

SEND Strategies to support Sensory issues in the classroom



Baycroft School





MINDFULNESS EXERCISE



<http://edition.cnn.com/videos/health/2016/11/04/baltimore-school-replaces-detention-meditation-orig.cnn>

Anxiety!

Read the warning signs...



Most challenging behaviour stems from heightened levels of anxiety

KEEP CALM!

- A calm, positive approach can make all the difference!
- Avoid confrontation.
- Keep your voice slow and low and repeat instructions with limited descriptors.



KEEP CALM!

- Verbal Language
- Body Language
- Instruction/task



Anxiety!

Read the warning signs...



**Reduce anxiety before you reach
crisis point!**

How can we raise self esteem?

Provide opportunities for

independence and success.

Allow students responsibility
in small tasks and then bigger
tasks

Providing structure...

Lesson Schedules.

There are different types of schedules and task sheets to meet the needs of learners.

Let's look at some examples







By the end of this lesson you will be able to find China on a world map.
We will...

Where?	What?	Done
 Group	Look at pictures of China on the white board.	
 Group	Sort the pictures into China or England.	
 Bay	build your world map puzzle.	
 Bay	Use your world map puzzle to fill in your work sheet.	
 Group	World map labelling card	
	Reward time.	

Providing structure...

- Allow students independence and opportunity to succeed.
- See success by acknowledging completion
- Work more independently
- Builds self esteem.

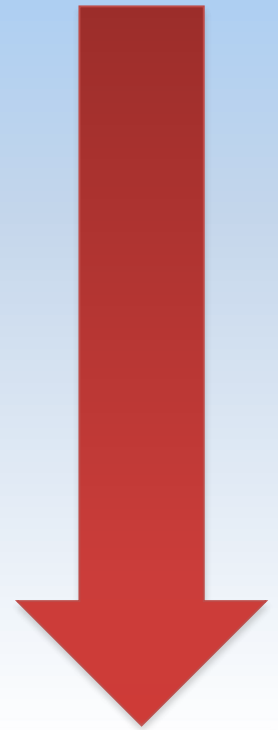
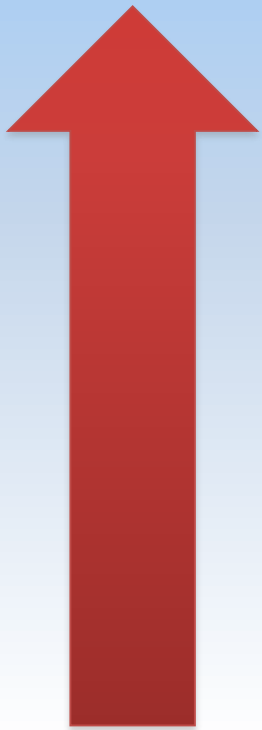
By the end of this lesson you will be able to find China on a world map.
We will...

Where?	What?	✓ Done
 Group	Look at pictures of China on the white board.	
 Group	Sort the pictures into China or England.	
Bay 	build your world map puzzle.	
Bay 	Use your world map puzzle to fill in your work sheet.	
 Group	World map labelling card	
	Reward time.	



Sensory processing disorder

Pupils may have hypo or hyper sensitivities.



Sensory Processing

Sensory processing refers to the ability to take in information through our senses about our body and the environment you are in.

Your brain must organize and interpret that information and produce a meaningful and purposeful response.



Sensory processing is part of normal development.

- 1:20 children have some kind of sensory processing disorder

(Ahn, Miller, Milberger, & McIntosh, 2004)

- 1:6 children have sensory processing disorder
(Ben-Sasson, Carter & Briggs-Gowan, 2009)

-



Sensory processing is part of normal development.

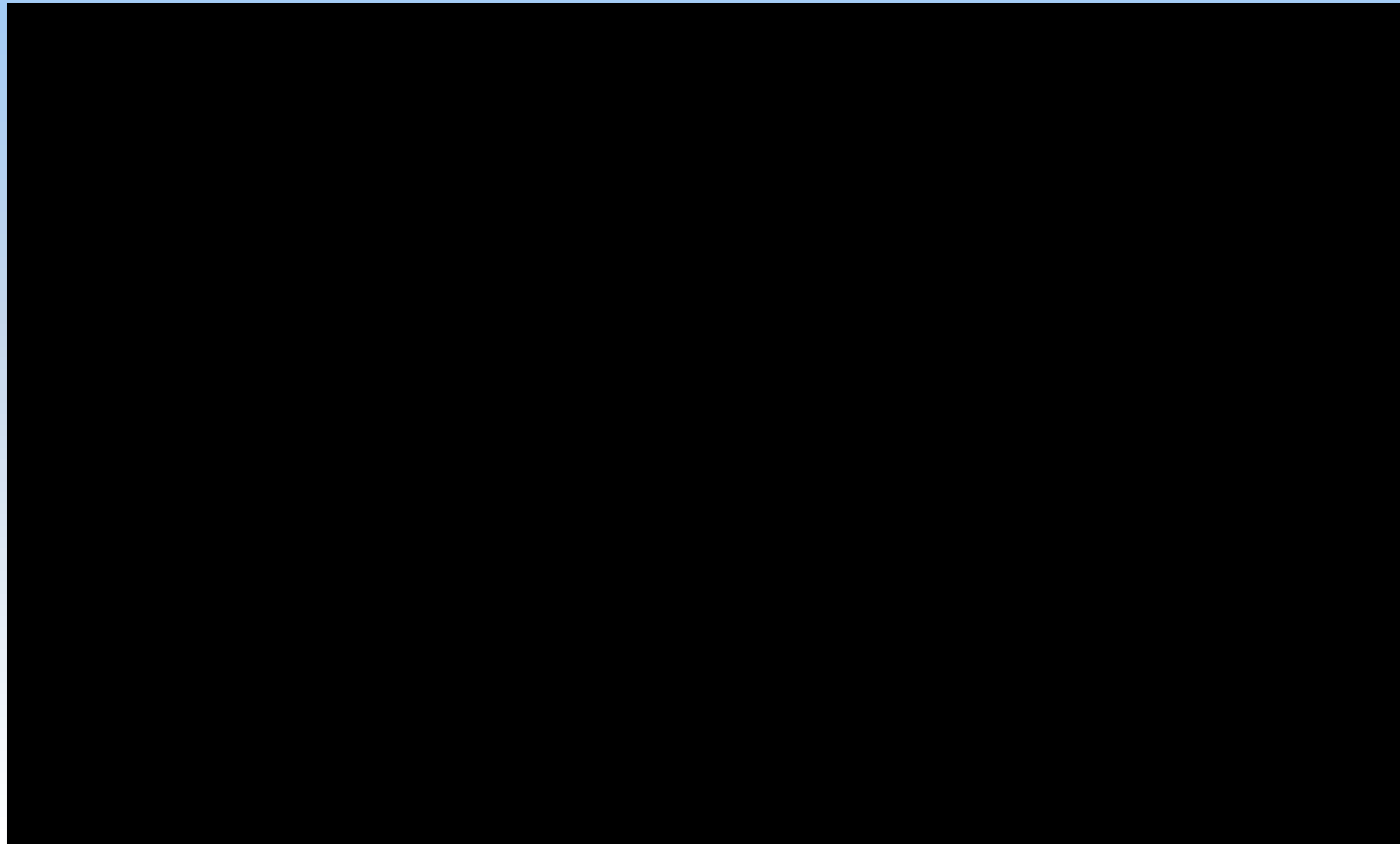
- We are all sensory processors.
- We all have sensory preferences.
- We all have sensory likes and dislikes.

