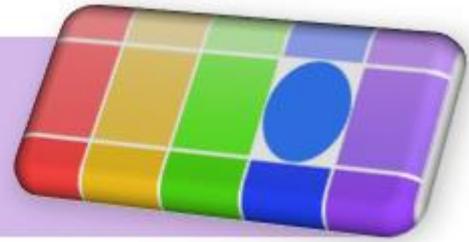


THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 5

20th April 2020

A warm welcome back after the Easter holiday and at the start of what will be a very different Summer Term! It's only natural that children and young people will feel unsettled by the extreme changes to their daily routine and reduction in their support networks that have come about as part of the national effort to control the spread of COVID-19. We encourage you all to take a moment to reflect on all that has been achieved in your household and the challenges you have overcome to date. Stay safe.

The 'APPLE' technique for tolerating uncertainty - The charity Anxiety UK suggests practising [the 'Apple' technique](#) for tolerating uncertainty, dealing with anxiety & worries.



- **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- **Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Then shift your focus of attention to something else – on what you need to do, on what you were doing before you noticed the worry, or do something else – mindfully with your full attention.

Take care, Joanna and team



AUTISM - Jules McLean

People with learning disabilities or autism can leave the house for exercise more than once a day and can travel outside of their local area under current lockdown measures, the government has said. See [Autism and Learning Disabilities](#) for further information.

Daniel Morgan Jones is 33 and has Asperger's syndrome, attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD) and dyslexia. For many autistic people dealing with so many changes at this time can be particularly difficult and worrying. Daniel shares his experience of how the pandemic is impacting his life at the moment and his top tips for dealing with the changes... To read more see [Daniel Morgan Jones](#)

You can wander through some of the world's most iconic museums without having to leave the comfort of your favourite throw blanket. Google's Arts & Culture collection, street view, and official sites allow you to travel virtually to London's British Museum, Van Gogh Museum

in Amsterdam, France's iconic Louvre, NYC's own Guggenheim, The Museum of Modern Art and [more](#).

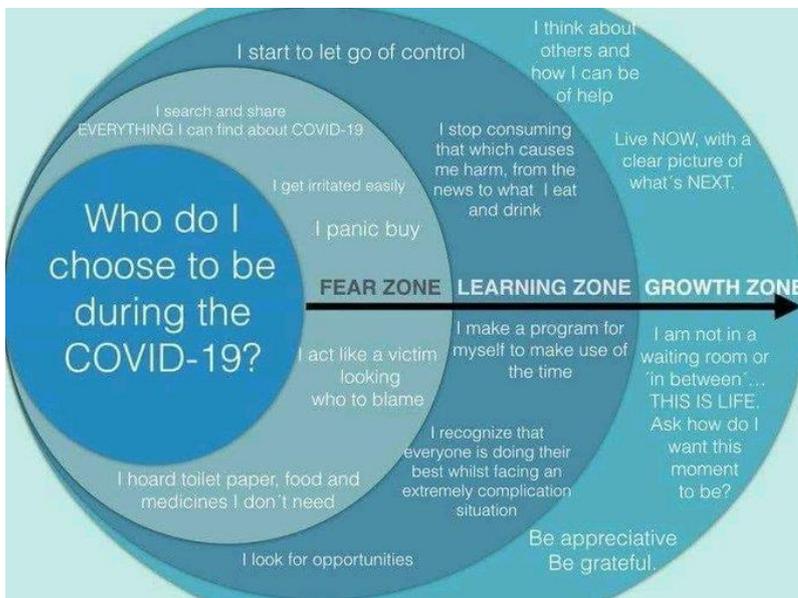
See [100 things to do indoors](#) - have a go at some of these activities and send in your pictures and stories to enquiries@sendsupported.com (no children's faces in the photos please). This is a free download.



EMOTIONAL WELLBEING - Kate Griffiths

This week I have chosen to share two useful visuals that I think will help colleagues working with Children Young People and their families. (They are also very relevant to our own needs during this time!)

