

If you are on Twitter, here are some useful accounts to follow—they are regularly giving updates and ideas.



@Angels_ASC_ADHD

@SENDHerts

@025together

@Action4ASD

@FiFHerts (Families in Focus)

@HertsPCI (Herts Parent Carer Involvement)

@SpaceHerts

@FFHerts (Families First)

@SafeSpaceHerts

@NESSieinEd

@VanceAdd (ADD-vance AHDD and Autism Trust)



To support children with **communication and autism needs** and their families during this unsettled period, the Specialist Advisory Teachers will be extending the hours of their telephone advice line from Monday 23rd March until the schools reopen.

It will be open **daily between 10am and 2pm (term time)** to provide advice and guidance for parents and carers. If you wish to speak to a Specialist Advisory Teacher please call **01442 453920** during these times.



www.empoweringlittleminds.co.uk

have released 2 free weeks of parent support, messy play and sensory activities to empower children with SEN.

PhonicsPlay.co.uk

Currently free during this time.

Username: march20

Password: home



The SEN Resources Blog

73 subscribers

Available on Youtube with videos showing ways to learn through play.

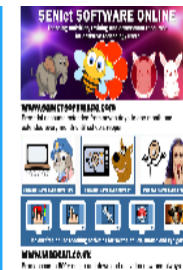
<https://sites.google.com/bridgend.ac.uk/alnhomeschool>

This site has been specifically designed to benefit parents and carers of young people who have additional learning needs who may have to be home schooled during the Covid-



Twinkl

Website running free resources for schools, enter code UKTWINKLHELPS



SENnet

Great online games which can be accessed through alternative methods (switch, eyegaze etc)



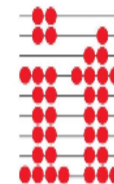
OneSwitch

A fun resource for switch users and for anyone looking to find game accessibility solutions.



SEN Teacher

SEN Teacher allow you to create, adapt and share teaching resources for a wide-range of abilities



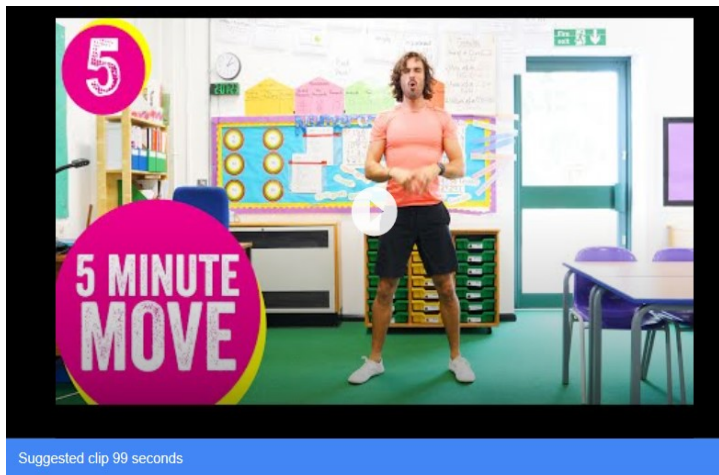
An act of kindness in our community

Elderly people are likely to be deeply affected by periods of isolation. We have lots of care homes and nursing homes in our local community. Perhaps you and your child would like to write a letter or draw a picture to send to the residents to brighten up their day?

Stay active!

The Joe Wicks 5 minute move videos on YouTube are perfect for children, even when they're stuck indoors.

If you are well enough to, enjoy a mini workout together with your child, exercise releases happy hormones.



www.youtube.com › watch ▾

5 Minute Move | Kids Workout 5 | The Body Coach TV - YouTube

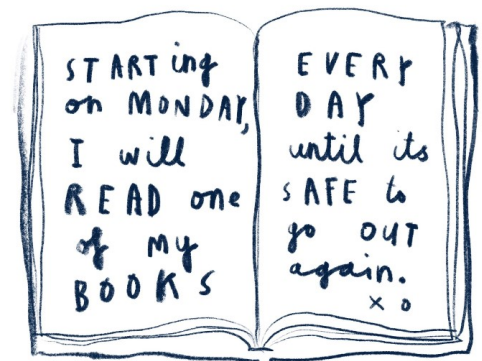
'PE with Joe' starts Monday 23rd March at 9am (every weekday morning) as the children will not be able to do regular PE lessons.

Audiobooks are a brilliant multi-sensory approach to reading. You can find free audiobooks for children on sites such as StoryNory, Lit2Go, or you can start a free trial on Audible. Maybe your child would like to record themselves reading a story, too?



