

# SEND

Nicol Mere Primary School



Dear Parents,

We have put this pack together to help you support your child at home. We understand that this has been a very difficult time and that children may be feeling anxious, upset or lonely without their routine of school. This can be especially difficult for children with additional needs. Due to the length of time we have been away from school, you may find that your child is beginning to struggle. We prioritise the mental wellbeing of all of our pupils and have included a section of resources specifically for this. If you are finding that your child is becoming more reluctant to engage with home learning, try some of the suggested apps or mindfulness activities. Remember that a little bit of something is better than nothing at all, so do what suits the needs of your child. This pack contains a number of resources and links to useful websites and apps that you may find useful to support your child at home. We have also included links to websites that have information for parents to support you at this difficult time.

Please ring school if you need anything or you can contact me directly via email

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## **Social, Emotional and Mental Health Support Materials**

- Young minds website – provides advice and support about COVID-19  
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- Go noodle website - <https://app.gonoodle.com/login> lots of mindfulness activities to support mental wellbeing. It's free to sign up.
- Elsa Support – a brilliant website with lots of emotional literacy resources to support mental well being. There is a section for free resources. <https://www.elsa-support.co.uk/>
- NHS website - [https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc\\_id=MentalHealthGeneric&gclid=Cj0KCQjwudb3BRC9ARIsAEa-vUsvfWK5mwYlKBIA-XcdMsN\\_5mtMnwqjnfTptYhSp4753a9-QpecHrAaAivpEALw\\_wcB](https://www.nhs.uk/oneyou/every-mind-matters/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=Cj0KCQjwudb3BRC9ARIsAEa-vUsvfWK5mwYlKBIA-XcdMsN_5mtMnwqjnfTptYhSp4753a9-QpecHrAaAivpEALw_wcB)
- Good schools guide – a list of apps that can help with your child's mental health  
<https://www.goodschoolsguide.co.uk/special-educational-needs/mental-health/apps-for-mental-health>
- A list of apps that you can download to support mental health and wellbeing  
<https://healthy-kids.com.au/kids/high-school-2/apps-for-wellbeing/>  
<https://www.theschoolrun.com/best-wellbeing-apps-for-kids>
- YOGA for kids! <https://www.youtube.com/watch?v=X655B4ISakg>  
<https://www.youtube.com/user/CosmicKidsYoga>



## Speech, Language and Communication

### Apps

How Would You Feel If...



HOW WOULD YOU FEEL IF... (FUN DECK)



[How Would You Feel If...](#) (iOS; Android) poses that question in 56 different life situations designed to lead to discussions of a child's reaction and feelings. Each illustrated "card" asks a question, such as, "How would you feel if your favorite football team lost?" The appropriate and inappropriate responses receive feedback, and a child's results can be viewed on a graph.

Model Me Going Places



MODEL ME GOING PLACES



This app presents slideshows of children modeling appropriate behavior in everyday places, such as a store or a restaurant. Each slide is accompanied by audio narration and descriptive text. [Model Me Going Places](#) (iOS) helps reinforce expected behavior and lessens a child's fear of new surroundings. Be aware that the app contains advertisements for the company's line of social-skills DVDs.

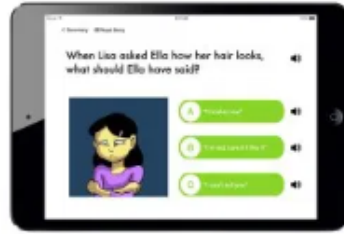
Touch and Learn—Emotions



TOUCH AND LEARN-EMOTIONS



[Touch and Learn—Emotions](#) (iOS) provide a safe way for children to practice recognizing feelings. Accompanying audio guides the user in trying to identify which child in a group of photos is showing which emotion. This program helps children with developmental delays learn to read body language and recognize and name common emotions.



LET'S BE SOCIAL

Let's Be Social PRO (iOS) is designed to help teachers, parents, and professionals teach social skills and communication. The app contains 25 pre-made social lessons that address everything from personal interactions and school behavior to handling change and social relationships. Let's Be Social also includes the ability to customize your own lessons, so it can be used for any age group and situation.

