

Here are some more SEN updates. If you would like to share anything or would like any particular resources, please email Mrs Curry

Keep well!

Contactline UPDATE

 **01992 588574**
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Due to the current circumstances regarding the COVID-19 virus outbreak, we have expanded our 'quick queries' service across Hertfordshire.

From March 2020, Contact line will be available:  
**Monday to Friday from 2:00pm to 4:30pm**

for all parents/caregivers, young people (aged 16 -25), school staff and professionals.



Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service and the support we can offer.



## Specific Learning Difficulties Advice Line

**01442 453655**

A 'quick queries' advice line  
for schools, parents and carers

Schools and settings, parents/carers and other professionals can contact our Advice Line on Wednesdays and Thursdays 9.30—12.00 (term time only) on 01442 453655.

On this line, parents and schools can speak directly to a Specialist Advisory Teacher for Specific Learning Difficulties



The Advice Line will be available on  
Wednesdays and Thursdays from 9.30 am to 12.00 pm  
school term time only



**At the time of writing this, we do not know if , when and how children will be returning to school. However, it is something we need to start to prepare the children for:**

- Begin to discuss going back to school—what they are looking forward to and what they are worrying about
- Validate any worries your child has—let teachers know so we can plan for this
- Look at photos of the school e.g. on the website, Twitter
- Your daily exercise could be a walk to school or look at Google Earth to see the route
- Nearer the time, start to develop a back to school routine including a ‘school night’ bedtime and putting clothes/bags out for the morning

*More transition ideas coming soon!*

**Dr Karen Treisman has put together some resources including videos to support children and adults around anxiety, worry, stress, and fears; including specific Covid ones at [www.safehandsthinkingmids.co.uk](http://www.safehandsthinkingmids.co.uk). She is also on Twitter @dr\_treisman. We use a lot of her ideas in school to help children with their emotions.**

The National Autistic Society  
([www.autism.org.uk](http://www.autism.org.uk)) have a helpline



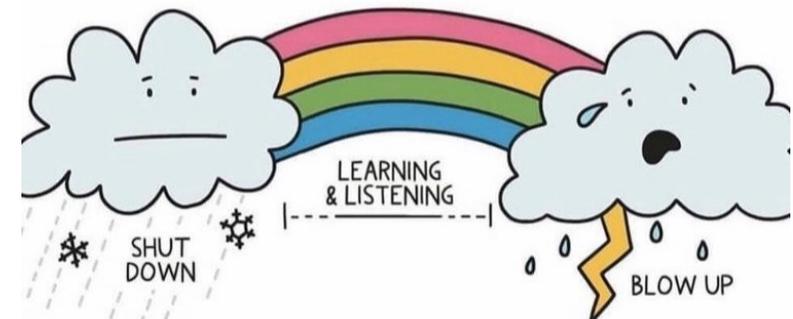
(10am - 3pm, Monday to Friday and online enquiry forms to support parents.

They have put together a set of top tips for families (see next page) with links to help.



IT'S NORMAL TO HAVE A SMALLER  
**WINDOW OF TOLERANCE**  
DURING STRESSFUL TIMES

@LINDSAYBRAMAN



## 1 Anxiety about unexpected changes or events



### Your child's plan and routine has changed

So make a new one. Even if you're self-isolating, structure each day and time. Build in points in the day for exercise, eating and fun activities.

#### Top tip:

Support your child to remember your family's plan has changed and might change again but you can always make a new one.

[Visual supports](#)

[Coping with change](#)

## 2 Sensory sensitivity



### Your child's sensory environment has changed

That may be because school, or your normal support service is not available

#### Top tip:

If you don't have a quiet, sensory area in your home already, make one, even if it's just the corner of one room. Fill it with homemade sensory toys and activities.

[Go to sensory environments](#)

## 3 Time to process information



### Lots of information is coming very fast and it's changing every day

Give your child time to absorb and process each piece of news and make sure they have a source to go back to and re-read when they need to.

[Carol Gray social story](#)

#### Top tip:

Think about the minimum level of information that your child needs; don't overwhelm them with every single piece of news or information.

Write down the important bits or use the social stories available to explain what's happening. Give them time to think about it and let them know they can come back to you later to ask questions.

## 4 Social anxiety



### If you're socially isolating this might not be a problem

But if you're stuck at home with people you usually don't spend that much time with you might need to let them know that your child requires distance and their own time.

