



THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 4
2020

13th April

I hope you and your families are keeping safe and well at this time. We are aware of the commitment and support being given at home by parents and carers to encourage children to complete learning tasks together with maintaining a daily routine. We appreciate just how difficult this can be. Our focus for this week's newsletter is fun and well-being. We hope that your children will enjoy some of the ideas and resources illustrated below.

As we continue to enjoy the warm weather, we know how tempting it is to spend time outdoors with your families, but apart from your daily exercise, let us all continue to stay at home, protect the NHS and save lives.

Take care, Joanna and team



EMOTIONAL WELLBEING - Kate Griffiths

Art is a wonderful way to relax and has been proven to ease anxiety and stress in children. Art activities allow them to express their feelings and emotions in imaginative and creative ways. With this in mind here are some fun holiday activities and ideas that you might like to try:

Magical mandalas- Mandalas are sacred circles from eastern cultures. Children can sit and colour them to help them feel calm and relaxed or create and decorate their own with [print mandala](#) or [the spruce crafts](#).

For children and young people who like cartoons [Pete McKee](#) is posting free cartoon workshops on his You tube channel.

You can also [download](#) Quentin Blake drawings to complete and colour in:

If you are running out of paint and art materials [the imagination tree](#) website has some great ideas for making Art from things we can find in our gardens:

From the [Anna Freud National Centre for Children and Families](#) see;

A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption. When we think about wellbeing, we are thinking about our physical, mental and emotional health. Good wellbeing is usually indicative of good balance in life. At this time of change and uncertainty, focusing on our wellbeing becomes even more important.





AUTISM - Jules McLean

As a direct response to the COVID-19 crisis, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the crisis. Click [here](#) to find out more.. thinkNinja

Cove – Improving Mental Health through Music app

Not everyone finds talking about feelings helpful or easy. Some children may find it easier to express and explore their thoughts and feelings using [Cove](#). This is a free app, recommended by the NHS, that helps to improve mental health through the power of music. Instead of words, create music to reflect emotions like joy, sadness, calm and anger.

The following is a [list](#) of ways to help reduce an autistic child’s anxieties during Covid-19

See [Autistica](#) to read some really good advice for young people and adults on ways to self-help with anxiety due to Covid-19. There’s is a helpful short video which demonstrates what adults are doing to cope with the lockdown.

The link below is to an app which has a series of videos designed to motivate your child to comply with daily routines such as dressing, maintaining hygiene- there is a small charge.

[Daily routines](#)

[Visuals2Go](#) an all-in-one app created to support young people with communication and learning difficulties. For verbal and non-verbal learners.



FAMILY & CHILDREN AT HOME - Clare Viney

In this Easter edition of the [Family Information Service Newsletter](#) you will find online workshops by the Recovery and Wellbeing Academy and Digital Schoolhouse, indoor family activities for Easter, an important update from Warwickshire libraries and much more. To sign up to the FIS newsletter click [here](#)

Take a look at this [Self Care Kit](#) by Kathryn Holden for children of all ages. It normalises and addresses feelings of worry and anxiety including fun activity ideas accessible for all children nurturing a feel-good factor at this unprecedented time.

Explore Easter Holidays fun for families for some ideas that won’t break the bank and are great for indoors see [Family Lives](#).

For some reputable advice on how to talk to your children about coronavirus see [BBC Newsround](#) or [The British Psychological Society](#).

Heart-Warming Stories;

Siblings from Ohio put on an impromptu classical concert for their elderly neighbour who is self-isolating amid coronavirus concerns. See this article by [People Magazine](#) for many more heart-warming stories to come out of the Coronavirus crisis which will hopefully make you smile and lift your spirits.



We continue to welcome photos of the things you and your children have been doing at home (no children's faces in the photos please). Please email your photos to enquiries@sendsupported.com



This beautiful Easter themed bunting was created by Evie and Milly.



'Emotions' chocolate eggs designed by Florence



www.sendsupported.com
enquiries@sendsupported.com

07718 29974

 @SendSupported



Joanna Burden
Editor



Amélie Sartain
Design