

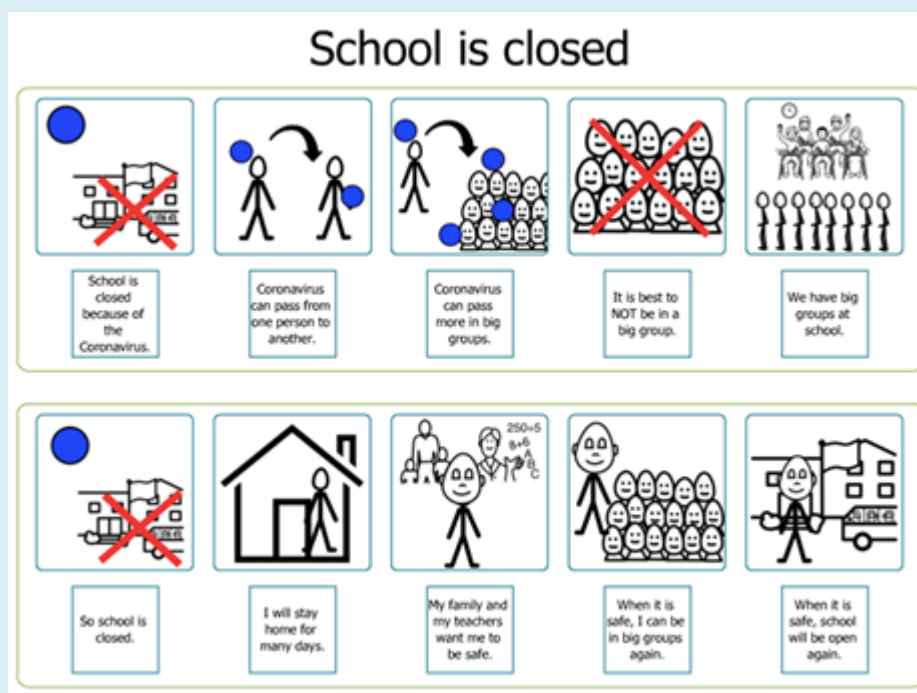
## Sheffield Education Autism Team

March Newsletter  
2020

Hi everyone!

Welcome to our first newsletter. We are thinking about you all and would like to offer ideas and suggestions that might help you through this difficult time. Although we're thinking primarily about children and young people with Autism you might find ideas beneficial to all

### Support for children, young people, parents and school staff during Coronavirus



**Coronavirus for young children – booklet produced by Manuela Molina**

<https://www.mindheart.co/descargables>

**Video, useful for Y3 – Y7**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

**Coronavirus social story by Carol Gray**

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

**ELSA: Coronavirus Story for Children**

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

**CBBC: Video and Questions**

<https://www.bbc.co.uk/newsround/51861089>

**Young Minds: Feeling Anxious about Coronavirus**

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

**Advice for adults talking to children about coronavirus from the British Psychological Society**

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

**BBC mental wellbeing article, Coronavirus: How to protect your mental health**

<https://www.bbc.co.uk/news/health-51873799>

**Blog post from Educational Psychology insight around self-care**

<https://www.epinsight.com/post/managing-stress-self-care-during-the-coronavirus-crisis>

**Calm App is offering 'soothing meditations', a 'calm masterclass', 'calm kids' and mindfulness resources:**

<https://www.calm.com/blog/take-a-deep-breath>

**Headspace App has a collection called Weathering the Storm, which includes meditations, sleep and movement exercises:**

<https://www.headspace.com/covid-19>

**Rainbow Breath - Flow | GoNoodle :**

<https://youtu.be/O29e4rRMrV4>

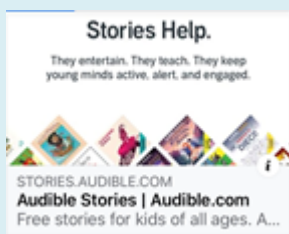
**Free visual timetables and resources:**

<https://www.twinkl.co.uk/resources/wellbeing-parents/parents-home-routine-and-timetable/parents-home-routine-visual-timetables>



<https://www.twinkl.co.uk/resources/covid19-school-closures>

**Audible - free audiobooks for children and teenagers:**



**Carol Vorderman's maths school :**

<https://www.themathsfactor.com/>

**Fun science and technology activities :**

<https://www.nasa.gov/stem/forstudents/k-4/index.html>

**Pete Mckee's Cartoon Workshop for Beginners!**

<https://www.petemckee.com/news/pete-mckees-cartoon-workshop-for-beginners/>

## **Top Tips for Home**

**Remember just do what you can when you can**

- **Be visual .....**
- **Work with child's topics/special interests/passions**



- **Take frequent breaks**
- **Incorporate physical exercise and movement breaks**
- **Create a safe space e.g. pop up tent. Put in soothing items ...squishies , books, music**
- **Build in rewards- motivators**
- **Spend time on self-help/independence skills- cooking, baking, domestic chores in garden and home**
- **Remember to have fun!! - play games, bubbles , Xbox, PS4, U Switch**



**Bubble snake .....**

### **DIRECTIONS –**

**Cut the bottom off water bottle using your scissors.**

**Put sock over the bottom of the water bottle.**

**Pour some washing up liquid into a small bowl, just about a 1/2 inch deep.**

**Dip the sock end of the water bottle into the bowl of soap to coat the bottom.**

**Place your mouth around the water bottle and blow! Keep blowing long and shallow breaths so the bubbles get longer and longer, forming a “snake”! ...**



**Joe Wicks - P.E workout 9am – 9.30 am Monday – Friday on You Tube - fun for all the family!**

**Talking of fun .....**



**Gina Davis Attention Autism Video links :**

**<https://www.youtube.com/channel/UCPPw7lj3k2Zhe19Fb3CO-aq>**

**Attention Autism is an intervention model designed by Gina Davies, Specialist Speech and Language Therapist. It aims to develop natural and spontaneous communication through the use of visually based and highly motivating activities. Gina's primary objective is that the sessions are fun and "offer an irresistible invitation to learn"!**

**More about Attention Autism activities in our next newsletter.....**

**Please email this out to your parents/staff/community groups or take photos of pages and put on whatsapp groups to share!**

**Take care and stay safe**