



<https://www.bricktime.org/virtual-bricktime>

Using lego to develop social skills (very useful for children with social communication needs). They will be running a free virtual club during this time.



## Daily Balance Challenge for Kids

<https://www.instagram.com/sustainable.movement/>



## A social story about social distancing

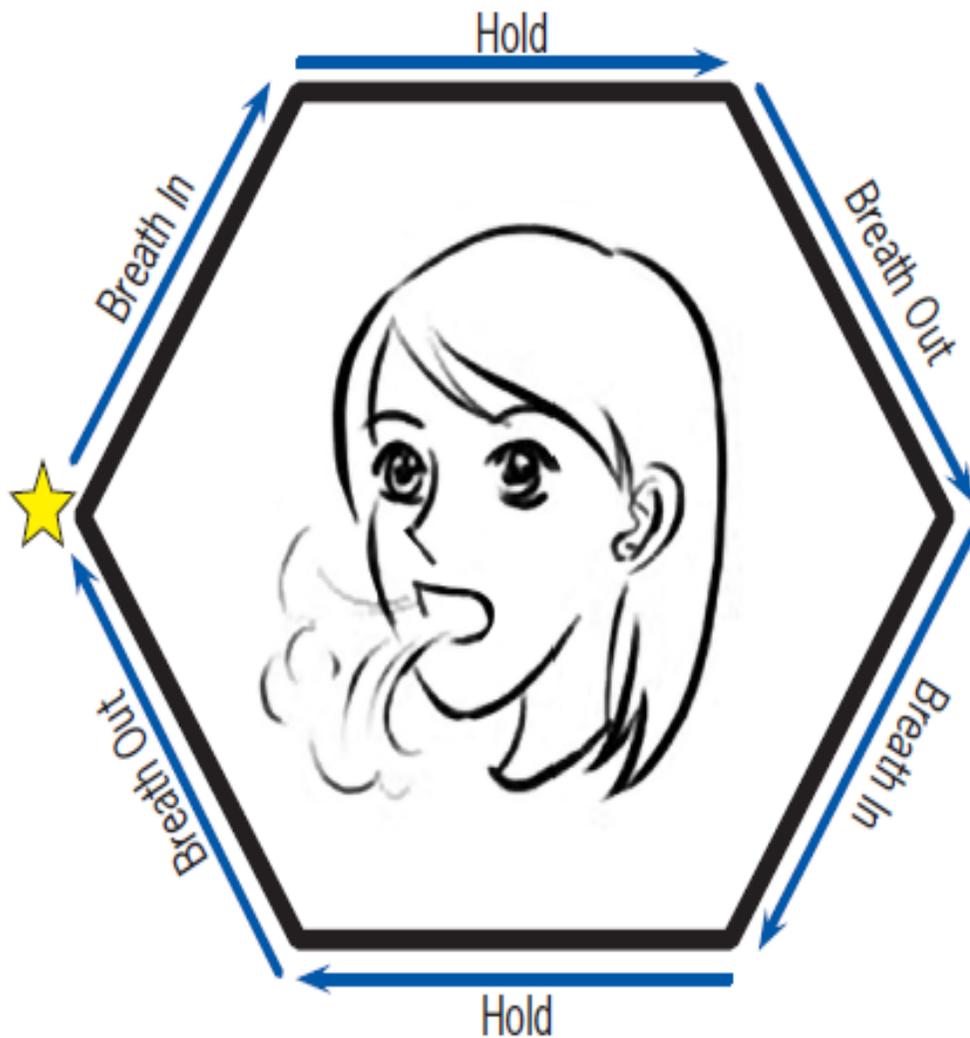
TIME TO COME IN, BEAR on Youtube



The screenshot shows the SymbolWorld website interface. On the left is a vertical navigation menu with icons and labels for: eLive News, Science, Time and Place, Lifestyle, Entertainment, People, Sport, and Stories. Below the menu is a search bar and a 'Latest Articles' link. On the right is a grid of eight topic folders, each with an icon and a label: eLive News (news icon), Science (brain icon), Time and Place (globe icon), Lifestyle (star icon), Entertainment (smiling face icon), People (stick figures icon), Sport (soccer ball icon), and Stories (open book icon).

