

We have a range of special educational needs across our school. Here are some supporting resources to help during school closure. More resources will be shared regularly via **Twitter and the school website (SEND page)**

If you have found a resource which you feel would benefit our children with additional needs, or have any questions about how you can support your child, please email Mrs Curry ([mcurry@stvincent.herts.sch.uk](mailto:mcurry@stvincent.herts.sch.uk))

Thank you!

<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



SENict

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.



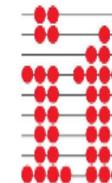
SEN Teacher

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



The SEN Resources Blog  
73 subscribers

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



### 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?

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?



### 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

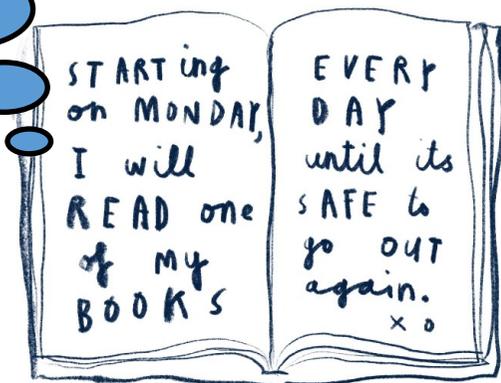
5 Minute Move | Kids Workout 5 | The Body Coach TV - YouTube

### Stay Connected

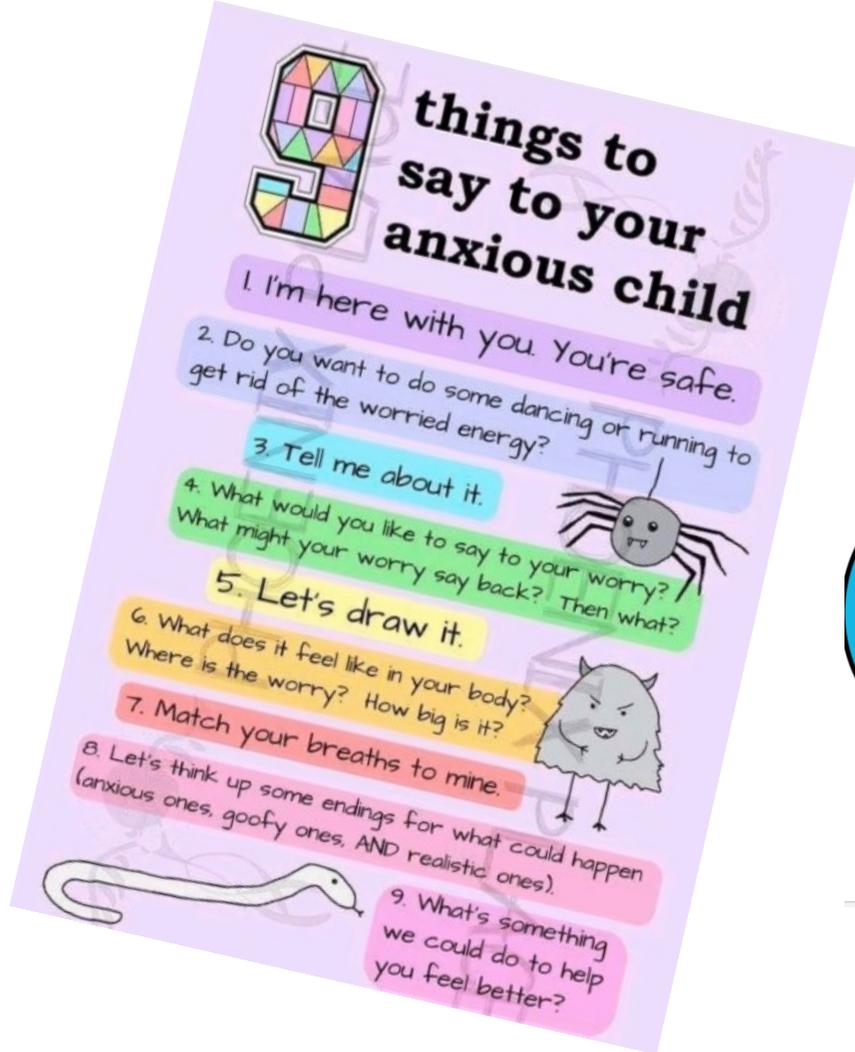
If you're self-isolating, keep in touch with friends and family using technology and social media. Reconnecting is crucial for our happiness, especially during challenging times. Perhaps you could set up a virtual book group for your child and their friends, an online art gallery if they're the creative type, or even sing together over Skype/FaceTime/video call! Togetherness and social connection will ease the potential loneliness of self-isolation for grown-ups and children alike.

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,

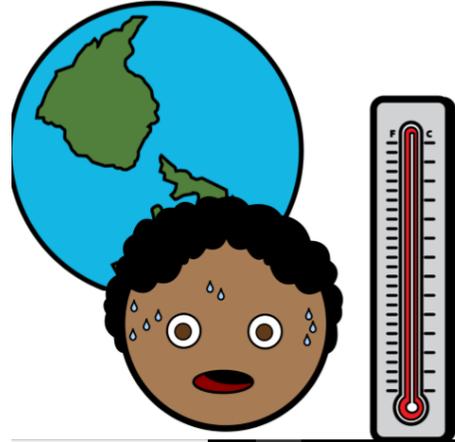


A BOOK a DAY



We use social stories to help children with autism understand difficult social situations. There are many on Twinkl. If you would like one about a particular situation, email Mrs Curry. Social stories about the virus and school closure are being sent out via parentmail.

**WHAT IS THE CORONAVIRUS?**



School is closed

School is closed because of the Coronavirus.	Coronavirus can pass from one person to another.	Coronavirus can pass more in big groups.	It is best to NOT be in a big group.	We have big groups at school.
So school is closed.	I will stay home for many days.	My family and my teachers want me to be safe.	When it is safe, I can be in big groups again.	When it is safe, school will be open again.

**YOUNGMINDS**

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](http://www.specialneedsjungle.com)



**www.elsa-support 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/>

### 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.



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 skill.

<https://>

[www.driveryouthtrust.com/at-home-activities/](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.

Please email Mrs Curry if you would like a visual timetable emailed to you.



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Cooking offers lots of opportunities to develop different skills—maths (measuring, ordering, fractions counting, telling the time) and Literacy (reading, writing and following, instructions, sentence construction) as well as life skills—e.g. shopping for ingredients.