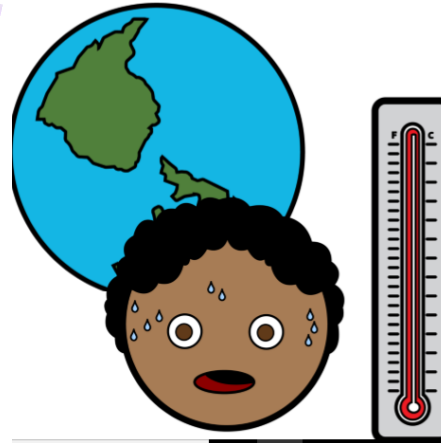
Did you know that author Oliver Jeffers is reading aloud one of his books a day on social media? You'll find him on Twitter @OliverJeffers

STUCK at HOME,

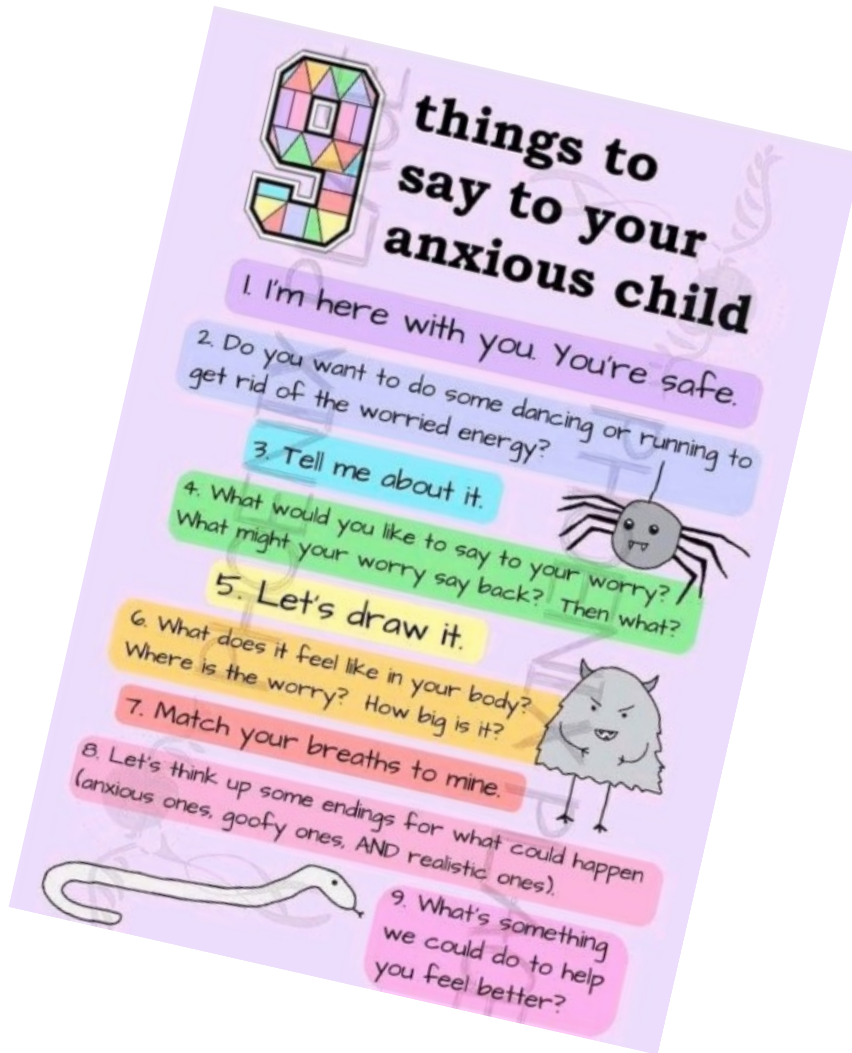
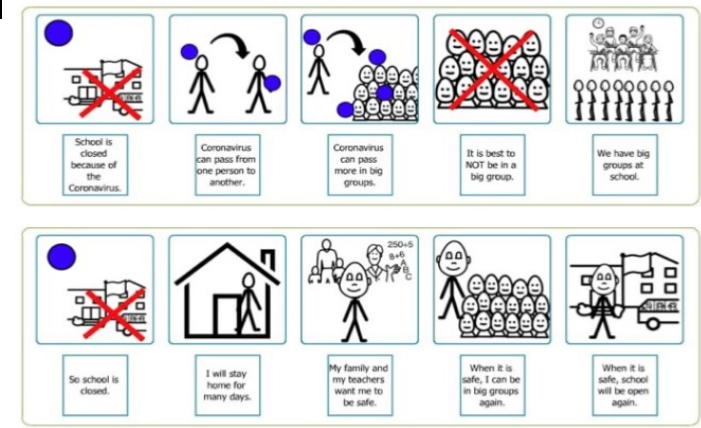


A BOOK a DAY

WHAT IS THE CORONAVIRUS?



School is closed



YOUNG MINDS

Young Minds intend to keep the parent helpline open during the current situation.

If you are worried about your child's mental health give them a call for

advice. **0808 802 5544**

SPECIAL NEEDS JUNGLE

SPECIAL EDUCATIONAL NEEDS ♦ DISABILITY ♦ HEALTH CONDITIONS ♦ RARE DISEASE

www.specialneedsjungle.com



[www.elsa-support](http://www.elsa-support.com) has lots of free resources to help children understand their emotions and feelings.

The DSPL page has links to Facebook groups for parents of children with special needs—try to keep in touch remotely.

Remember you are not alone!

<http://stevenagedspl.org.uk/>



www.hungrylittleminds.campaign.gov.uk

A range of activities for children aged 0-5

Driver Youth Trust who support children with Literacy difficulties have released a free At Home Activity Pack—each resource gets learners of all ages engaging with their reading book in a different way, helping them to develop their reading comprehension, vocabulary and writing skills

<https://>

www.driveryouthtrust.com/at-home-activities/



Children's sensory needs may become more apparent when they are out of the school routine. Here are some ways to support them

Sensory regulating activities

- Jump on a trampoline
- Running and jumping games
- Play in a sand pit and with wet sand
- Bounce on a space hopper
- Jump onto a crash mat
- Bounce on an exercise ball
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs

Sensory organising activities

- Crab walks
- Press ups
- Rolling on tummy on exercise balls—walk on hands as far as possible without falling off
- Wheel barrow walk
- Play catch with heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Playground equipment
- Swimming

Sensory calming activities

- Provide small box/tent with blankets or cushion for the child to squeeze into calm and quiet
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow/weighted blanket on lap
- Have a selection of fidget toys in a basket
- Chewy tubes, chewing gum, gummy bears
- Blowing bubbles
- Swing—rhythmic pattern to calm
- Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm
- Pilates plank
- Ball squash, child lies on stomach and a ball is rolled up and down the child by the adult

<https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/>

Lots of ideas and activities to support sensory learning

Before 9:00am	Wake up.	Make your bed, get washed and dressed, eat breakfast.
9:00-10:00am	Movement time!	Fresh air if possible, yoga, Joe Wicks 5 Min Move, dancing to favourite songs, learn a dance routine.
10:00-11:00	Academic time (no electronics).	Take home pack activities, reading, writing a diary, writing letters, craft activity.
11:00-12:00	Lunch time.	Helping to safely prepare and serve the meal.
12:00-12:30	Play time.	Free time to play with toys or have screen time (TV, tablet, laptop etc.)
12:30-1:00	Quiet time.	Reading, puzzle, mindfulness colouring.
1:00-3:00	Academic time (electronics allowed).	Take home pack activities, reading, writing a diary, writing letters, listening to audio books, touch typing games, online learning activities.
3:00-4:00	Movement time!	Fresh air if possible, yoga, Joe Wicks 5 Min Move, dancing to favourite songs, learn a dance routine.
4:00-5:00	Play time.	Free time to play with toys or have screen time (TV, tablet, laptop etc.)
5:00-6:00	Dinner time.	Helping to safely prepare and serve the meal.
6:00-7:00	Free time.	Remember, no screen time too close to bed time!
Normal bedtime routine (bath, brush teeth, story time).		

Keeping a routine

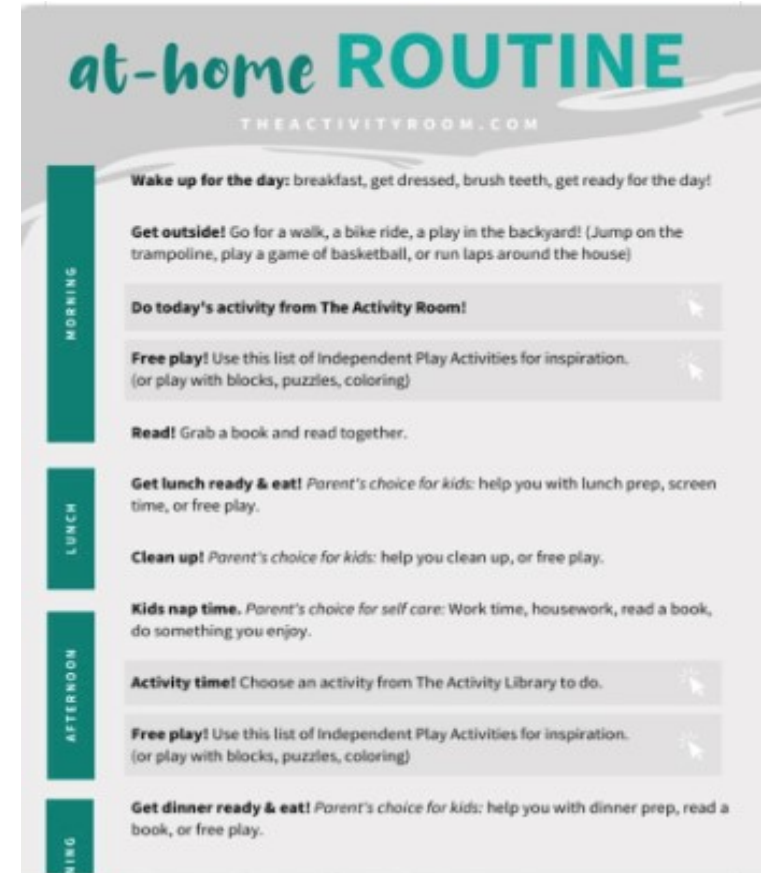
There are a lot of suggested daily routines online, here are some ideas to keep your children occupied should school close during term time or if you are self-isolating.

