, computer games, music



- 6.** Avoid reading too much news!

- 7.** Take some slow deep breaths

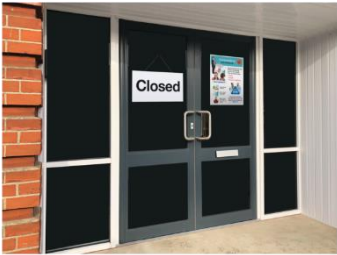


- 8.** Talk to others about how you're feeling!



Places are closed

Places are closed



Places are closed



College is closed.



The day centre is closed.



The swimming pool is closed.



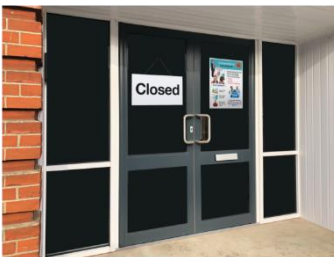
Restaurants and cafes are closed.



The leisure centre is closed.



The library is closed



Places are closed.



Places are closed to keep me safe from Coronavirus.



Coronavirus is a virus that makes people cough and unwell.



It's okay if I feel scared about Coronavirus. I can keep safe by staying at home.



Everyone is staying at home to keep safe from Coronavirus.



I will be safe at home.

When the Coronavirus is gone, I can go back to



College



The day centre



The swimming pool



Restaurants and cafes



The leisure centre



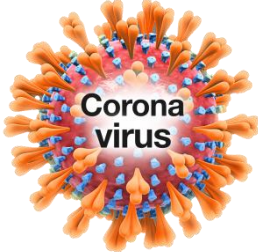


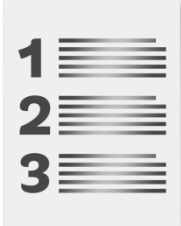


The library





Until the Coronavirus is gone, I will try and stay at home where I will be safe.

Staff who wear face masks

Staff who wear face masks

 <p>Corona virus</p>	<p>Coronavirus can spread easily</p>
	<p>It can make people very poorly</p>
 	<p>There are ways to keep you and your carers safe when they are with you</p>
	<p>The people who usually see you to help you with your health have to keep you and themselves safe too</p>
	<p>This means they may have to wear something different</p> <p>This could be gloves, aprons or masks too</p>

	<p>The way they look might make you feel worried</p>
	<p>Try not to worry, they are there to help you</p>

Being stopped by the Police

Being stopped by the Police

	<p>You go out in the car or for a walk with your carers for a break</p>
	<p>The Police may ask you what you are doing or where you are going</p>
	<p>You may be worried about being stopped by the Police</p>
	<p>Do not worry the Police are only trying to help you</p>
	<p>Your carers will tell the Police you need some time away from your house. This is how you get your exercise</p>



The Police will be happy you are safe

Boredom Busters

BOREDOM BUSTERS

1. **Play keep up the balloon.** Focus on stretching and big movements.
2. **Paint pictures** – on paper or on the floor outside
3. Have a go at **Yoga or a dance routine** on YouTube.
4. **Tie dye or paint t shirts.** You can even print a design for these and have someone iron it on.
5. Do the **gardening**
6. **Make jewellery** (string and beads) if this is safe to do so.
7. **Make a life story about yourself.** Or maybe a mood board of all the things you like!
8. **Make paper aeroplanes and boats.** Race these. Use descriptive words to talk about what is happening. Try new designs and techniques i.e. fast or slow.
9. **Play musical games** i.e. musical statues/musical chairs
10. **Do the cooking/baking**
11. **Plan recipes** – Look online at healthy recipes that can be tried
12. **Decorate the garden with chalk**
13. **Make giant bubbles** outside
14. Have a **sports day**
15. Have a **disco**
16. **Do a virtual tour online** – you could visit a zoo or a museum!
17. **Do a music making game online:**
<https://musiclab.chromeexperiments.com/>
18. **Treasure hunt**
19. **Indoor/garden picnic**
20. **Skittles** or throwing balls into baskets
21. **Indoor beanbag curling**
22. **Do a workout video online** i.e. Joe Wicks on YouTube.

Please note: All activities need to be risk assessed in line with local policies and procedures.

1. Keep up the balloon



2. Paint pictures



3. Yoga/Dance routine



4. Tie dye / paint shirts



5. Gardening



6. Make jewellery



7. Write about `me`

About Me

My name is _____

I am _____ years old.