## **Websites**

### **Early Language and play ideas**

[BBC Tiny happy people](https://www.bbc.co.uk/tiny-happy-people) <https://www.bbc.co.uk/tiny-happy-people> activities, videos and information for 0-5 year olds

[Hungry little minds](https://hungrylittleminds.campaign.gov.uk/) <https://hungrylittleminds.campaign.gov.uk/> – videos and ideas for parents of young children age 0-5 years. Good app ideas too

[Small talk](https://small-talk.org.uk/) <https://small-talk.org.uk/> the literacy trust – Ideas for games and crafts, books to share together to encourage communication

### **Speech and Language**

[Twinkl](#) – Extra resources for language and speech activities for families and schools

[Home speech home](https://www.home-speech-home.com/) <https://www.home-speech-home.com/> – ideas for practising speech and language at home

[Chatterpack](https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers?fbclid=IwAR0iqRpDCR9TH3EYbjg4d2sDJ6HpX2LnocvrNYsHoaYEEYn_6wEb_W0K03U) – [https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers?fbclid=IwAR0iqRpDCR9TH3EYbjg4d2sDJ6HpX2LnocvrNYsHoaYEEYn\\_6wEb\\_W0K03U](https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers?fbclid=IwAR0iqRpDCR9TH3EYbjg4d2sDJ6HpX2LnocvrNYsHoaYEEYn_6wEb_W0K03U)

Links to free online speech and language resources to work on a range of different speech and language skills

[Caroline Bowen website](https://speech-language-therapy.com/index.php?option=com_content&view=article&id=11&Itemid=142) – [https://speech-language-therapy.com/index.php?option=com\\_content&view=article&id=11&Itemid=142](https://speech-language-therapy.com/index.php?option=com_content&view=article&id=11&Itemid=142) A useful website with resources for speech sound work. Lot of different pictures for minimal pair listening

[I can talking point](#) – resources and advice for supporting children in who are early years and primary aged. Hints and tips to support play and communication

[The communication trust](#) – lots of advice and resources for parents or children aged 0-19

## **Autism**

[Middletown videos on visuals](https://best-practice.middletownautism.com/links-and-resources/videos/) – <https://best-practice.middletownautism.com/links-and-resources/videos/> great videos explaining different visual strategies to support students with Autism

[Intensive interaction](https://www.intensiveinteraction.org/) – <https://www.intensiveinteraction.org/> website with videos on the approach widely recommended to support children with the fundamentals of communication. The building blocks needed to help communication

Social story about COVID 19 attached.

Emotions board game attached.

<https://www.bbc.co.uk/bitesize/articles/zrc8d6f> - child friendly video and articles.

Autism - support for families

<https://www.nhs.uk/conditions/autism/autism-and-everyday-life/help-for-families/>

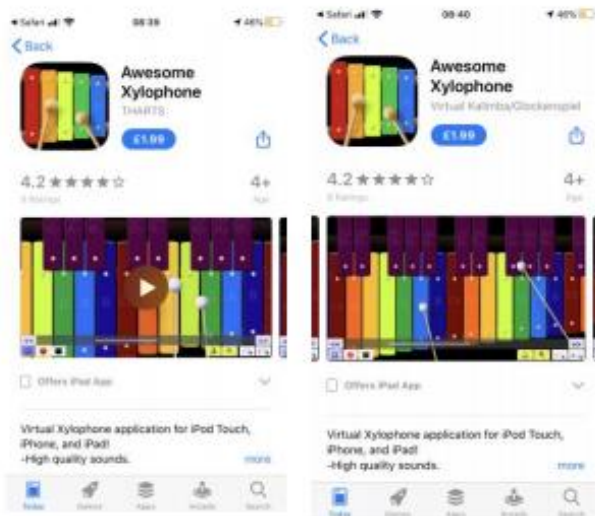
<https://www.autism.org.uk/services/helplines/coronavirus.aspx> -information to support families during coronavirus

