

SEND 111 – Corona Virus

Distance education resources for children and young people with SEND

Coronavirus information:

1. Employment: <https://www.gov.uk/coronavirus-covid-19-guidance-for-employees-employers-and-businesses>
2. ACAS: <https://www.acas.org.uk/coronavirus>
3. Infection control: <https://www.gov.uk/government/publications/coronavirus-infection-prevention-and-control>
4. Disability services: <https://www.gov.uk/browse/disabilities>
5. Self-isolating: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
6. Emergency legislation: <https://www.gov.uk/government/publications/coronavirus-bill-summary-of-impacts>
7. Special Needs Jungle updates: <https://www.specialneedsjungle.com/latest-coronavirus-information-for-send-families/>

Health

8. NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
9. Caring for complex children: <https://www.wellchild.org.uk/ten-ways-to-keep-my-child-with-complex-health-needs-safe/>
10. Diet and eating resources: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Hand Washing

11. Tips for people with sensory difficulties: <https://sensoryintegration.org.uk/News/8821506>
12. Free resources: <https://www.schuelke.com/gb-en/news-media/Hand-Hygiene-Teaching-Pack-Free-Download.php>
13. Free hand washing visual/poster: <https://abavisualized.com/handwashing/poster>
14. Video: <https://starautismsupport.com/washing-hands-supports>
15. Factsheet: <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>

Visual information resources for people with disabilities

16. Animation <https://vimeo.com/399311004>
17. Safety video by YP: https://www.youtube.com/watch?v=IlkGVB_Gyrg
18. Makaton: https://www.youtube.com/watch?v=4WRUjvt_6lc
19. Story book: <https://www.facebook.com/LittleMiraclesCentre/photos/?types=3&theater>
20. Easy read, Mencap: <https://www.mencap.org.uk/Coronavirus-easy-read.pdf>
21. Easy read, self-isolating: https://www.easy-read-online.co.uk/media/53205/self-isolating-low-res-easy-read_v1a.pdf

Social stories

22. Everyone gets sick sometimes: https://www.autismspeaks.org/sites/default/files/flu_teaching_story_final%20%281%29.p
23. Carol Gray: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
24. Medical appointments & photo's to build own social story: <https://www.rchsd.org/documents/autismspeakstoolkit.pdf/>
25. ASD: <https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>
26. A range of Coronavirus social stories, communication boards, scripts and planners for those requiring Augmentative communication support(Lower half of scrolling page and tabs): <https://www.talktometechnologies.com/pages/covid>
27. Make your own social story - guidelines and template: <http://www.rchsd.org/documents/2015/07/social-story-template>
28. How to make a social story: <https://www.autism.org.uk/about/strategies/social-stories-comic-strips.aspx>

Wellbeing

Parent carers:

29. Carers U.K. caring & contingency planning: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health>

Young people:

30. Calm Jars: <https://lemonlimeadventures.com/lego-calm-down-jar/>

31. Kooth, online anonymous mental health support: <https://www.kooth.com/>

32. Young Minds blog and other services: <https://youngminds.org.uk/blog/>

33. Headspace, mindfulness: <https://www.headspace.com/>

34. Rethink, online Coronavirus Hub: <https://www.rethink.org/advice-and-information/covid-19-support/>

35. Apps: <https://www.common sense media.org/lists/apps-to-help-with-mental-health>

36. Personalised digital self-management tools and human support: <https://braininhand.co.uk/>

Self-regulation

37. Little learners: <https://www.teacherspayteachers.com/Product/Self-Regulation-For-Little-Learners5140866>

38. As taught in schools: <http://www.zonesofregulation.com/index.html>

Exercise

39. Apps: <https://www.common sense media.org/lists/movement-apps-games-and-websites>

40. 5 yoga videos for kids: <https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

41. 10 Indoor ball games: <https://frugalfun4boys.com/ten-indoor-ball-games-kids/>