My hair is _____ and my eyes are _____

My best friends are _____

When we are together we play _____

In my free time I like to _____

Add your picture here

8. Paper aeroplanes



9. Musical games



10. Cooking / Baking



11. Plan recipes



12. Chalk in garden



13. Giant bubbles



14. Sports day



15. Disco



Activities to try

Activities to try



Roll forwards on the peanut ball on your tummy

In calm room or on mats



Roll backwards on the peanut ball on your back

In calm room or on mats



Blow bubbles



March or run around the garden



Put on a body sock



Do some drumming



Do some deep breathing



Do some star jumps



Do some mopping, raking or sweeping



Stretch out an exercise band

Butterfly feeder

Butterfly feeder



WHAT WILL YOU NEED:

- 1 x small shallow container with a rim
- 4 x pieces of garden twine
- Scissors
- Photos of butterfly's / nature from magazines.
- PVA glue
- Sugar water
- Small sponge to fit the bottom of your bowl, we cut up some scouring sponges
- Place sponges into container

WHAT TO DO:

	<p>Use the scissors to make four holes equal distance around the bowl</p>
	<p>Cut out images from a magazine</p>
	<p>Glue the images around the sides of the container. Then whilst the glue is drying pass the four lengths of string through the four holes in the rim and (secure with a small knot atop)</p>
	<p>Making sugar water: add 2 parts boiling water to 1 part sugar, dissolve and let cool)</p>
	<p>Take the sponge and dip it in the sugar water, soaking it up, then place inside the bottom of the container</p>
	<p>Hang in the garden on a tree</p>

Created by Polly Dawe- Occupational Therapist
Liberty Care Ltd

Room fragrance diffuser

Room fragrance diffuser

Materials/items needed:

- 1 x Small kilner jars per service user (already decorated)
- 1 x Small kilner jars per staff (already decorated)
- 6 x wooden diffuser sticks per service user
- 6 x wooden diffuser sticks per staff
- Baby oil
- Dried petals
- Rose essential oil
- Sandalwood essential oil
- Geranium essential oils

After care – place wooden sticks in the diffuser jar when you would like to use it. If the smell becomes too much or overpowering, take the sticks out and close the jar.



1. Get your jar and wooden sticks



2. Pour in baby oil $\frac{3}{4}$ of the way up the jar



3. Choose the smells that you want and pour in drops of the essential oils in the jar



4. Put some petals in



5. Once finished, close the lid!
Once home place sticks in

DIY plastic bottle herb garden

DIY plastic bottle herb garden

Materials used

- 2 Pint sized plastic milk bottles,
- 3cm wide wooden baton long enough to fit your window
- scissors
- craft or sharp knife
- hole puncher
- ruler
- permanent black marker pen

	<p>First give your milk bottle a thorough clean with water and remove labels.</p> <p>Using the scissors, remove the top and handle of the plastic bottle. You can either do this by following the marking on your bottle by drawing out where you will cut beforehand with a marker.</p>
	<p>Using the sharp knife and ruler, cut at 2cm from the longer side of the bottle top edge then make two vertical cuts parallel from the centre of the bottle. The cuts need to be approximately 4cm long and at 1.5cm from either side of the bottle centre (but this depends on your baton size).</p> <p>Next use the black permanent marker pen to decorate and label each bottle.</p>



Finish the slits by punching holes on the top end of the vertical cuts (this gives the bottles enough space to slide on).



Place your various herbs inside and watch your bottle herb garden flourish!
This can be done by placing potted herbs and any water will be collected in the bottom of the container.

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DIY Grass Heads

DIY GRASS HEADS



Grass Head Materials

- **Old skin colour tights**
- **Grass seeds**
- **Sawdust or compost**
- **Small yoghurt pot / cup.**
- **Decorations** . Googly eyes and fabric scraps for the heads, coloured paper for the bodies, pipe-cleaners for spectacles... get creative :-)
- **Water-proof glue** . For sticking on the eyes, lips, etc. I used hot glue, but you can use any sort of glue so long as it won't dissolve in water.

Instructions



Step 1

Cut tight to size

If not the toe tight a knot in the end and turn inside out to hide knot



Step 2

Stretch the tight over the cup and spoon in about 2 teaspoons full of grass seeds.



Step 3

Pack in some sawdust or potting soil. Aim for the head to be roughly tennis ball sized.



Step 4

Tie a knot to close the end. No need to cut off the dangly bit



Step 5

You can make a round nose or ears by grabbing a bit of tights and twisting. Fasten base of the nose with some thread or a small rubber band.



Step 6

Glue eyes on with waterproof glue and draw lips on with a sharpy

Growing your Grass Heads when you get home



When you're ready to grow your head, give it a good dunking in a bowl of water to moisten the sawdust/soil. Half-fill the cup / yoghurt container with water, and put the head on top, with the excess stocking dangling down into the water.

Put your creation on a windowsill or somewhere with plenty of sunlight. Check every day to make sure the head is moist - you might need to dribble a few drops of water onto the head now and then.

“Hair” takes about 1 week to sprout . A full head of hair takes 3-4 weeks to grow, and “greying and balding” will occur after about 6 weeks. Experiment with different hairstyles :-) You can make mohawks, pony-tails, crew-cuts... have fun with it!