



Swillington Primary School

SEND Support at Home



We understand we are not there face to face at the moment for all of the pupils who need additional support but we can arrange telephone calls and check in on google meet if you or your child wants to speak to us. Please contact your class teacher or email office@swillingtonprimary.com for the attention of Miss Holyoak, SENDCo, who will be able to arrange this support.

Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

- Keep your child to a routine, it is really important to get them up and get them ready each morning as they would do for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- If your child is feeling stressed with school work then give them a break, it is okay to take a break from learning and it is okay to not complete it all in one go.
- Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or contact Miss Holyoak to get one for you.
- If they need it, use a timer to give them a clear start and finish time for each activity of lesson. You can use online timers, such as: <https://online-stopwatch.com/> or you can buy one on line or just use the timer on your phone or cooker.
- Make sure they get some downtime and some time to relax.
- At school we use Zones of Regulation to talk about our emotions. We have looked at the different strategies we can use to help us calm down and to move from one zone to the other.
 - Blue Zone – where we feel tired, sick or upset.
 - Green Zone – where we are happy, focused and ready to learn.
 - Yellow Zone – where we are in a wobbly zone as we can be excited or slightly frustrated. It is the warning zone that we need to do something to change our emotions.
 - Red Zone – where we are angry, overwhelmed or frustrated and in crisis so we need a break.
- If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly to their bedroom and let them do something that they like, something that will calm them down.
- Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation all over again.
- Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.
- Don't struggle alone and ask for help. We are able to speak to you and offer advice and signpost you to places where you can get support.