#### Top tip:

If you're feeling socially isolated, connect to other parents on our online community or get support through our Parent to Parent service.

[Visit our online community](#)

## 5 Communication and interaction



### If you're child is finding communication difficult right now

Let people know that at times of stress your child might find communication, especially verbal communication, harder than usual.

#### Top tip:

Agree with your child how you will communicate with them - via text, or in writing, or at specific times of the day.

[Visit our online community](#)

## More information

Get ideas from other families, and share your tips with them, in our [online community](#).

For more information on coronavirus and autism visit our website:

[www.autism.org.uk/coronavirus](http://www.autism.org.uk/coronavirus)



The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427)



<http://www.theedenacademy.co.uk/parent-forum>



A range of videos to support parents with arts therapy, speech and language therapy and physical therapies.

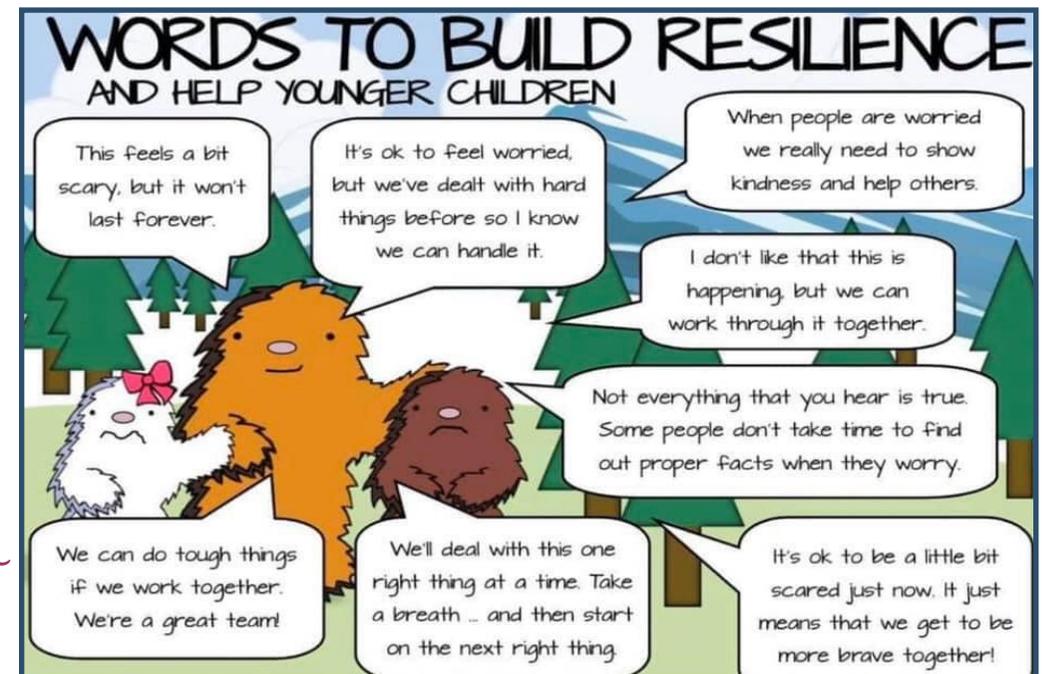


[www.senassist.com/resources](http://www.senassist.com/resources)

Free resources which can be printed and are designed to reduce anxieties and associated behaviours as well as support



*There are lots of posts by parents and carers on the Facebook SEND Lockdown Essentials Facebook group*





# SEND 0-25 years Hertfordshire's Local Offer

On Hertfordshire's Local Offer page there are useful documents and links to help with supporting your child's learning and mental health. There are a variety of filters to help you choose the re-

## Learning Resources

- Developing movement
- Handwriting
- Language
- Learning sounds
- Memory
- Numbers
- Processing speed
- Reading
- Spelling
- Writing

## Routines and Lifestyle

- Eating
- Hygiene and Self Care
- Sleeping
- Special Needs Equipment
- Toilet Training

## Other

- Coronavirus
- Mental Health

## Type of Resource

- Apps
- Printable/ Templates
- Website/ Online

**Exploratory Play - Fine Motor Activities**  
Exploratory play ideas involving the whole family, created to help children with their Fine Motor Skills.

[VIEW](#)

**Fine Motor Skills Leaflet**  
Fine Motor Activities - Fine motor skills enable us to work with the 'small' muscles in our body and enable us to take part in tasks such as writing, drawing, cleaning our teeth, cooking and dressing.

[VIEW](#)

**SpLD: Reading - Blank 4 in a row**  
Base board '4 in a row' for reading games

[VIEW](#)

**SpLD: Reading - Card Cursors**  
Cut out the left corner to help learners break words into chunks for decoding

[VIEW](#)

**SpLD: Reading - Onset rime cards**  
Cards to practice onset and rime, changing the initial letter sounds to make new words

[VIEW](#)

**SpLD: Reading - Simple view of reading-blank**  
Simple view of reading - blank grid

[VIEW](#)

**SpLD: Maths - Language Card Subtraction**  
Maths language card - subtraction

[VIEW](#)

**SpLD Maths mat 2, 3, 4, 5, and 10 times tables**  
Table top aid - 2x, 3x, 4x, 5x and 10 x facts

[VIEW](#)

**SpLD Maths mat 2, 5 and 10 times tables**  
Table top aid - 2x, 5x, 10x facts

[VIEW](#)

**SpLD Maths mat fractions equivalences**  
Table top aid - fraction equivalences

[VIEW](#)



The Anna  
Freud Centre

which supports the mental health of children and their families are updating their resources in response to the Corona-virus.



## Good days in unusual times

By Anne-Mette Lange

[www.kooth.com](http://www.kooth.com)



A book for children about positive mental health during this time:  
<https://www.annafreud.org/media/11441/good-days-in-unusual-times-book.pdf>

Blogs



Kooth is an online counselling service for anyone aged 10-25. You can access a chat/messenger service, discussion boards, goal setting tools and a journal and a magazine containing a number of articles and some specifically about coronavirus and the impact on children and young people.



# The Sensory Projects

www.thesensoryprojects.co.uk has a huge list of links and activities aimed at supporting children

**Positive Eye** Rays of sunshine, inspiration, creativity, kindness & love to you all **Positive Eye**

**JOIN THE IDEA MACHINE STORY TIME – FACEBOOK LIVE**  
**Monday, Wednesday, Friday @ 4pm GMT**  
**Everyone is welcome – children, parents, educators.**

**A heart warming hour**

**Keep Calm & Do more Sensory Play at home!**

**DON'T PANIC & no need to bulk buy!** But while doing a normal shop why not start to make preparations to get extra resources to do more sensory & messy play activities at home in case schools have to close OR instead of visiting busy public places at the moment

**Sensory Activity Shopping List:**

| Toiletries & Craft supplies | Foods                   |
|-----------------------------|-------------------------|
| Hair Gel                    | Plain flour             |
| Economy toothpaste          | Cornflour               |
| Shaving foam                | Cheerios                |
| Baby Oil                    | Brown sugar             |
| Conditioner                 | Vegetable oil           |
| Economy painting brushes    | Cream of tartar         |
| Pipe cleaners               | Lard                    |
| Cheap paint                 | Food colouring          |
| Bird seed (small bag)       | Salt                    |
| Ziplock bags                | Rice                    |
| Printing paper              | White vinegar           |
| Deep clear cellotape        | Spaghetti               |
| Chalk                       | Long life squirty cream |
|                             | Coca powder             |

**If required, over the next few weeks on my website & Facebook page I will post recipes and cheat sheets for safe sensory activities to do with these resources to help keep your kids busy and happy if having to spend extra time at home!**

**ELSA SUPPORT 14 day Home Challenge**

Click the BLUE writing to take you to a resource which you can download and print.

|                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                       |                                                                                                                                                                                                               |                                                                                                                                                                                                                                           |                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Happy Feb Booklet</b></p> <p>Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.</p> | <p><b>Jar of Courage</b></p> <p>Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!</p> | <p><b>Hug in a Mug</b></p> <p>Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow.</p>                                                | <p><b>Star Breathing</b></p> <p>Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.</p> | <p><b>Self-esteem Bookmark</b></p> <p>Colour your own self-esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time.</p> |
| <p><b>Mindful Flip Flop</b></p> <p>Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!</p>                      | <p><b>Happiness Challenge</b></p> <p>There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!</p>              | <p><b>Mandala Wishes</b></p> <p>Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.</p> | <p><b>Mindful Rainbow Walk</b></p> <p>You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?</p>                                   | <p><b>A-Z of Self-care</b></p> <p>What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.</p>                                                                          |
| <p><b>Doodle a Day</b></p> <p>Doodling is relaxing. Try filling this all in today. What creative doodles can you do?</p>                                                                                                                                             | <p><b>20 Faces</b></p> <p>Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.</p>                                | <p><b>Mindful Challenge</b></p> <p>There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!</p>                                  | <p><b>My Perfect Day</b></p> <p>What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.</p>                                                                                  |                                                                                                                                                                                                                               |

**ELSA support**

[www.elsa-support.co.uk](http://www.elsa-support.co.uk) have a 14 day home challenge. Click on the blue writing to take you to each resource.



# ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.  
Do What You Can" ~ Arthur Ashe**



**4** Focus on what you can do rather than what you can't do

**5** Send friends a photo of a time you all enjoyed together

**6** Take a step towards one of your life goals, however small

**7** Let someone you love know how much they mean to you

**1** Take a minute to remember what really matters to you and why

**2** Do something meaningful for someone you really care about

**3** Reconnect with nature today, even if you're stuck indoors

**11** What are your most important values? Use them today

**12** Be grateful for the little things, even in difficult times

**13** Today do something to care for the natural world

**14** Show your gratitude to people who are helping to make things better

**15** Find out about the values and traditions of another culture

**16** Look around you and notice five things you find meaningful

**17** Take a positive action to help in your local community

**18** Hand-write a note to someone you love and send them a photo of it

**19** Find a way to craft what you are doing to give it more meaning

**20** Reflect on what makes you feel really valued and appreciated

**21** Share photos of 3 things you find meaningful or memorable

**22** Ask a loved one or colleague what matters most to them and why

**23** Share an inspiring quote with others to give them a boost

**24** Do something special today and revisit it in your memory tonight

**25** Give your time to help a project or charity you care about

**26** Recall three things you've done that you are really proud of

**27** Today link your decisions and choices to your purpose in life

**28** Tell someone about an event in your life that was really meaningful

**29** Think about how your actions make a difference for others

**30** Find three good reasons to be hopeful about the future

**31** Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

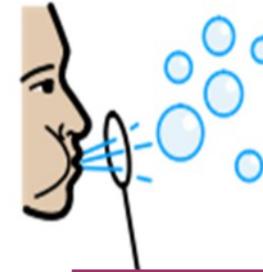


Every day Epic SALTS @epic\_sl1 tweet a communication challenge to support children with speech and language needs



## Day 1: Bubbles

There are many skills a child has to learn before they learn to talk and the first are early interaction skills. Today's challenge focuses on developing joint attention in which two people focus on the same thing. Joint attention is achieved when one individual alerts another to an object by means of eye-gazing, pointing or other verbal or non-verbal indications.



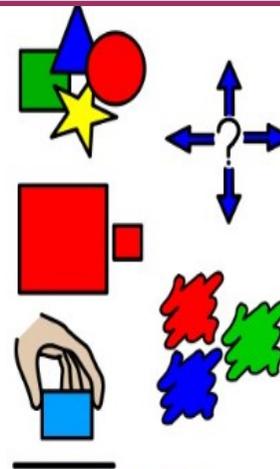
Grab yourself a pot of bubbles and:

- Encourage your child to 'look' before you blow the bubbles
- Practise pointing when popping the bubbles
- 'Look' when the bubble has burst and see if your child looks at you (hopefully wanting more!)

## Day 16: Receptive Language

For today's challenge, choose one or more of the following activities:

- **Sorting laundry:** sort and match socks by size or colour; line clothes up by size or colour or whether they are trousers/jumpers/t-shirts etc
- **Shape hunt:** walk around the house or garden and find circles/squares/triangles etc
- **Temperature:** Explore temperature with your child(ren) by talking about things that are hot and cold! For example, is it hot or cold outside today? Is the food you are eating hot or cold?
- **Direction:** Explore direction with your child(ren). For example, what can they see **up** in the sky or **down** on the ground? You could also talk about going up or down when you are going up and down steps / stairs or a slide etc. What is to the **left** of them? What is to the **right**?
- **Prepositions:** Explore locations with your child(ren) by playing a game of hide and seek. Once you locate the child or they locate you, get them to say where they were hiding (e.g. **In** the cupboard, **under** the bed, **behind** the curtain). Don't forget to share your pictures and videos of your cooperative play. Have fun!
- **Position:** Explore position with your child(ren). Gather some wind up toys and have a race! Who came **first**, **second** or **last**? If you're feeling really energetic, you could have a race in the garden as a family!