<https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx>

## Fine and Gross Motor Skills

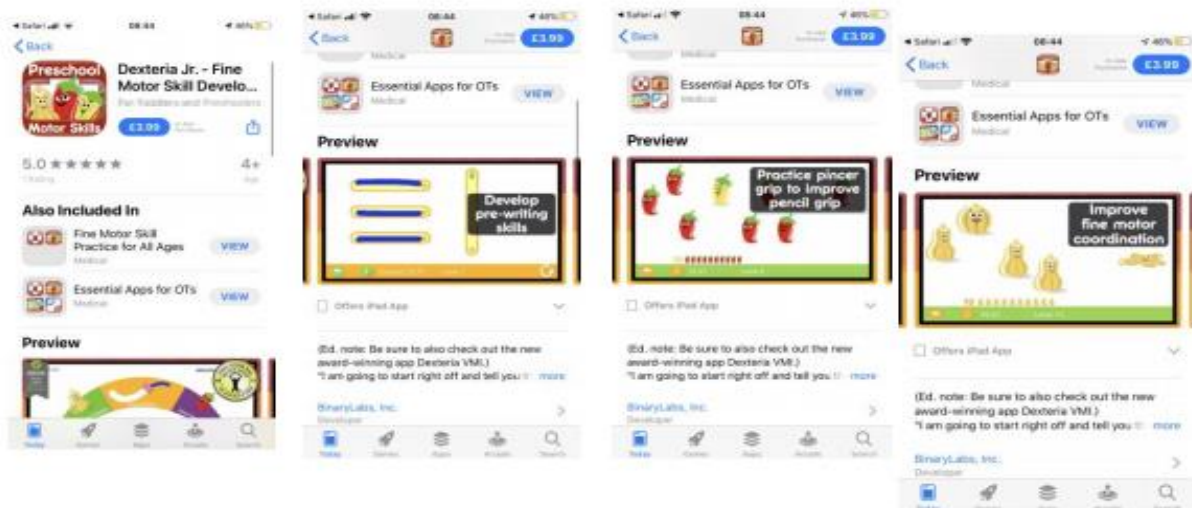
### Apps

#### Awesome xylophone



This app helps motor skills and hand eye coordination as the children tap a tune on the xylophone. The colourful visuals can also help with visual stimulation.

