

Top Tips – May

Dear Parents/Carers,

We hope you are safe and well. Please see below our updated newsletter with top tips for supporting your child at home. It is a difficult time and you and your child's emotional wellbeing is paramount, so please do not feel overwhelmed by this information. Take out the meaningful and relevant information to help you and your child at this challenging time.

Please stay safe and take care.

Additional Learning Needs Inclusion Team

Website Links: Coronavirus	
https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx	Guidance with visuals - Guide to social distancing and a guide to staying at home
https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/	Free information book explaining coronavirus (5-9 year olds)
https://www.bbc.co.uk/newsround/51342366?fbclid=IwAR3CyZq5rzXVoyGCgWjppx6YqoetuZ1tP16y7wMjUR6uwgWYhRmf0aFTrAs	<i>Newsround video - Drs Chris and Xand explain what's happening.</i>
Website Links: ASD	
https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=FrWuh-CMgcQ	The Autism Toolbox: Girls and ASD – Bucks Family Information Service. This “Toolbox” brings together advice, activities and resources relating to autism. Topics include: Emotional Wellbeing, Friendships and Relationships, understanding and Managing behaviours.
https://www.autism.org.uk/about/what-is/gender/stories.aspx	How do women and girls experience autism?
https://www.pinterest.co.uk	NAS Swansea - Pinterest page has lots of fun and practical activities.
Website Links: Sensory	
http://www.theotroom.com/home	Lots of useful sensory motor activities including sensory diets, proprioception activities, heavy work activities, deep pressure, DIY sensory bins and changing how alert you feel.
https://search3.openobjects.com/mediamanager/ealing/directory/files/making_moon_sand.pdf	How to make moon sand
https://search3.openobjects.com/mediamanager/ealing/directory/files/playdough_recipe.pdf	How to make no cook playdough
https://www.rhymingmultisensorystories.com/	Rhyming multi-sensory stories

Website Links: Home Learning	
https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tes.com%2Fteaching-resources%2Fshop%2FPhonicsforSEN%3Fp%3D2&data=02%7C01%7CVallanceR8%40Hwbcymru.net%7Cdbc6bca5dbd049cd47fb08d7dec79423%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C637222821081716281&sdata=nuKPT4xcaZg7L7dqxIC7qB2rU%2FbLFcmcho6%2BeYeJBek%3D&reserved=0	Link to phonics resources for pupils with SEN from TES
http://www.cypsp.hscni.net/resource-pack-for-children-young-people/	Link to resources and support from child and young people's strategic partnership
https://www.booktrust.org.uk/books-and-reading/have-some-fun/cymru/	Stories to enjoy, rhymes and songs to share, and fun games and activities from some great authors, illustrators and storytellers from Wales.
https://www.englishmastery.org/our-response-to-coronavirus-covid-19/	Free home learning resources from English Mastery-Primary and Secondary
https://www.theschoolrun.com/overcome-reading-barriers	How to support your child's reading at home
https://m.youtube.com/channel/UCpkztoFHlgP4jpdKWNWaHA	SEN blog including activities and games
https://drive.google.com/file/d/1tLO_ju4I3aGQmZY9Z7ZxhUWofAxmIomV/view	Supporting CYP with Neurodiverse conditions by NPT Educational Psychologists
http://www.s4c.cymru/cy/ysgol-cyw/	Welsh medium resources and activities for younger children
https://explorify.wellcome.ac.uk/	Science activities
https://www.codecademy.com/	Learning how to code
https://www.visitswanseabay.com/swansea-bay-at-home/	General activities
https://www.facebook.com/116423535060106/posts/2868275619874870/?sfnsn=scwspwa&extid=CWCdKzOZ2l7Xki74	Department for Education is offering children a free digital download of it's weekly newspapers for a short while.

Information from supporting service children in education Wales

NEW RESOURCES

Website

A one-stop-shop of information and resources for schools, education settings, local authorities, Service children and Service families.

www.SSCECymru.co.uk

SSCE Cymru School Toolkit

Includes information, advice and signposting to relevant support, broken down into eight sections: The Armed Forces in Wales, Service children's experiences, Education in Wales, Data and school admission, Mental health & wellbeing, Youth Provision, Funding and Research.

www.SSCECymru.co.uk/Toolkits/SchoolToolkit

SSCE Cymru Tools

Produced in conjunction with the SSCE Cymru School Toolkit, these resources can be downloaded, tailored and used schools, parents/carers and/or Service children.

www.SSCECymru.co.uk/Toolkits/SSCECymruTools

Directory of support

Includes details of nearly 100 organisations that are relevant to supporting Service children; with search and filter functions that help users utilise the breadth of information.

www.SSCECymru.co.uk/Resources/DirectoryOfSupport

Welsh films

Celebrating Service children learning Welsh and sharing their new language skills.

www.SSCECymru.co.uk/ServiceChildren/LearningWelsh

Case studies

Sharing good practice examples of how schools and local authorities are identifying the need of their Service children and supporting them.

www.SSCECymru.co.uk/Resources/CaseStudies

Website Links: Speech and Language	
https://positivepsychology.com/communication-activities-adults-students/	39 Communication Games and Activities for Kids, Teens and students
https://speechbloguk.com/top-10-apps-for-4-7-year-olds/	Top 10 apps for 4-7 year olds from Speech blog uk
https://www.andnextcomesl.com/p/speech-barrier-games.html	The ultimate guide to barrier games for speech therapy (plus loads of free printable games)
https://www.ealhub.co.uk/home-learning-area/	Home learning area for children of EAL hub, lots of free sources e.g. comprehension, social scenes, word knowledge activities.
https://portfield-special-school.j2bloggy.com/?page_id=3848	Communication and education resources for children with significant needs
https://www.j2e.com/portfield-special-school/JanO/Website+Documents/PDF/Work+From+Home/EarlyInterventionParentHandoutsEverydayItemsforSpeechandLanguage.pdf	Speech and language activities using everyday items around the house for younger children

Useful Facebook Pages:	
Gina Davies Autism Centre	Attention Autism strategies and video examples
TACPAC	Videos and activity plans to follow at home
Story Massage programme	Videos of story massage to try at home

Website Links: Well Being	
http://www.newportmind.org/young-people-s-services/	A Changing Minds Guide to Lifting Up in Lock Down

Wellbeing tips and useful apps from Hampshire CAMHS Innovations and events

WELLBEING TIP OF THE WEEK APPS TO PROMOTE WELLBEING



STOP, BREATHE, THINK KIDS

Meditation & mindfulness exercises made easy and fun. Uses fun emojis and mindfulness missions! Helps with sleep, breathing techniques & managing emotions.

Apps for children



SMILING MIND

FREE Guided meditation to help manage stress, anxiety, and sleep and challenges of day-to-day life. Has helpful sections divided by age and difficulty you would like help with. Has kids & youths programs for 3-18 year olds.



COSMIC KIDS

Fun yoga & mindfulness adventure videos. FREE 2 week trail. The mindful eating one is great! They also have a brilliant YouTube channel (cosmic kids yoga) which is FREE.



HEADSPACE

Guided meditations to help manage stress, anxiety, & sleep.

Featured Kids & Parents section packed with lots of lovely ideas and sessions including sessions on kindness, calm and focus.

Sessions broken down by age with those suitable for under 5's, 6-8 years, & 9-12 years. Has great 'sleepcasts', which are prolonged guided imagery to help with sleep for children and lovely mindful activity ideas as well as parenting support. Definitely worth checking out.



BREATHE, THINK, DO SESAME

For younger children (2-5 years). Teaches skills such as solving everyday challenges, planning, problem solving, & managing emotions.



MINDFUL POWERS

Teaches mindfulness techniques for children up to 8 years of age.

Mindfulness Tip Of The Month



SIMPLE GROUNDING TECHNIQUE

If you're feeling anxious or worried, bring your attention back to the current moment with this simple grounding exercise. Notice the following around you:

- 5** things you can see
- 4** things you can feel
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste