**Support for Downs Syndrome and Learning at home**

<http://www.downs-syndrome.org.uk/coronavirus-covid-19/>

The link above takes you to the latest information in relation to Covid-19 that is accessible for those with learning difficulties. Resources for support for people with Downs Syndrome can be found here.

<https://dancesyndrome.co.uk/> <https://www.youtube.com/watch?v=rmRZ9F3G3Zk>

The link above will give you access to the Dance Syndrome website, here you will find lots of fun dance activities that can be done at home. Please also see the YouTube link for staying fit during your time at home. This link will take you to an accessible at home ballet class. Explore the YouTube cannel for more videos like this. Dance Syndrome have made lots of free dance at home videos.

<https://www.downs-syndrome.org.uk/coronavirus-covid-19/learning-at-home/>

The link above will take you to a page offering you lots of activities and resources related to curriculum areas.

<https://healthunlocked.com/mencap>

The above link is for a community chat room where people who have or support someone with learning difficulties can ask questions, discuss issues and share ideas and resources.

<https://www.youtube.com/watch?v=d2aqG9PzXB0>

The link above is a link for a YouTube video that can support you with strategies to help people with Downs Syndrome learn how to read. The video is around 30 minutes long but has lots of ideas and suggested resources. This can easily be carried out at home.

<https://www.senteacher.org/printables/literacy/>

<http://www.primaryresources.co.uk/maths/mathsB1.htm>

<http://www.primaryresources.co.uk/maths/mathsB3.htm>

<http://www.primaryresources.co.uk/history/history.htm>

The links above will take you to various websites that have appropriate curriculum based activities that are easily accessible from home. You may need a printer should you choose to use some of the work sheets. If you don’t have a printer, some of the activities can be adapted to use things around the home. Explore the websites and see what activities best suit your child’s needs.

<https://www.oxfordhealth.nhs.uk/services/directory/children-services/childrens-occupational-therapy-activity-resources/>

The link above will take you an online bank of occupational therapy ideas that you can do at home with your child. All categories are covered including fine and gross motor activities.