

ASD Pathway



Autumn Home Learning Pack

Cooking

Firework Cookies

For the biscuits:

7 oz plain flour

2 teaspoons ground ginger

1 teaspoons mixed spice

3 oz butter

2 tablespoons golden syrup

2 oz sugar

1 teaspoon bicarbonate of soda

1 desert spoon of water

For the decoration:

Icing sugar

Water

Food colouring



This recipe is for a gingerbread biscuit. You can always use a different recipe to suit the tastes of your child or use shop bought biscuits to decorate.

Method

1. Preheat the oven to gas mark 5 / 190 C and grease two baking trays with butter.
2. Heat the butter, sugar and golden syrup in a pan, but don't let them boil.
3. Stir in the flour and spices.
4. Dissolve the bicarbonate of soda in the water and add to the mixture.
5. Knead it into a ball and then roll out on to a floured surface.
6. You can make different shapes and use cookie cutters to make biscuits – whatever you like.
7. Bake until golden (time will depend on how big your cookies are, but check after 10 minutes).
8. Lay them on a cooling rack.
9. While the biscuits are cooling, mix icing sugar and your child's preferred food colouring with a little water to make a paste.
10. Once the biscuits have cooled, place the icing sugar onto the biscuits and use a fork to spread it out to make it look like fireworks exploding. Add sprinkles in desired.

Autumn Flapjacks

Ingredients:

250g jumbo porridge oats

125g butter, plus extra for greasing the tin

125g light brown sugar

2-3tbsp golden syrup

Handful of preferred dried fruits, e.g. raisins, cranberries



Method:

1. Heat the oven to 200C/180C fan/gas 6.
2. Put the oats, butter, sugar and golden syrup in a food processor and pulse until mixed – be careful not to overmix or the oats may lose their texture. If you do not have a food processor the dry ingredients can be crushed by placing them in a food bag and rolling over them with a rolling pin before adding the wet and dry ingredients to a bowl and mixing together.
3. Add in the dried fruits and stir in.
4. Lightly butter a 20 x 20cm baking tin and add the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares.
5. Bake for around 15 mins until golden brown.

Autumn Fruit Crumble

Ingredients:

500g mixed frozen berries

4 small apples, peeled, cored and chopped into bite sized pieces

juice of 1 clementine

1 tbsp sugar

100g plain flour

60g cold butter, cut into cubes

50g oats

2 tbsp sugar

Many shop bought crumbles have lots of added sugar. This recipe keeps the added sugar to a minimum and so is healthier.

Method:

1. Preheat the oven to 180c.
2. Add the frozen berries, chopped apples, clementine juice and sugar to a deep baking dish and mix with a spoon.
3. In a large bowl mix together the flour and butter with your fingers, rubbing well until combined.

4. Add the oats and sugar and rub again with your fingers.
5. Sprinkle this topping over the fruit, covering as much of it as possible.
6. Bake in the oven for 40 minutes until golden and bubbling.
7. Serve with Greek yogurt, cream or ice cream



Hedgehog Rolls

Ingredients:

500g pack brown bread mix

25g butter

Plain flour, for dusting

Raisins

Method:

1. Make the bread mixture with the butter following pack instructions. It's easiest to use a stand mixer but not difficult to do by hand and the children will love getting their hands dirty mixing the dough!
2. Leave the dough to rest for 5 mins, then knead for 5 mins.
3. Cut the dough into six pieces. Dust the surface with a little flour and shape each piece into a ball by rolling it between your hand. Now make it hedgehog-shaped by pulling one side out a little and squeezing it gently into a snout. Be quite firm or it will bounce back.
4. Put the hedgehogs on a baking sheet, cover with a damp tea towel and leave to rise for 1 hr.
5. Heat oven to 200C/180C fan/gas 6. Using kitchen scissors (supervise younger children), carefully snip into the dough to make the spikes on the backs of the hedgehogs. Press raisins in for the eyes and push a raisin into the end of each snout.

- Bake for 15 mins or until the rolls are risen and golden. Will keep for two days in an airtight container.

You can of course choose other shapes to make your rolls into, e.g. worms, snails. To do this take the dough and roll it out to make a sausage shape. If making a snail, then coil some of the dough up to make the shell.