42. Joe Wicks Daily PE with: <https://www.youtube.com/watch?v=Rz0go1pTda8>

43. Teens: <https://teenyoga.com/>

Formal education resources

44. Free subscriptions: <https://kidsactivitiesblog.com/education-companies-offering-free-subscriptions/>
45. General purpose planners to plan the day: <https://illinois-school-closure-toolkit>
46. BBC Bitesize by age: <https://www.bbc.co.uk/bitesize>
47. Do2learn free social skills, self-regulation, songs, games, communication, and life-skills <https://do2learn.com/>
48. Twinkl curriculum materials, one month trial is free: www.twinkl.co.uk/offer
49. Teacher resources for children with PMLD: <https://www.facebook.com/groups/2325718580995940/>
50. Home learning guide for children with PMLD: <https://primarysite-prod-sorted.home-learning-guide-PMLD>
51. Learning packs: <https://www.ashfield.leicester.sch.uk/blue-pathway/home-learning-pack>
52. SEN Early Years resources: <https://www.empoweringlittleminds.co.uk/resources-1-early-years-send>
53. Ways to learn through play: <https://www.youtube.com/channel/UCpkztoFHlgP4jpJDKWNWaHA>
54. Understood: <https://www.understood.org/social-emotional-activities-for-children>
55. Kent Children's University <https://www.facebook.com/KentChildrensUniversity>
56. Maths: <https://www.monstermath.app/>
57. Communication Trust free resources: <https://www.thecommunicationtrust.org.uk/resources/resources/>
58. Extensive speech & communication resources: <https://eput.nhs.uk/community-health-services/childrens/speech-language-therapy/resources>
59. Resources including life-skills: <https://www.tes.com/teaching-resources/hub/whole-school/special-educational-needs/>
60. ASDAN brand new free resources age 10-19+, life & work skills: <https://www.asdan.org.uk/resources/free-resources>

Sensory

61. 150 sensory learning activities: <https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>
62. My personal Favourite, excellent stay at home kit: huge list of sensory activities, and general purpose planners to plan the day: <https://illinois-stay-at-home-kit-and-specialist-visual-planning-aids-to-print>

Activities

Keep learning relaxed and fun.

63. Huge raft of general activities: <https://kidsactivitiesblog.com/list-of-free-education-subscriptions/>
64. Activity passport: <https://www.asdan.org.uk/free-resources-40-things-to-do>
65. Live cookery lessons: <https://www.instagram.com/theocooks/>
66. Bake in Sundays: <https://www.facebook.com/itsybitsy-bakers/events/>
67. Tumble Tots live: <https://www.tumbletots.com/news/news/9414/>
68. National Geographic: <https://www.natgeokids.com/uk/teacher-category/primary-resources/>
69. Visit a virtual museum: <https://www.travelandleisure.com/attractions/galleries/museums-with-virtual-tours>
70. Museum colouring: <http://library.nyam.org/colorourcollections/>
71. 101 things for young adults to do: <https://www.catcote-futures-homepack/101-things-for-young-adults-to-do>
72. Soundabout live: <https://www.soundabout.org.uk/>
73. Electric Umbrella, live 4 times per day: <https://www.facebook.com/ElectricUmbrella>
74. Inclusion Project: <https://inclusionproject-virtual-care-program-for-young-people-4-x-daily>
75. Singing Hands: <https://singinghands.co.uk/>

Great 'virtual' escapes

Lots of children have had school trips postponed in addition to confinement; try some virtual tours for virtual space to roam.