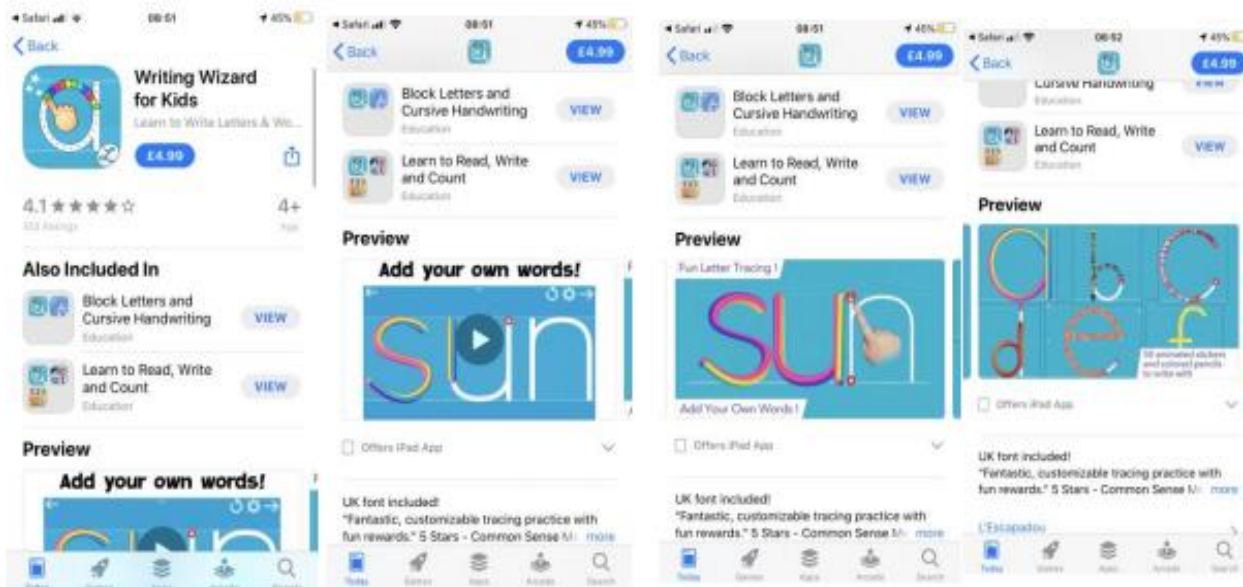
#### Dexterity Jr



This app helps to strengthen fine motor skills by touch screen. It can be beneficial for children who may be dysgraphia and need additional support. Hand- finger exercises help develop handwriting readiness. Children and parents can choose difficulty and parents can track the children's progress.

## Writing wizard for children

This app is highly customisable help children's track letters, numbers, words, letters, names and phonetic sounds. Parents can adjust the letter size and create their own words and there's also a detailed report showing children's progression available, including videos of how the child traced the letter. There is also an option to print off worksheets for off screen practice.



- **Twinkl** - <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-sensory-and-physical-needs/sen-motor-skills/sen-gross-motor-skills>
- **A fantastic document outlining lots of exercises and activities to develop fine and gross motor skills**  
[https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st\\_Move.pdf](https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf)
- <https://www.nhsggc.org.uk/kids/resources/information-packs/fine-motor-activity-kit/>

## Basic Maths and English

There are different levels of this app to download.

### Splash Maths Game



This app helps children to master Maths concepts. Parents can choose skills and difficulty levels and it explores Maths subjects such as place value, counting and comparing, addition, data and graphs. Children earn fish for their aquarium and it shows on screen progress that parents can view and also with email updates.

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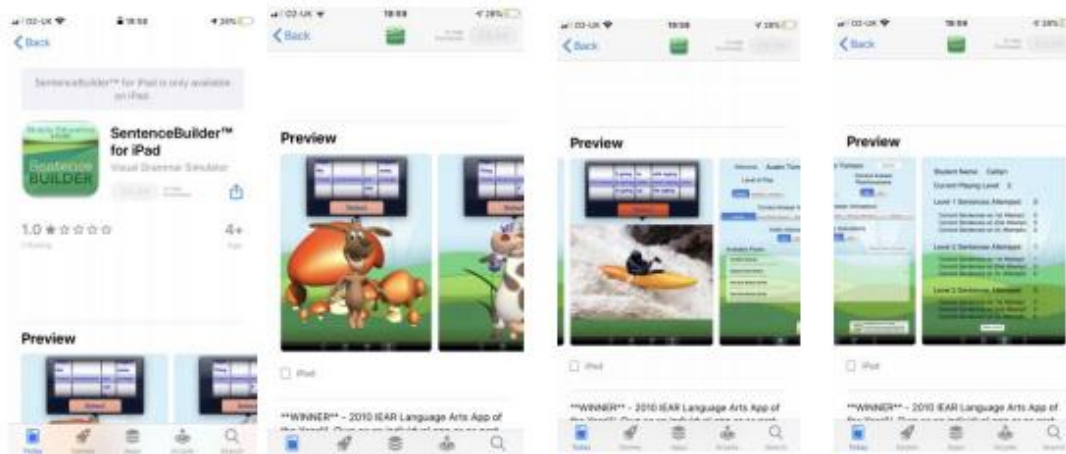
### Todo Maths



This app helps children of all abilities to practice Maths. It can be helpful for those children with difficulties in auditory and visual processing. It covers a wide range of Maths activities including addition, subtraction, multiplication and division.



## Sentence builder for iPad



This app helps children form sentences and gain a better understanding of grammar. It would be beneficial for children who have difficulty with organisation of language in sentences. Children can create a variety of sentence types and mark their progress.

- BBC Bitesize website - <https://www.bbc.co.uk/bitesize>

There are hundreds of apps that you can download to support your child in Maths and Literacy. Take a look on the app store. This may be a way to engage your child in their learning if they are reluctant to do written work.