Out and About

Woodland Walk

Pull on your wellies, grab a cosy scarf and head out to your local wood.

During the autumn the woods come alive with colour, thanks to beautiful autumn leaves. So, why not venture out and enjoy a gentle stroll among the rich reds, warm oranges and bright yellows of the trees around you?

The Woodland Trust have links to lots of walks in the local and surrounding areas.

<https://www.woodlandtrust.org.uk/blog/2020/10/autumn-outdoor-activities-for-kids/>

Hunt for natural materials

At this time of year, the ground is full of natural materials to create some natural masterpieces with. The forest floor is filled with brightly-coloured fallen leaves, twigs, seeds and conkers, so grab a few bits to get crafty with on those rainy days. Just make sure you don't take anything directly from the tree - only collect any fallen natural items.

Look for wildlife

Although the world of wildlife starts to slow down during the autumn months, there are still some fantastic minibeasts to be found hiding in the woods.

Minibeast Hunt

Tick the minibeasts that you have found!



spider



woodlouse



slug



butterfly



beetle



wasp



crane fly
(daddy-long-legs)



ladybird



earwig



dragonfly



snail



ant



millipede



worm



fly



caterpillar



bee

Diwali

Diwali is the Hindu festival of light. Cbeebies have some great videos that feature children preparing for and celebrating Diwali. These can be reached on the link below:

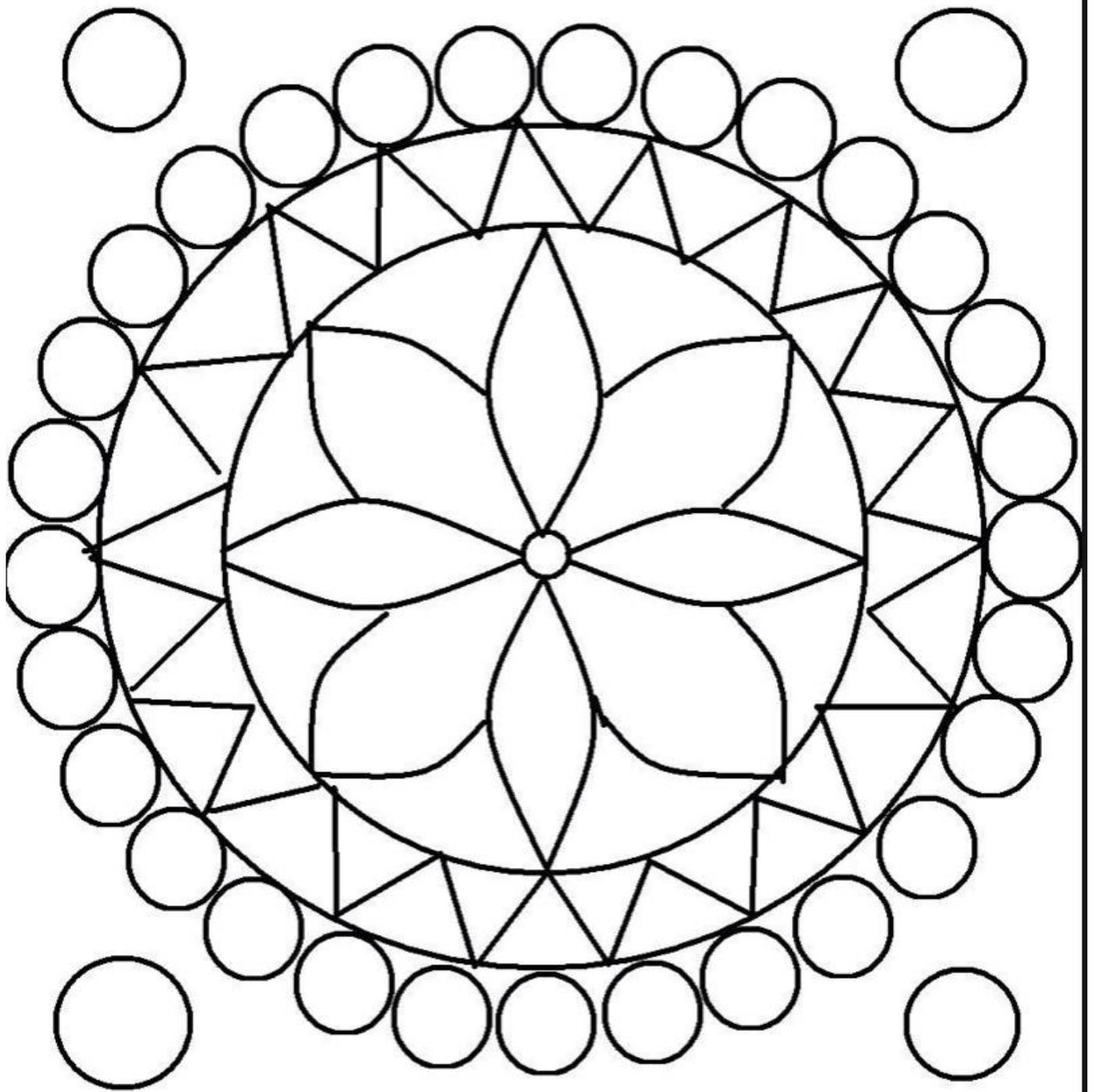
<https://www.bbc.co.uk/cbeebies/watch/lets-celebrate-diwali>

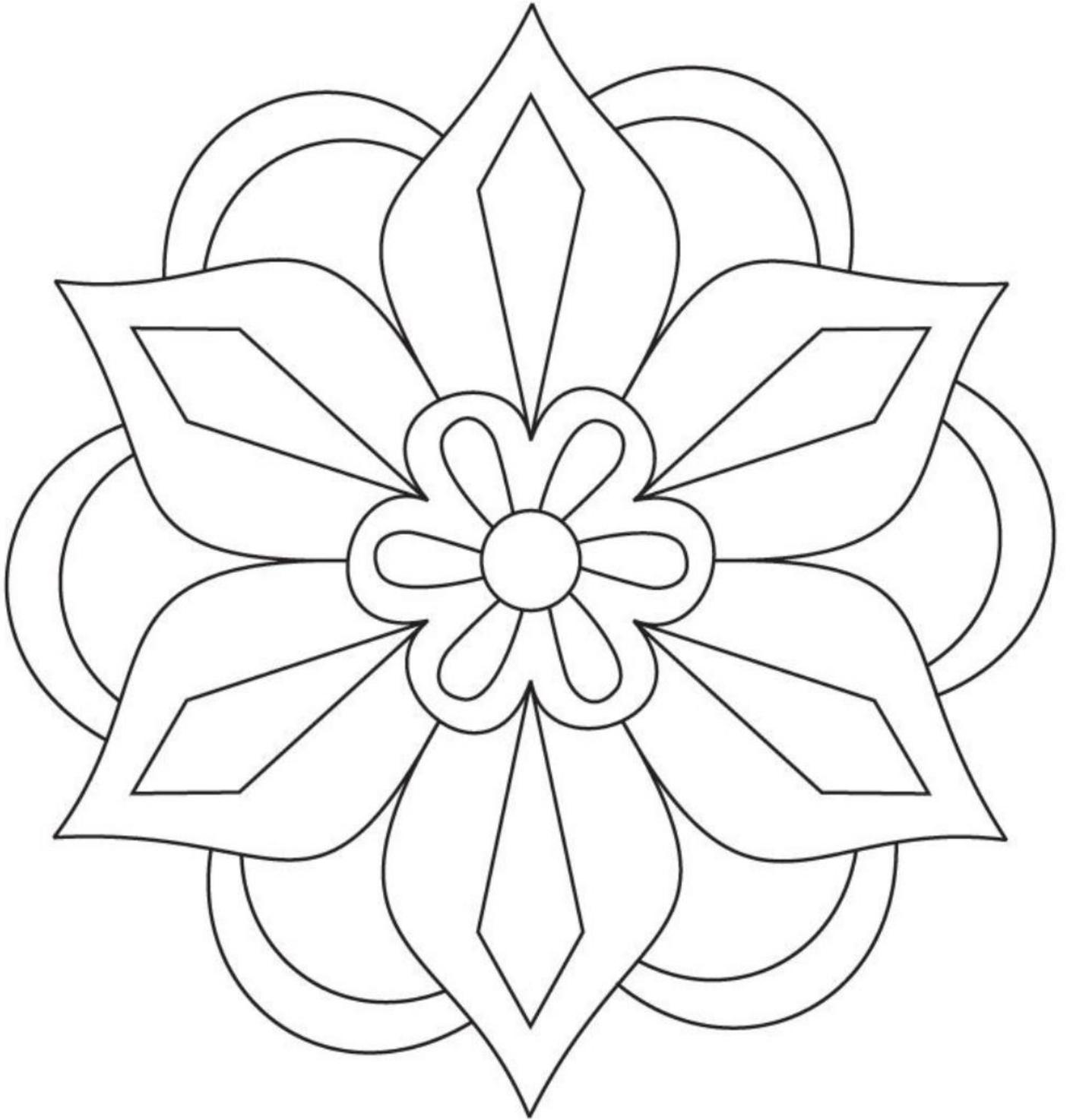
Activities:

- **Rangoli Patterns**

Colour rangoli patterns using pens or pencils (templates over the page) or mix spices with paints to create scented pictures.







- **Salt Dough Diyas**



Make salt dough candle holders (diyas). Once they have dried out, paint the diyas in bright colours. Use a battery operated tea light for safety. See below for a salt dough recipe:

Ingredients:

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

Method:

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

Spiced Playdough

Ingredients:

2 cups of plain (all purpose) flour

1 cup of salt

2 tablespoons of cream of tartar

2 tablespoons of vegetable oil



Then give your play dough a twist by adding in some spices. You could use cinnamon, cloves, nutmeg, ginger. Ensure your child is not allergic to any of the spices you use and supervise carefully to ensure the spiced do not get into your child's eyes.

Food colouring (optional)

Method:

1. Put all of the dry ingredients into a bowl and mix.
2. Add the oil a little at a time until it binds all of the dry ingredients together.
3. Add a little food colouring (enough to dye the dough to the colour you want) and mix in well.
4. Add the spices to make scented dough.
5. Engage your child in using the dough to make shapes, the initial letter of their name etc.

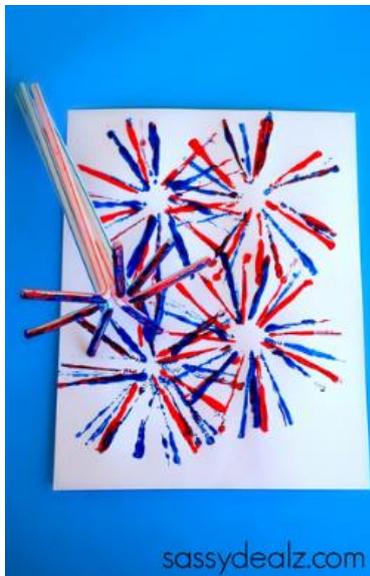
Firework Art

You will need:

Paint

Toilet roll, forks, straws

Paper



Method:

- 1) Depending on the method you wish to use (see photos), adults
 - Pre-cut strips in toilet roll
 - Stick 5 straws together and bend at the end
- 2) Children to have a choice of which item they would like to use to create firework painting- toilet roll, fork or straws
- 3) Pupils to request what colour paint they would like
- 4) Pupils to dip resource in paint and create firework on paper

5) Adults to support pupils to identify and use a variety of different colours

6) You can extend the activity by mixing primary colours (red, yellow, blue) to make new colours

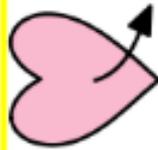
Communication board on the next page to support communication



fireworks



I



want



more



yes



paint



fork



blue



straws



orange



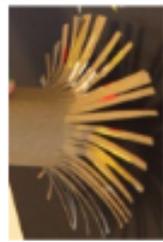
press



paper



pink



roll



firework



yellow



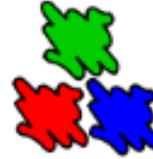
dip



green



choose



colours



purple



no symbol



finished



No