

Week 6

help





say it

We are learning

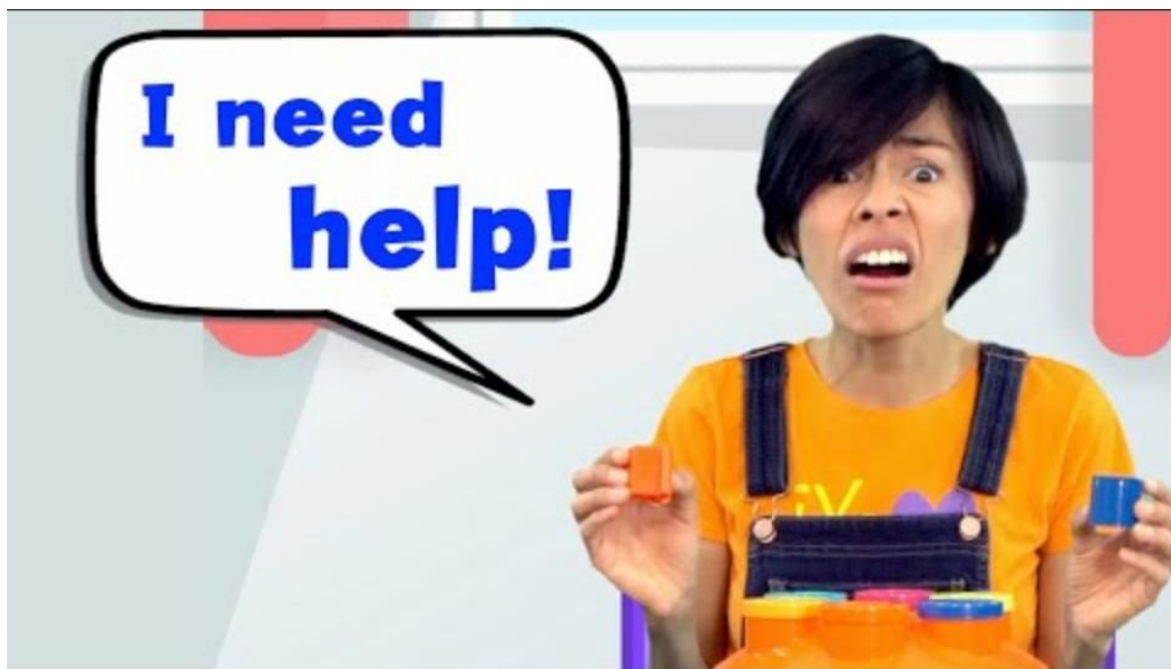
help

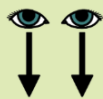


© The Makaton Charity 2024



hear it





watch it

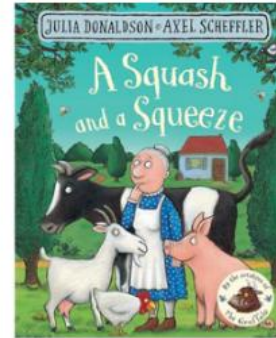




read it



Story ideas



[Buy "A Squash and a Squeeze" on Amazon](#)





learn it

Activity Ideas

Learn it- RISE Therapy Planning

Core Word: Help

Learning focus: Seeking assistance, approaching adults, safety and awareness, empathy

Regulation & Reconnection

Step 1: I plan to regulate and connect with our learners at the start of the session using stickers to stick onto ourselves, toys or furniture around us. My learners are often really interested in stickers, and often need help to peel them off of the sheet so I felt this would be a lovely way to set the mood and start to model the core word in a demand free way.

Invitation

Step 2: I plan to create intrigue and safe opportunities to observe and come and join the group by needing help to lift the lid on a box of toys. What would be more motivating than a huge box of toys and an adult needed help!?

Shared Experience

Step 3: I plan to deliver a shared sensory experience together. This could be as a whole class, small group or 1:1. We have rolls of tissue or bandages and plasters to "help" the toys. My learners like to be caring and play like this is a lovely opportunity to practise the art of caring.

Ending

Step 4: It's important not to rush the ending. I plan to play calming "tidy up" music as we undo the bandages and tissue rolls from the soft toys and throw the toys into the toy box from a distance. Can we get them inside? Maybe the adult needs help to get all of the toys in?

*At any step my learners will have a choice to join or not join. Each step is important and they can stay put at any part where they feel most comfortable, if they are not ready to move on to the next section. This may change week on week.



learn it

Activity Ideas

Play

people who help us role play
knock over tower, oh no! I need help!
coloured water mixing
electric whisk bubble mixing
need their help opening a box
Ask for help with special interest

[Download Planning](#)





practise it

1. Broken Item

Give the learner a disconnected switch toy. Wait for a reaction. Support them to gesture, vocalise, or hand you the switch to seek "help." Reinforce it with "You need help!" and offer to plug it in.

2. Lidded Container Game

Offer a loved sensory material or toy inside a sealed container. Support learners to look to you, vocalise, or pass the container to request help. Model the word "help" with sign or symbol. Adults to model.

3. Ball Drop & Roll

Learners to attempt to roll the ball off of the table. If they look to you or guide your hand take this as a request for help.

4. Hidden Toy

Hide a favoured toy under a cloth. If they look to you or guide your hand for help, reinforce the concept with "You help" or "I need help!"

5. Hygiene Routine Changing

Model "great helping" when they lift limbs to help with changing, or pass you what they need,,,etc.



practise it

1. "Help Me Choose" Board

Set up a worksheet with missing elements (e.g. pictures to sort, incomplete sentence strips, puzzles). Learners request help to complete using spoken phrase, symbol, or AAC. Encourage full sentence use like "I need help."

2. Broken Tool Investigation

Give learners tasks where something is intentionally "wrong" (e.g. dry pen, scissors that don't cut, torn paper). They identify the issue and ask for help. For Step 3, they can also help peers once they solve their own problem.

3. Role-Play Help Cards

Create illustrated role-play prompt cards showing everyday classroom help situations (e.g. "I dropped it", "I can't open it", "I need help with my coat"). Learners and adults act out how to ask for help and how to offer help to others.

4. Help Me Match

Provide card sorting activities with confusing or challenging elements (e.g. mixed shapes, similar-looking letters). Prompt the learner to seek help, then gradually encourage them to initiate the "help" independently or assist a peer.

5. Peer Helper Task

Set a shared activity where one learner is the "helper" (e.g. Lego Therapy) Rotate roles so learners practise both requesting and offering help, reinforcing the word "help" in context.



write it

sensory curriculum[©]
core word programme

help



write it

sensory curriculum[©]
core word programme

help

help

help