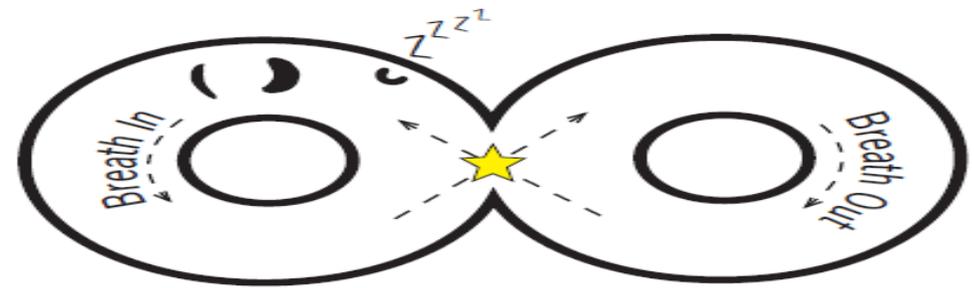
[www.symbolworld.org](http://www.symbolworld.org) has stories with lots of symbols to help children understand news and topics.

# The Six Sides of **Breathing**



Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed.

## Lazy 8 **Breathing**



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

Barrington  Stoke

Every child can be a reader

Barrington Stoke ([www.barringtonstoke.co.uk](http://www.barringtonstoke.co.uk)) create dyslexia friendly reading books. On their website they have pulled together all of their free resources which you may find useful if your child has dyslexia.

The Hertfordshire local offer have a wealth of resources which can also be used to support children with dyslexia while they are working at home.

## Now and Next Cards

Some children who struggles to concentrate or remain motivated may benefit from 'Now and Next' cards. This is a particularly good way of introducing rewards for task completion. If you child struggles with this, make the 'target task' very short, followed swiftly by the reward activity. The reward activity might be a special interest such as playing with trains or lego. Gradually, the child will trust the reward process and you can extend the target task. Examples can be found on Twinkl.



**If your child is stuck, ask them what they are thinking.**

Where did you get stuck?

What did you start to do?

Tell me how you are thinking about this?

## Food as a regulator

Food can be used to help support children with their regulation:



**CRUNCH** is for *agitation* (crunchy snacks like apple, carrot or corn chips)

**CHEW** is good for *anger* (toast, meat, dried fruit)

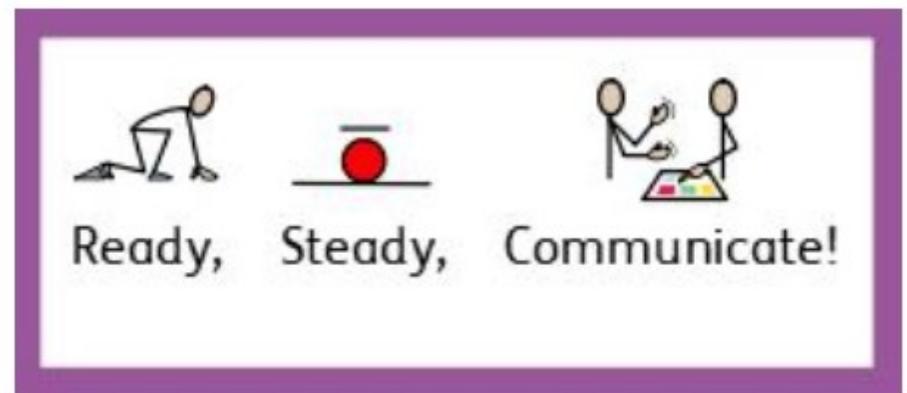
**SWEET/SALT** is for *comfort*

**CITRUS/MINT** is for *alerting* and helping with *focus* (orange slices, peppermints, chewing gum)



This is a useful, practical video from the NHS on Youtube about supporting children with autism, learning difficulties or associated needs during challenging times.

[www.readysteadycommunicate.co.uk](http://www.readysteadycommunicate.co.uk) supports parents with communicating with their child through social stories and PECs. They have made a number of their resources free during the Covid crisis.





# ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



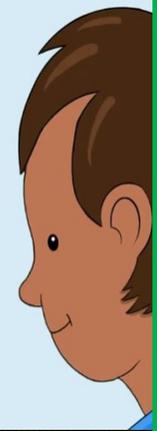
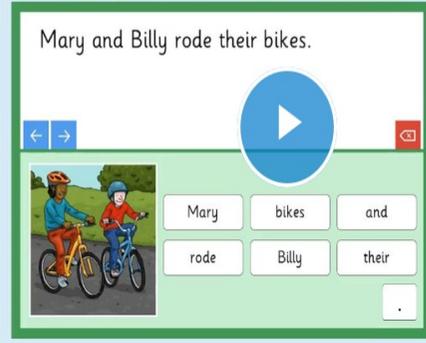
www.actionforhappiness.org

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

Keep Calm · Stay Wise · Be Kind

## Clicker

Writing support for all your learners



A number of our children use the software Clicker.

