

# South Somerset Partnership School

## SEND Support at home – Week 5 – 8<sup>th</sup> June 2020



### PRIMARY

Dear Parents,

Welcome to our SSPS SEND (Special Educational Needs and Disabilities) newsletter. Please pick and choose the activities which you think best meet the individual strengths and needs of your child. If there is a specific area of need or support that you would like added to the newsletter, then please email the office with the title 'SEND newsletter.' You will also find resources to support specific needs on the SSPS website.

### Communication & Language



### Physical & Sensory



#### Pictionary – communicate through drawing.

**What do you need:** Something to draw on and something to draw with! Some pieces of paper or post it notes with objects written on them (which are easy to draw.)

**How to play:** If you have 4 or more people, you can split into two teams. One person from each team is going to draw first. The partner for that player has to try and guess what they are drawing. The team with the most guessed words wins.

#### Vary it...

You could let players draw as many words as they can within a set time limit and get a point for each guessed word.



#### Create a shared piece of art.

On a giant piece of paper/cardboard/strip of wallpaper, work together on some shared art.

Everybody chooses a section and starts creating lines/shapes/patterns/colours – whatever you wish to create.

After 5 minutes, everyone moves around and adds to another part of the paper.

Why not play your favourite music while you create? Does the type of music you play, alter your style?

Send us a picture!



### Learning - Working Memory



### Managing our Feelings



#### Proper Paper Planes

Can you design a paper plane?

(instructions below)

Can you remember how to make this plane?

Can you teach someone else how to make this plane?

What is the furthest distance you have thrown it?

The world record is 226 feet!

Why not take it to the park and see how far it will fly?



#### Do the mood walk

Create a walk or dance to go with different moods and feelings – get someone to guess the feeling you are acting out through your walk.

#### Make some food together

This can be anything you would like to create. Why not have a mini bake off? Or make a fruit salad – try to include your favourite fruit...consider a combination you have never tried before. Help prepare the fruit by peeling the banana or washing the berries.

Enjoy the sharing together...why not add some ice cream!



#### Upcoming events/useful links

- CAMHS have created the following webpage full of useful resources and contacts to support teachers, parents and young people - <https://www.camhs-resources.co.uk/>
- Somerset's Coronavirus helpline 0300 790 6275.
- If you would like to speak to an Educational Psychologist with any concerns arising for you, or your family during this time they are able to offer support. Please email - [EPShelpline@somerset.gov.uk](mailto:EPShelpline@somerset.gov.uk), leaving your name, school name and times you are NOT available to talk. You can also call 01823 357000 but waiting times may be longer.

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SENCO: Louise Conway-Byron



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### SECONDARY

Dear Parents/Students,

Welcome to our SSPS SEND (Special Educational Needs and Disabilities) newsletter. Please pick and choose the activities which you think best meet your/your child's individual strengths and needs. If there is a specific area of need or support that you would like added to the newsletter, then please email the office with the title 'SEND newsletter,' or tell your tutor. You will also find resources to support specific needs on the SSPS website.

#### Communication & Language



#### Physical & Sensory



##### Pictionary – communicate through drawing.

**What do you need:** Something to draw on and something to draw with! Some pieces of paper or post-it notes with objects written on them (which are easy to draw.)

**How to play:** If you have 4 or more people, you can split into two teams. One person from each team is going to draw first. The partner for that player has to try and guess what they are drawing. The team with the most guessed words wins.

##### Vary it...

You could let players draw as many words as they can within a set time limit and get a point for each guessed word.



##### Art Club

This week's focus – Fantasy. Let your imagination run wild. Create a picture from your imagination. If you need help with getting started, then why not try taking parts of different animals or characters and merging them together.

##### Extremely therapeutic and calming



#### Learning - Working Memory



#### Managing our Feelings



##### Proper Paper Planes

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**Try the mindfulness activities below** – if you are feeling anxious or unsettled, this may help.

##### Social engagement - Guess who

Make a game of 'guess who' using pictures of your friends and family!

