

SEND & SEMH

Newsletter 25/26

Resources, articles and tips!

via clickable links



Video - Calming strategy of the 5,4,3,2,1 Grounding Technique

This is a technique often used in school as a strategy if a child is anxious or heightened, and is an effective distraction tool to calm thoughts through mindfulness

2. Webinar - Neurodiversity & Sleep: the importance of routine

A Specialist Sleep Practitioner shares expert tips on building an effective bedtime routine for your child - covering the importance of structure for children with additional needs, how to customise a routine to suit them, and what a successful bedtime routine looks like in action. ...



3. Book - Abilities in me: Speech delay.

Explore the day in the life of a young girl with speech delay through this beautiful book. Bringing awareness of the condition and teaching children how to be supportive and be kind, showing how each child can celebrate their abilities within their disability, find acceptance and create awareness to those around them.

DID YOU KNOW...

Incorporating gestures and actions such as waving for "bye-bye," helps to make language more understandable and aids communication.

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin