

**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 special and additional needs, or have any questions about how you can support your child, please email Mrs Curry.  
(mcurry@stvincent.herts.sch.uk)**



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

@Angels\_ASC\_ADHD

@SENDEHerts

@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 23<sup>rd</sup> 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](http://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.**

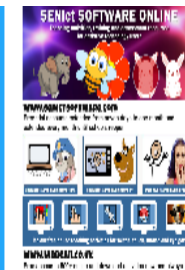
<https://sites.google.com/bridgend.ac.uk/alnhomeschool>

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)



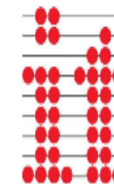
OneSwitch

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



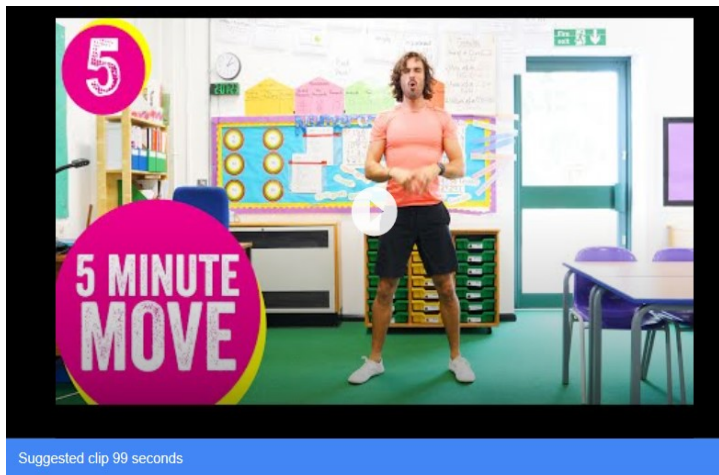
### An act of kindness in our community

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

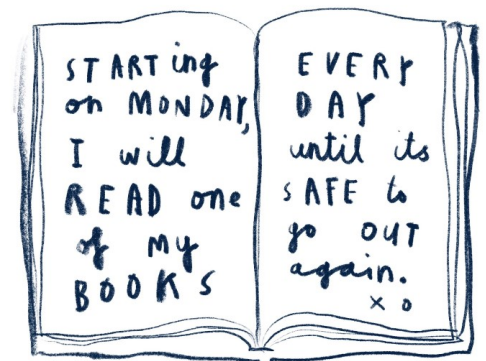
**'PE with Joe' starts Monday 23rd March at 9am (every weekday morning) as the children will not be able to do regular PE lessons.**

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,

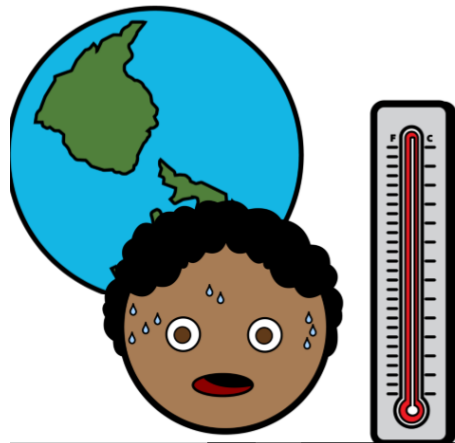


A BOOK a DAY

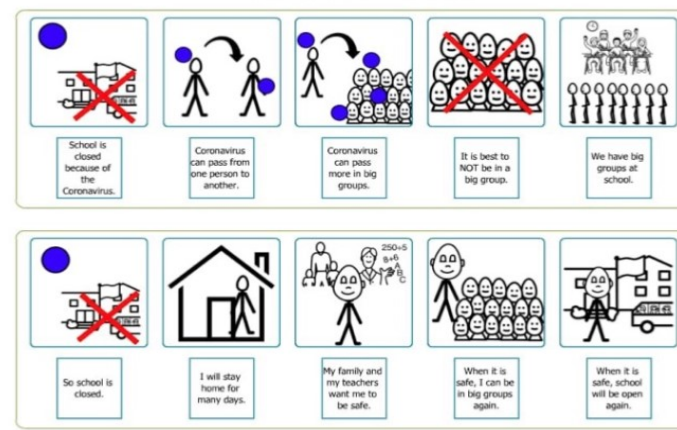


We use social stories to help children with autism understand difficult social situations. If you would like one about a particular situation, email Mrs Curry. Stories about the virus and school closure are being sent out via parentmail and have been shared with the children.