TASK: What kind of a learner am I?



Additional difficulties – Sensory

Pupils may have hypo or hyper sensitivities.



<https://www.youtube.com/watch?v=kQXFw6JFbVQ>
Can you hear this ?

Additional difficulties – Sensory



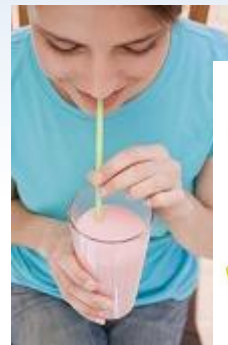
Sensory distractions...

- Other pupils,
- 'Humming' lights
- Open window,
- Humming computer bank,
- Colour of the walls
- Class next door...
- Visual pollution....



Calming Strategies for the Classroom

- Drinking thick liquid through a straw or juice box through a tiny straw
- Blowing – table football
- Keep water bottle on desk
- Dim lights
- Deep breathing (“in through your nose and out through your mouth”)
- Chewy foods such as granola bars, fruit roll ups, dried fruit, bagels etc. are calming/organizing
- Chew its



Calming Strategies for the Classroom

- Get student to apply downward pressure to their head.
- Allow use of visor, hat or sunglasses to block visual stimuli and reduce glare.
- Warmer room temperature can be calming
- Movement that is slow, rhythmical
- Keep voice low and calm
- Music to block out auditory distractions.
- Use of white noise -mp3
- Activities that provide input to muscles and joints (i.e. “heavy work” carrying equipment between)
- Scented objects - Lavender, cinnamon, ginger and vanilla scents are generally calming



Calming Yoga strategies...

Deep breathing



<http://www.calmforkids.com/>

Calming Yoga strategies...

Finger squeezes



Calming Yoga strategies...

Eye exercises



Not suitable for students with contact lenses or visual impairments

Finger Exercises

- Provides opportunity for focus and concentration.
- Is a play based activity shared by the practitioner and student.
- Develops fine motor control.
- Aids the development of writing grip



Sensory Therapy balance Equipment

- Aids student to feel the parts of the body that their processing needs fail to register.
- In effect aids the communication from body to brain.
- Can support fidgety students who have difficulty sitting down.



Deep Pressure Weighted Blankets

- Purpose is to apply deep pressure touch to aid self-calming.
- The deep pressure from the weight causes the body to naturally produce endorphins and serotonin to increase feelings of calm and relaxation.
- Should not be uncomfortable .
- Good for ADHD and Autism, Anxiety and Bi-polar students who need to feel secure.
-



Any Questions



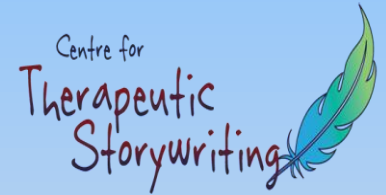
Useful therapeutic “Kit” contacts

- <http://www.theplaydoctors.co.uk/>
- <http://www.specialdirect.com/shops/sd/Default.aspx>
- www.sensorydirect.com
- <http://www.tts-group.co.uk/primary/sen/>
- <https://www.actiononhearingloss.org.uk/> ear defenders

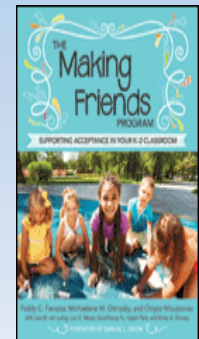


Useful therapeutic interventions:

- <http://www.therapeuticstorywriting.co.uk/>



- <http://products.brookespublishing.com/The-Making-Friends-Program-P884.aspx>



- <http://carolgraysocialstories.com/social-stories/>

- <http://www.autism.org.uk/socialstories>

