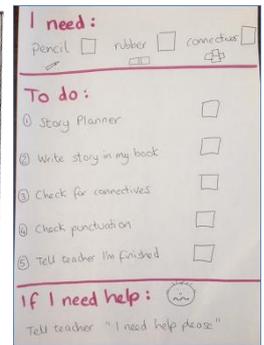
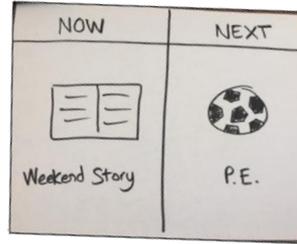


Conversational Partner

Routine, routine, routine.... When children and young people are unable to access the usual routine of school, it is important that adults support them in establishing a simple routine within the home environment – with a variety of activities.



Child/ young person would benefit from understanding what they are doing across the whole day/ week – a written timetable/ diary could help with this.



Hand written planners can provide structure for tasks: break tasks down into smaller points – whether this be school based work or home activities e.g. painting/ washing up.

Breaks, breaks, breaks... while adding routine into the day with a variety of activities (as possible). Ensure children/ young people are provided with **regular physical** and **sensory breaks** to Movement breaks every 10-15 minutes: start jumps, jumping jacks, walking to the bathroom, walks up and down the stairs/ corridor.



Simple timers to be used to provide clear start and end points and support breaks from screen time – set screen time as part of routine/ daily timetable.



Managing Emotions... your child may express a range of different emotions, in a range of different ways during their time at home and away from school. Try to remember these things...

Acknowledge all emotions

and label how they are feeling - emotions are difficult concept for all children and young people to understand.





I feel angry

I can...

- Go for a walk
- Talk
- Go to reading corner
- Take 5 deep breaths

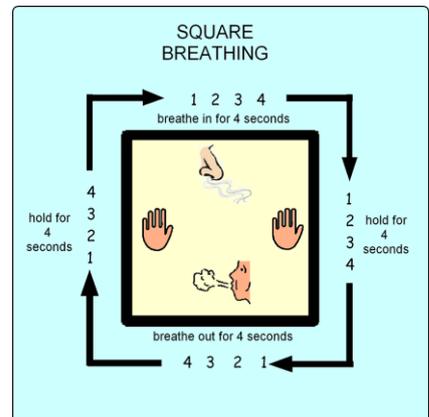


I feel sad

I can...

- get my straw
- squeeze
- choose an activity
- Go for a walk

Square Breathing: An exercise that helps to regulate the breath and heart rate, reduce feelings of tension, confusion and panic



Regulators: Provide support strategies when a child/ young person is displaying a certain emotion. For example, 'If you're feeling anxious you can....have a hot drink/ do some exercise, listen to music etc.

Useful Links:

- 30 Days free symbol software: <https://widgitonline.com/offer> - use code JAN2021
- Oak National Academy: <https://www.thenational.academy/>
- Newham Support for SEND YouTube Channel: https://www.youtube.com/channel/UCu5wLbEaDu_KoKhjGtwZfaw