76. Virtual field trips from Mars to Le louvre: [https://docs.google.com/document/30 virtual field trips](https://docs.google.com/document/30%20virtual%20field%20trips)
77. Museums: <https://www.theguardian.com/travel/-of-the-worlds-best-virtual-museum-and-art-gallery-tours>
78. Our Awesome Planet: <https://www.youtube.com/channel/UCym-ngDz8FjktBJvlbfwqkQ>
79. Google Earth: https://www.google.co.uk/intl/en_uk/earth/ &
80. Google Earth education: <https://www.google.com/earth/education/>
81. Yellowstone Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.Yellowstone.htm>
82. Discover animals: <https://www.natgeokids.com/uk/category/discover/animals/>
83. U.K & U.S Zoos live: <https://www.holidaypirates.com/travel-magazine/13-zoos-that-offer-live-streams>
84. Roller Coasters: <https://youtu.be/9vwAu5cEIM8>
85. Aircraft: <https://www.eyerevolution.co.uk/aircraft/>
86. Farm live: <https://www.facebook.com/AnimalFarmAdventurePark/videos/617335855483713/>
87. NASA: <https://www.nasa.gov/kidsclub/index.html>
88. Discover (us): <https://online.kidsdiscover.com/discover>
89. History live form a WWII bunker: <https://www.facebook.com/events/682955445790269/>

Media

Advice, tips and a list of the best Apps.

90. Apps by subject: <https://www.common sense media.org/guide/special-needs>
91. SEND educational Apps: <https://www.specialiapps.org/en>
92. Science App: <https://itunes.apple.com/gb/app/monster-physics/id505046678?mt=8>
93. Including Apps for calming <http://www.sensoryapphouse.com/> -
94. Apps for Autism: <https://www.goodschoolsguide.co.uk/special-educational-needs/autism/apps-for-autism>

Theatre

Look for new theatre screenings expected on line soon.

95. Wind in The Willows is already out: <https://londonist.com/london/theatre/wind-in-the-willows-streaming-west-end>
96. Magician: <https://www.facebook.com/LEONmagician>
97. Digital 450 theatrical performances for serious theatre buffs: <https://www.digitaltheatre.com/>

Books

98. Signed Tiger who came to Tea: <https://youtu.be/VwmkzeTAJ8I>
99. Audio stories free at Audible: <https://stories.audible.com/discovery>
100. American titles read by celebrities and free on demand: <https://www.storylineonline.net/>
101. Featuring Children with SEN: https://www.goodreads.com/list/books_featuring_Children_with_Special_Needs
102. Happy-self Journal: <https://happyselfjournal.com/>

On line Safety

Now our children are online more than ever, don't forget safety. Perpetrators of scams and worse are also likely to be online more right now too!

This information was assembled in March 2020 to round up widespread resources for my parent carers I support. These resources are not exhaustive and links and content will change and date with sector developments. This information is not provided as advice and may or may not suit your requirements. Readers are entirely responsible for checking accuracy and currency of all information and its relevance to their own circumstances. Feel free to add or share with credit. lisathomas@sendessentials.co.uk

103. 15 minute safety activity:

<https://www.thinkuknow.co.uk/parents/>

104. Common Sense Media: <https://www.common sense media.org/special-needs/>

105. Childnet: <https://www.childnet.com/parents-and-carers/supporting-young-people-with-send-online?>

106. NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

107. Commons sense media: <https://www.common sense media.org/blog/what-to-watch-read--play-while-stuck-indoors>

Education problems.

108. Advice and information: <https://contact.org.uk/advice-and-support/>

109. What to do next if you have outstanding legal issues:

1. www.ipsea.org.uk

2. www.sossen.org.uk

3. www.coram.org.uk

General

Don't forget that many disability specific charities will also have tips, advice and resources for education and the whole range of family matters in current times.

108. Help to find a charity related to your child's needs: <https://www.charitychoice.co.uk/charities>

110. The Sensory Project resource compilation: <http://www.thesensoryprojects.co.uk/covid19-resources>

111. **SEND Lockdown essentials:** <https://www.facebook.com/groups/2639676579644227/>

Stay positive, keep learning

5 tips for children and families learning and living through social distancing



STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



LIMIT SCREENTIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!



GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing.

Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important.

Getting moving, little and often, will help you keep fit, boost your mood and build your strength.



@canitickit



TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.



Talk to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

Be grateful for each other. Now more than ever.