

Emotional & Wellbeing Learning

Learning how to calm after distress.
Naming emotions and recognising feelings.
Understanding boundaries and needs.
Taking breaks and self-regulating.

Communication & Language

Conversation and storytelling.
Listening to podcasts and audiobooks.
Role play and imaginative talk.
Asking questions and sharing ideas.

What Counts as Learning?

Learning happens everywhere. Learning does not have to look like school. Children learn through play, conversation, movement, rest, and real-life experiences. Emotional safety is the foundation for learning.

STEADY START

“Steady support for growing minds”



Steady Roots
— HOMESCHOOL SUPPORT —

Creative Learning

Art, drawing, crafting, and building.
Music, rhythm, and movement.
Imaginative play and storytelling.



Contact us on:
admin@steadyroots.org

Or check out our webpage
<https://steadyroots.org/>

Everyday Math's & Literacy

Cooking, baking, and shopping.

Handling money and measuring.

Reading signs, labels, and instructions.

Writing lists or typing instead of handwriting

Life Skills & Independence

Preparing food and snacks.

Tidying and organizing.

Following routines.

Problem-solving daily tasks.

“Learning grows best when it’s rooted in safety, trust, and understanding.”



Interest-Led Learning

Deep dives into favourite topics.

Watching documentaries.

Repeating activities to build mastery.

Curiosity and questioning.



“Calm, connection, and confidence come before curriculum.”



Rest & Recovery

Quiet time and downtime.

Listening to music.

Daydreaming and reflection.

Recovering from burnout.

Parents remain responsible for education under Section 7 of the Education Act 1996.