#EPICSALTScommunicate

## Weather Massage Script

**Once upon a time there was a big, yellow sun...**

- With one hand on the shoulder, take the other hand and make a circle clockwise on the back

**...that warmed the whole world**

- Make "rays" to the sides

**But look, clouds appear and cover the sun**

- Make small circles with fingertips

**Then the wind comes, and blows harder... and harder...and harder**

**...until the wind turned into a tornado and hurricane**

- Make spiral with finger, starting in the centre of the back, getting bigger, harder and faster

**Then came the lightning**

- Make lightning bolt shape with finger

**...And thunder**

- Clap hands on back gently

**Then came the rain...**

- Begin at shoulders and stroke down with fingertips

**And it rained harder, and harder**

- Same as above but harder and faster

**Until the rain turned into hail...and more hail**

- "play" with fingers on back... harder and harder

**Then it began to snow, and everything was white and beautiful**

- Pad clenched fists on back gently and slowly

**And the only thing to see was the cat that climbed up to the roof of the house**

- Climb hands up back towards neck

**Finally fog appeared**

- Swish hands round back

**Until the sun came out and warmed earth again**

- Make large circle with one hand on back



## Day 18: Receptive Language

For today's challenge, choose one or more of the following games:

- **Categories:** play a game of 'I went to the shop and bought a ...' (choose a category such as fruit, clothes, furniture, objects beginning with t etc)
- **Word Association:** in this game, the first person to play says a random word. The next player, in clockwise order, has to quickly say a word that has some connection with the previous word.
- Dig out any of the following commercially available games you might have at home: 'Articulate'; 'Don't say the word'; 'Taboo'; 'Hedbanz'; 'Scattergories'; 'Guess Who'.



#EPICSALTS

## Day 22: Expressive Language

For today's challenge, choose one or more of the following activities:

- **Sequencing activities:** get your child(ren) completing everyday sequencing activities such as: making a sandwich; brushing their teeth; getting dressed; baking a cake etc, ensuring you talk through the steps they need to take and the order they need to do them.
- Take your child(ren)'s favourite story and ask them to retell the main events in the right order! This can be done through drawing, talking, singing, use of puppets etc!
- **Draw a picture game:** This one is a fun family activity. Each person begins by drawing a picture of their choice on a piece of paper. You then swap your drawing with the person to the left of you. You then take it in turns to go around and make up a story based on the drawing you have! Don't forget to include the main elements of a story: Who? What? Where? When? Why? How?



#EPICSALTScommunicate

For today's challenge, choose one of the following activities and let your child take the lead:

- Use real objects from your kitchen and bake a pretend cake!
- Use your child(ren)'s favourite dolls/teddies, and have a teddy bear's picnic.
- Use the den your child(ren) built earlier in the week and engage in role play with them! Are you defending your castle against invaders, hiding out from enemy spies, or camping out in the wilderness?
- Using an empty cardboard box, help your child(ren) to create anything their imaginations can think of! Will it be a rocket ship, a car, or even a pirate ship sailing on the high seas? Once it's ready, get ready to have lots of adventures and excitement!
- Raid your child(ren)'s dress up box and play dress up. Be prepared to star in their made up story!



#EPICSALTScommunicate

**FLOWER AND CANDLE**

A simple exercise that encourages deep breathing – a way to relax.



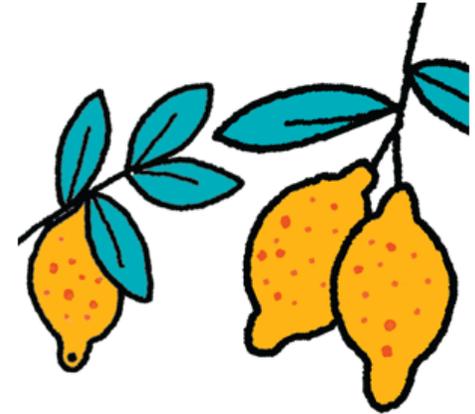
Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.

**This exercise releases muscle tension.**

Pretend you are a lazy cat that just woke up from a lovely long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.

**LAZY CAT****LEMON**

**This exercise releases muscle tension.**

Pretend you have a lemon in your hand.

- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to relax!

