Sybil Elgar School | Our Transdisciplinary Team Newsletter

Using our senses to relax and have fun

We can all use our senses to help ourselves relax and feel happy
Here we have provided a suggested activity for each of the senses.
You may like to try these during the half-term break.

Sensory system	Suggested activity
Visual	Do some painting with some bright colours on a big sheet of paper using your hands/ fingers Finger painting can be for 'big kids' too! <u>Tip:</u> if you child doesn't like getting their hands messy give them a brush or other utensils
Hearing	Sit down with your child and spend some time listening to their favourite songs which help them feel happy. Make a list together so they can remind themselves if they are feeling sad another day. <u>Tip:</u> Making a list including pictures can be helpful for those still learning to read →

Touch and taste	Spend some time making a recipe which involves using your hands – making pizza or cookie dough for example <u>Tip:</u> if you child doesn't like getting their hands messy give them a spoon or other utensils. Let them watch your getting your hands "messy" so they see it is safe	
Smell	Go into your garden or local park and smell some flowers. Talk about the smells. If the weather is too wet, encourage your child to smell the fruits or vegetables in your kitchen.	
Vestibular (movement and balance)	Go to the local park and challenge yourself and your child to do 3 different movement activities – perhaps jog for a while, go on the swing, use the outdoor gym	
Proprioception (awareness of body in space)	Do a short yoga class on YouTube. "Cosmic Kids" YouTube yoga videos involve a story	
Interoception (internal sensations)	Talk about sensations during activities. This helps your child's awareness and understanding develop - When washing hands: "my hands feel wet" - After running around: "my legs feel tired"	

Always make sure to supervise your child/children during these activities and stop if they become overwhelmed or distressed

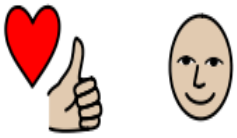
GUIDELINES FOR GOOD COMMUNICATION

TURN TAKING

Provide turn taking games and activities.
Try and include all children and young people in activities.
Use adult/peer models for support.
Expect a response and provide guidance as necessary.
Use person's name to help gain attention.
Be aware of all opportunities to take turns. Use all situations (for example queues, lunch times).
Give everybody a fair turn.
Understand when people have had enough.
Accept everybody's views.

MOTIVATION FOR COMMUNICATION

Use likes/dislikes, favourite activities.
Use social situations – including meal times.
Build in /create situations where language/pictures/ signs are required to get needs met.
Offer realistic choices.
Accept / use favourite topics as a starting point for communication.
'Reward' communication efforts with positive feedback / action



COMMUNICATION SYSTEMS

Accept all forms of communication.
Recognise difficulties in communicating needs effectively and appropriately and try and show new ways to communicate
Give and use different tools for communication - symbols, Makaton signs, photos, speech, writing.
Make sure communication aids are easily accessible (for example photo choice board, symbol key ring)

Take Care and look after yourself