In school, we find that having a routine in place helps to reduce children's worries and it helps them to manage their behaviour as they have clear expectations. Providing them with a visual of what the day has in store also helps them to know what is happening and in turn reduces any worries.



A few tips for getting started:

- **Take time to adjust.** There are lots of ideas on Facebook, Twitter and other social media. **You do not have to do all of them all! You know what is best for your child and your family's circumstances.**
- You may need to try out a few ideas first— the timetables suggested may need adapting to suit your child's needs
- Your child will not be able to sit for hours to do formal work - (at school they don't do 1:1 learning (which can be intense) , and they have breaks time, story time, assembly, carpet time etc.
- Don't feel that you have to be an expert—your child can teach you and this will empower them
- Movement breaks and playtime are essential to burn off fidgety energy. Try short periods of work with big gaps between them.



Develop life skills including making health choices

Develop English skills—vocabulary, following instructions, reading skills

Develops Maths skills—measuring, ordering, time

Develops fine motor skills

Develops scientific knowledge

Develops geographical knowledge—where food comes from

Time away from technology

Develops self esteem and a sense of accomplishment

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

How do you feel now?
Are you calm or would you like to take another 5 breaths?

A collection of colorful, playful toys including a red heart-shaped block, a blue brush, a yellow smiley face ball, a green frog, and a white skeleton, all arranged on a reflective surface.



CALMING STRATEGY CHOICES

		
Take deep breaths	Count to 10	Go for a walk
		
Squeeze a stress ball	Listen to music	Get a drink
		
Take a break	Wall pushes	Read a book
		
Swing	Bounce	Jump

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Fine Motor Activities

Puzzles Playdough Shred paper by tearing it into strips Sort beads Lego/bricks

Use tweezers to pick up small objects Play any game where you shake a dice Sort beads

Make toothpick sculptures with marshmallows Stickers on paper Pop bubble wrap

Use a hole punch to make designs in a piece of paper Wrap small boxes with wrapping paper

Cut out pictures and glue on paper Make a paper chain Make a paper aeroplane

Pop bubble wrap Ties your laces Trace round your hand Play with sponges in water

String toilet rolls together with wool Make a fan Chalk on the floor

Put elastic/hair bands around different sized objects Tear up recycled paper

30 Day **LEGO** Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1 You were hired by an amusement park to create a new roller coaster.		Day 2 NASA needs you to build a new rocket.		Day 3 Your parents want to build a new home and they want you to build it.		Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5 You enter a contest to build the world's tallest tower. Will you win?		Day 6 You are stuck on Mars and need to build a new ship to get home.		Day 7 Ford hires you to create the toughest pick up truck in the world.		Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	
Day 9 Captain Hook needs a new pirate ship and wants you to build it.		Day 10 You and your friends decide to build a tree house.		Day 11 Prince Charming hires you to build a castle for him & Cinderella.		Day 12 Dr. Who hires you to build a new TARDIS.	
Day 13 You are asked by the President to build a new monument to George Washington.		Day 14 Mr. Hilton hires you to build a new hotel.		Day 15 There is a circus in town. Build a place for the performance.		Day 16 Help your fellow pioneers build a wagon to make it across the country.	
Day 17 Build the fastest car around and join the big car race.		Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.		Day 19 The city wants you to build a bridge to connect one side of the town to the other.		Day 20 Pizza party! It is up to you to make a pizza for all the guests.	
Day 21 You are hired to build a brand new hospital.		Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.		Day 23 You are now in medieval times. You are commissioned to build a jousting arena.		Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	
Day 25 Design and build your dream bedroom.		Day 26 You are elected ruler. Build a flag for your land.		Day 27 Aliens are invading and you need to build a war robot to defeat them.		Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	
Day 29 You are hired to build a house entirely out of yellow Legos.		Day 30 There is blizzard. You will need to build a snowmobile				What was your favorite day?	