**Novelty** – create a funky fashion item from a pair of sunglasses or remodel a bag or pair of shoes. Send us a photo!



##### Upcoming events/useful links

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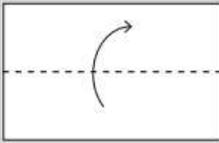
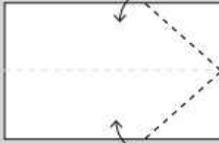
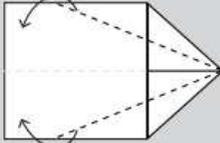
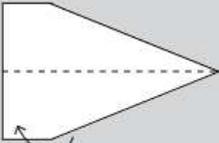
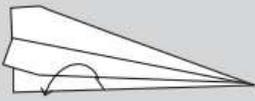
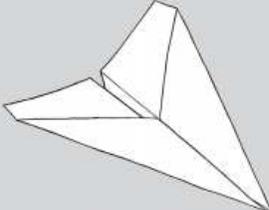


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Here is a basic design for a paper aeroplane. Can you adapt it to make a faster model?

<p>1</p>  <p>You will need a piece of A4-sized paper.</p>	<p>2</p>  <p>Fold the paper in half longways then opening it out flat.</p>	<p>3</p>  <p>Fold in two of the corners so they meet at the centre fold.</p>	<p>4</p>  <p>Fold the outer edges in again to meet at the centre fold.</p>
<p>5</p>  <p>Turn the paper over and then fold it in half in the middle.</p>	<p>6</p>  <p>Fold down the wings on each side so that they meet with the bottom of the plane.</p>	<p>7</p>  <p>Your plane is ready to fly! How far can you make it go?</p>	
<p>8</p>  <p>Check who has designed the best aeroplane by testing which one can fly the farthest! Remember to make it a fair test by throwing the paper aeroplane from the same place each time.</p>			



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### **Mindfulness activities**

Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. Practicing mindfulness a little bit every day helps you to build this valuable skill.

These exercises help you practice mindfulness in four different ways. Try doing all of them.

As you do each exercise, you will probably find that your mind wanders after a minute or two. That's normal — minds do that. Your job is to gently bring your attention back to the thing you are focused on. The more you practice doing that, the better you train your brain to pay attention.

#### **1. Mindful Eating**

You can do this with an orange, an apple, or even something as small as a raisin.

Let's say you decide to do mindful eating with an orange. Your job is to eat the orange slowly, without rushing. Mindful eating means really paying attention to what you are eating. You can do this mindful eating exercise with your eyes open or closed.

1. Start by holding your orange. Roll it in your hand. Notice how it feels.
2. Hold the orange near your nose. What does it smell like? Take a whiff of the bittersweet smell of the orange peel.



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3. If you have your eyes open, notice how the orange looks. Pay attention to whether the skin is smooth or bumpy. If you hold it firmly, is it squishy?
4. Slowly peel your orange, paying attention to how it feels in your fingers. Notice the juiciness, and whether the inside of the orange smells different from the outside.
5. Is your mouth watering? Go ahead and taste your orange. Notice how it feels on your tongue, and against your teeth. Notice the flavour, the texture, and the juiciness as you chew each piece slowly. Take your time as you chew, taste, smell, and feel each bite of your orange.

### 2. Mindful Breathing

With this exercise, you focus your attention on breathing. You want to pay attention to your breath in an easy way — on purpose, but not forced.

1. Sit up in a comfortable way. Close your eyes.
2. Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?
3. Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
4. Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
5. When your mind starts to wander and think about something else, gently guide your attention back to your breathing.

### 3. Mindful Walking

This exercise is about paying attention to how your body moves as you walk slowly.

1. To start, pick up one foot and take a step forward, in slow motion. Pay attention to how you naturally keep your balance.
2. Now walk in slow motion, step by step. Notice how your arms, legs, and feet move. Pay attention to how your knees bend and straighten, as you lift one foot and then the other, nice and slow.
3. Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe.
4. Whenever your mind wanders, gently guide it back to your s-l-o-w motion moving. Keep breathing, in and out, as you enjoy moving in slow motion.



### 4. Mindful Word

1. Think of a word that seems calm or soothing. This could be a word like "peace" or "love" or "peaceful" or "snowflake" or "sunlight" or "hum" or "calm."
2. Think the word to yourself. Say it silently and slowly in your mind. Say your word to yourself with each breath you take, in and out. Keep your attention gently focused on your word.
3. When your mind wanders, guide your attention back to your word, and keep saying it gently and slowly while you relax and breathe.
4. Can you do this for a whole minute? Can you do it for 5 minutes?