## FEATHER/STATUE



**This exercise releases muscle tension.**

Pretend you are a feather floating through the air for about ten seconds.

- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.

**This exercise releases muscle tension.**

Pretend you are a turtle going for a slow, relaxed turtle walk.

- Oh no, it's started to rain!
- Curl up tight under your shell for about ten seconds.
- The sun's out again, so come out of your shell and return to your relaxing walk.
- Repeat a few times, making sure to finish with a walk so that your body is relaxed.

## TURTLE



## STRESS BALLS



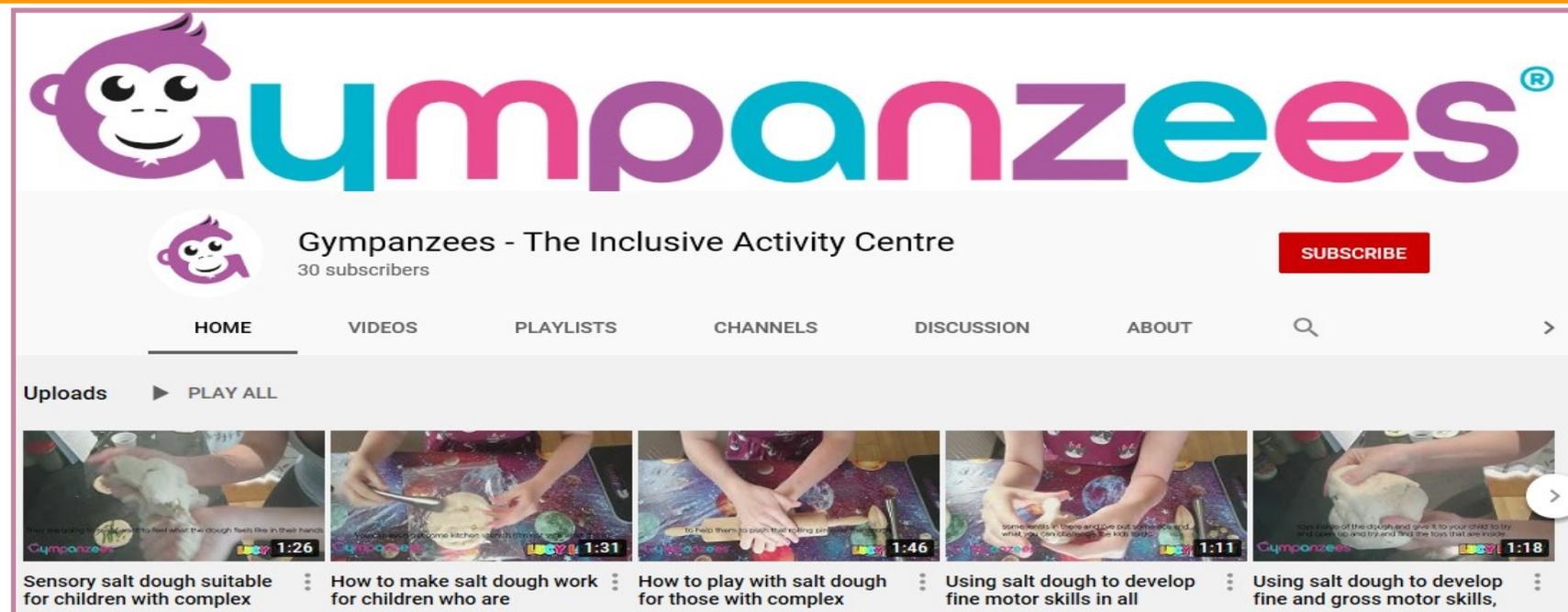
**This exercise releases muscle tension and massages your hands.**

Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball.
- Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

**Inclusiveteach.com** has listed lots of sensory activities to do at home including links to videos to support the activities. Here are some examples:

- Balance walking along masking tape on floor (straight or zig-zag)
- Back and forth rowing
- Sway in time with chill out music
- Follow a drum beat or clapping patterns using a saucepan and wooden spoon
- Make numbers with your fingers
- Find items of interest/find self in pictures
- Blow bubbles, boats with straws, cotton balls, maltesers, paint, feathers
- Investigate food—milkshakes, cut vegetables, colour sorting, mashing



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-  How to play with salt dough for those with complex 1:46
-  Using salt dough to develop fine motor skills in all 1:11
-  Using salt dough to develop fine and gross motor skills, 1:18