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

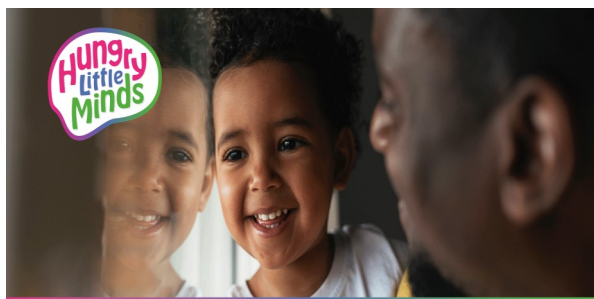


**[www.elsa-support](http://www.elsa-support.com) has lots of free resources to help children understand their emotions and feelings.**

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](http://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/](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.

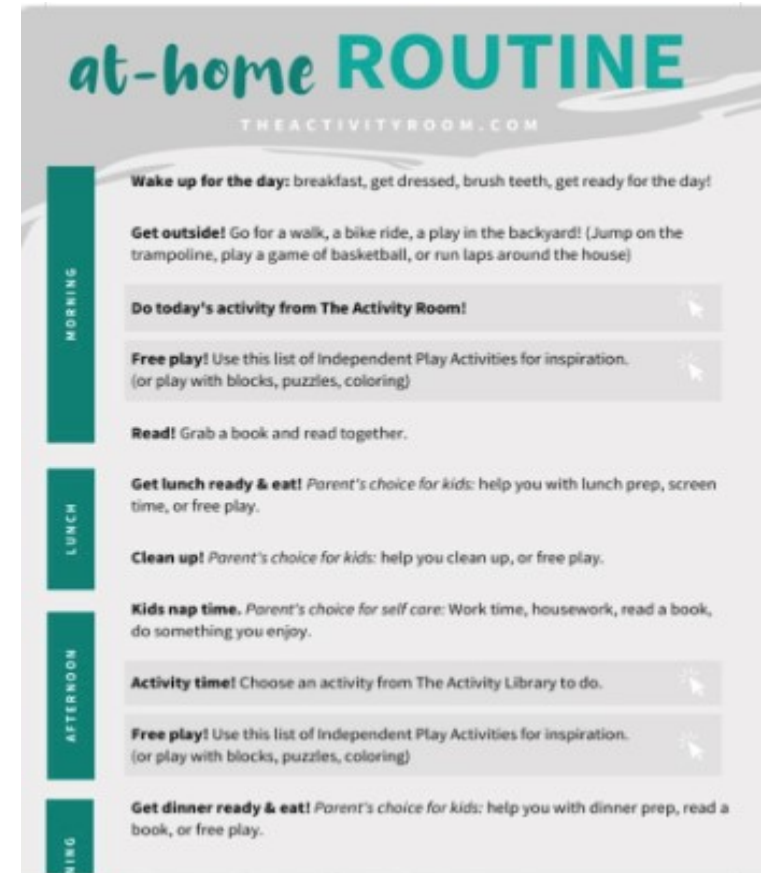


Nursery – Year 2 – Foundation Phase	
9am-9.30am	What's the last thing you learnt about? What do you know?
9.30am-10am	Play – outside if possible
10am-10.30am	Reading time
10.30am-11.20am	Break – more play and a snack
11.20am-12pm	Writing, drawing and numbers
12pm onwards	Lunch & play

Year 3 – Year 6 – Key Stage 2	
9am-9.45	Maths practice
9.45am-10am	Play – outside if possible
10am-10.30am	Reading comprehension/shared reading, answer questions and talk about the books
10.30am-11am	Break – more play and a snack
11am-11.20am	Research. Choose a topic to explore and create a fact file about it. What more do you want to know?
11.20am-11.30am	Break
11.30am-12pm	Writing practice. Write about what you've researched. Tell the story of your learning.
12pm – 1pm	Lunch
1pm-2pm	Watch an educational video or listen to a podcast

## 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?

- |  |  |   |   |
|--|--|---|---|
| <p>I am feeling ....</p>  <p>Happy</p>    | <p>I am feeling ....</p>  <p>Sad</p>        | <p>I am feeling ....</p>  <p>Scared</p>    | <p>I am feeling ....</p>  <p>Worried</p>   |
| <p>I am feeling ....</p>  <p>Confused</p> | <p>I am feeling ....</p>  <p>Angry</p>      | <p>I am feeling ....</p>  <p>Silly</p>     | <p>I am feeling ....</p>  <p>Surprised</p> |
| <p>I am feeling ....</p>  <p>Bored</p>    | <p>I am feeling ....</p>  <p>Frustrated</p> | <p>I am feeling ....</p>  <p>Confident</p> | <p>I am feeling ....</p>  <p>Excited</p>   |

A collection of colorful, playful toys arranged on a reflective surface. The toys include a red heart-shaped block, a yellow smiley face ball, a green frog figurine, a blue brush-like object, a white skeleton figure, a yellow chick-like object, a purple object, and various other colorful blocks and rings. The background is white.



# 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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(1998/1999) 1/23 Longford-1998

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