We have been given an access code for you to access it at home for a few weeks:

**8D7YH 8REL5 77MG6 J5KD4**

Go to <https://www.cricksoft.com/uk/clicker/clicker-at-home/installation> for all the information you need to get started including installation instructions and helpful hints. There is also a Facebook group—Clicker Community



SENDIASS is Hertfordshire's impartial Special Educational Needs and Disability Information, Advice and Support Service. They support children, young people with special educational needs and/or disability (SEND) aged 0 to 25 years and their parents on issues relating to SEND.

They are currently unavailable for face-to-face meetings, but can be contacted via email ([sendiass@hertfordshire.gov.uk](mailto:sendiass@hertfordshire.gov.uk)) or phone (01992 555847)

## Free Daily Resources For Children



**PE with Joe Wicks On YouTube**  
Week days at 9am but you can visit any time on youtube to view the workout.

**Wildlife With with Steve Backshall On Facebook**  
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



**Science with Maddie Moate on YouTube**  
Weekdays 11am. Maddie & Greg chat about science and nature!

**Dance with Oti Mabuse On Facebook**  
Every day at 11.30am but children can view the class at any time.



**Maths With Carol Vorderman**  
Free access to the her maths website: [www.themathsfactor.com](http://www.themathsfactor.com)

**Music with Myleene Klass on YouTube**  
Twice a week. Next one Friday 27 March 10am, but can view any time.



**Storytime With David Walliams**  
Free story everyday at 11am on his website: [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com)

## Questions to ask your child in self-isolation

**YOUNGMINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What are you worried about when you lie in bed and can't sleep?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

<https://chatterpack.net/> has a huge list of resources for parents which have been put together specifically to help during this time.

This list is particularly useful for parents of children with speech, language and communication needs.

#Coronavirus

Speech, language, communication, and SEND

A list of online resources

List of FREE Speech, Language, communication and SEND resources for schools and parent/carers

#Coronavirus

A list of FREE, online resources for anyone staying at home during this period

arts & culture | learning | well-being  
music | podcasts | literature | prayer

A list of free, online, boredom-busting resources!

March 17, 2020

School closures

Home Learning list for schools and families

Home Learning Resources List for Schools and Families

March 14, 2020

# Stay positive, keep learning

5 tips for children and families learning and living through social distancing



## STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



## MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



## LIMIT SCREEN TIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!

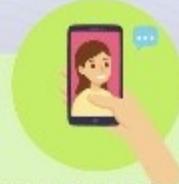


## GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.



## TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.



**Talk** to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

**Be grateful** for each other. Now more than ever.

## Speech and Language Therapy

If you have a child who is supported by the Speech and Language Service, you should have received a text of phone call explaining changes to the services during this time.

If you have any questions, you can ring the Integrated Therapies advice line on

01992 823 093, and a therapist will contact you.

Contact is a national charity for families of children with disabilities.

[www.contact.org.uk](http://www.contact.org.uk)

**contact** For families with disabled children



[www.singinghands.co.uk](http://www.singinghands.co.uk) are running a number of free and paid events Monday –Friday at 10.30 to keep the children entertained and using Makaton.

Monday—FREE—Makaton signed story

Tuesday -£2.50—Pre school rhymes Zoom webinar

Wednesday—FREE—Makaton topic video

Thursday—£2.50 Rhymes and pop Zoom webinar

Friday—FREE—Makaton pot luck

All details are on the website under forthcoming events and online shop.

### Ideas for supporting autistic children through the uncertainty of the Coronavirus Pandemic

(shared on Twitter from a SEN forum)

1. Start with establishing an understanding of WHY everything is different right now—lead with what is concrete and what your child can do to feel more in control
2. Create a routine using visuals
3. Make a list of what is the same and what is different—show all of the things that your child will still get to do/eat/see. If rules will be different during this time, consider reading ‘rules for school at home’ that a clear, concrete and constant
4. Consider a choice board to give your child options to exercise choice during an otherwise very unlimited time e.g. snack options, job options, homework options, pyjama options
5. Remember that behaviours are communication and consider what basic needs your child is struggling with right now e.g. body regulation, emotional regulation, sharing worries, seeking help
6. Practice mindfulness breathing
7. Let your child engage in their personal passions and carry their safety items with them
8. Build in opportunities for sensory regulation

