

SEN Resources for Home Learning

The school closure and the news around Coronavirus can be a worrying time for all children but especially those with Special Educational Needs. The changes to children's routine may make some children confused, anxious and unsettled.

On this page, we have given you some resources to support you in having conversations with your children, support with their home learning, ideas and resources to support mindfulness, emotional support, wellbeing and resilience and information from the government.

We will be updating this page as more information and resources become available so check back again soon.

<https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/>

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Roll-a-positive-question.pdf>

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/We-are-at-home-right-now.pdf>

<https://www.ianbean.co.uk/senict-members-resource-portal>

<https://www.helpkidzlearn.com/#>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-advice-for-families-staying-at-home/>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

<https://educationendowmentfoundation.org.uk/covid-19-resources/>

<https://www.variety.org.uk/pod-ability>

<https://www.childline.org.uk/toolbox/calm-zone/> - sensory calming activities

<https://en.calameo.com/read/000777721945cfe5bb9cc?authid=Xu9pcOzU3TQx> - Everybody worries book (ebook)

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg

<https://www.youtube.com/user/CosmicKidsYoga> - for if you fancy a change from doing the Joe Wicks PE session!!

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

There's youngminds.org.uk

Internet safety- Children and young people may be having more screen time so it is important that they keep themselves safe online and parents and carers have an important role in this.

Internetmatters.org provides a range of support for families to enable all family members to stay safe.

thinkuknow.co.uk has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.

net-aware.org.uk is a parent's guide to social networks, apps and games to check out before letting your children use them

Here are a few websites and activities that you might enjoy doing with your children relating to confidence and resilience:

<https://sesamestreetincommunities.org/topics/resilience/>

https://mindedforfamilies.org.uk/Content/building_confidence_and_resilience/#/id/59e4d478ab5c1b176f1e2aea