



Ansley Common, Nuneaton, CV10 0PY. 02476 392 318.
Head of School: Ms J Clarke

31 March 2020

SEND and Wellbeing Support

Dear Parents/Carers,

We hope that you have found the homework tasks useful in supporting your children academically at home. Please remember we are encouraging children to do a minimum of half an hour a day of their home learning packs and then enjoy fun activities together like singing, dancing and getting creative.

We understand that some children are finding this situation challenging and stressful and it is important that we try to keep children as calm and happy as can be, below are some further web-links to support your child.

Support with Stress and Anxiety

- https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2
- Using the 5-point scale can help children regulate emotions www.5pointscale.com
- Using feelings cards and emotion pictures are ways for children to share their feelings with you - the children could even make their own emoji's to share how they feel.
- Social stories and comic strips are a great method to share with children what is going on in the news such as https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
- BBC Newsround also addresses concerns related to current news <https://www.bbc.co.uk/newsround>

Mindfulness colouring can help to provide some anxiety relief:

<https://www.twinkl.co.uk/resource/t-t-23878-mandala-themed-mindfulness-colouring-sheets>

Developing social skills

- Play lots of games to support social skills, winning, losing and taking turns.
- Sometimes children like to have rewards and incentives for tasks or even timers.

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- Build on your child's success and pursue what they are interested in - find topics and projects of interest whether this be animals, dinosaurs or volcanoes!
- 12 activities to try at home <https://www.friendshipcircle.org/blog/2011/03/28/12-activities-to-help-your-child-with-social-skills/>

Other methods of learning

- Audiobooks are a great resource - <https://stories.audible.com/start-listen>
- Allow your child to use a word processor to type written tasks
- Give your child something to fiddle with whilst they listen to you to aid concentration.
- Make the area for learning a quiet and calm space.
- There are lots of live video links to zoos, theatres and museums that can provide discussion.
- Create a jar of activities and choose one daily such as watch a film, go on a scavenger hunt, build a tower competition etc.



- 'Safe Place' Pillow

Write positive phrases on a pillow to make a 'safe place,' This can be a reminder for children to feel safe at night or in the morning.

Or create a set of worry dolls for children to share their thoughts with.



Further sites of support for both you as a parent and your family

- www.autism.org.uk
- www.actionforhappiness.org/media/530511/ten_keys_guidebook.pdf
- <https://www.nhs.uk/Conditions/stress-anxiety-depression/>
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Remember our Local Authority also has support available:

- <https://www.warwickshire.gov.uk/childrenandfamilies>

Remember to follow *Government Guidance* to stay safe and well.

Yours sincerely,

Ms J Clarke and Mrs C Wright

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