I think the visual (below-left) is particularly useful at the start of what is going to be a very challenging Summer Term. Dr Tina Rae who shared this model spoke about how initially both adults and children would have been in the fear zone, but it is now time to look at how we can support each other to move towards and into the growth zone. How can we support our pupils and their families to not just stay still and cope, but move forward and use their time in both an enjoyable and constructive way? Also useful is this new hierarchy of needs: lockdown version tweeted by Dr Tina Rae in considering young people's changing needs.



Hierarchy of needs: lockdown version



www.sparkleclass.com



LEARNING - Clair Cole

You may want to ease back into the structure of a 'school day' so this week here are some suggestions to help make the whole learning process more relaxed.

1. Build in plenty of opportunities to get up and move around.

- Take a look at [active kids do better](#) - this website has some fun ideas that are easy to do in your home or garden, for example 'It's Snowing' Make snowballs by squeezing paper tightly into ball shapes, divide an area in two using a skipping rope as a net, with a player or team on each side. Share the balls out evenly. On the command 'Let it snow!' players throw the balls into the opposite side. The aim is to underarm throw all the balls to the other side of the net.

The player or team with the least snowballs on their side after two minutes wins.

- The [Active Classroom](#) section of the website lets you create some quick and playful video sequences, demonstrated by children, to break up learning sessions. Choose the actions, duration and a music track then off you go!

2. Sit back and enjoy stories and poems:

Ruth Miskin are releasing storytelling and poetry telling films:

Storytime with Nick

From Monday 20th April, we are releasing *Storytime with Nick*; films of well-loved stories read by Nick Cannon, a trained actor, teacher and trainer and a wonderful storyteller. [See him in action here](#). Three stories will be published each week on our YouTube channel and are ideal for Nursery, Reception and KS1 children. Most films will be available for the period of school closure. [Ruth Miskin Training](#) website also has further assistance for carers during the period of school closure.

Poetry Time

We have added [Poetry Time films](#) to YouTube and PDFs of the poems below. The films will stay on YouTube so children and parents can join in and enjoy them again and again.

3. Play board games

As well as being fun, [board games](#) can help children's memory, decision making and problem-solving skills.

4. Finally, for teachers in particular, there is a very generous offer from [Crick Software](#) for both teachers and pupils to use their word processing software for free during school closures. This would be a great opportunity to try out this software if you haven't used it already – it is really helpful for any pupils who are finding reading and writing more challenging as it will read out loud, provide predictive text, word banks with pictures, talking spellcheck plus other features.



FAMILY & CHILDREN AT HOME - Clare Viney

In this edition of the **Family Information Service Newsletter** you will find some important information about support services for domestic abuse, advice on how to prevent accidents and protect your family, information on healthy start vouchers and much more. Click [Family Information Newsletter](#) to view.

On a lighter note ... 'for some wildlife activities that can be done from home - go Ryton Pools Facebook page <https://www.facebook.com/RytonPools>

NHS Stress control 2020 - Watch six free of charge sessions, read the booklets and try the relaxation and mindfulness suggestions. You can find the sessions on YouTube and at [Stress Control](#)

There is plenty of support available to keep children safe online. Useful links include:

- ✓ [ThinkUKnow](#) for advice from the National Crime Agency
- ✓ [Internet Matters](#) for support and practical tips to help children use the internet safely and smartly
- ✓ [Parent Info](#) for support and guidance for parents from leading experts and organisations
- ✓ [Online Safety London](#) for online safety and safeguarding
- ✓ [Net-Aware](#) for support for parents and carers from the NSPCC



Heart-warming & good news stories - Amélie Sartain

The “Adopt a Nan or Pop” scheme in Australia pairs a volunteer with each vulnerable person so they can receive all the basics throughout the quarantine period.



Respiratory therapist Angela Primachenko awoke from her medically induced coma on Wednesday 15th April to learn that whilst she was fighting the corona virus, the doctors at her hospital decided to induce her labour, and she gave birth to a healthy baby girl Ava, who she later met for the first time when she was five days old!

And finally...

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



Colourful words of hope painted by Florence



www.sendsupported.com
enquiries@sendsupported.com

07718 29974

 @SendSupported



Joanna Burden
Editor



Amélie Sartain
Design