



Support and resources for children and families with SEN

Thank you to our SENDco, Cinzia Imbriano, for putting this document together!

Mental health and well-being

Mind (mental health charity): <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseda153>

Healthy Minds Bucks: <https://www.oxfordhealth.nhs.uk/healthyminds/>

Free resources and activities from Mind Up: <https://mindup.org.uk/mindup-activities/>

Buckinghamshire CAMHS resources: <https://www.oxfordhealth.nhs.uk/camhs/resources/>

Go Noodle. Sign up for free videos on mindfulness, guided dances, Zumba, workouts and more: <https://family.gonoodle.com/>

A grounding exercise for when we are feeling anxious from Beacon House (therapeutic services): <https://www.youtube.com/watch?v=bJHupiDtJKA&feature=youtu.be>

Speech, language and communication needs

Speech and language activities: <https://speechandlanguage.info/parents>

Bucks Speech and Language Therapy communication carousel (activities and information): <http://slt.buckshealth.link/communication-carousel/>

Visual timetables and supports: <https://www.autism.org.uk/about/strategies/visual-supports.aspx>

Physical Development needs

Bucks Occupational Therapy resources and activities: <https://www.buckshealthcare.nhs.uk/childrenandyoungpeoplesot/primary/>

Daily fine motor control activities, and some gross motor control / sensory videos: https://www.facebook.com/pg/GriffinSensoryOT/posts/?ref=page_internal

Sensory activities at home: <https://www.facebook.com/groups/sensorystuckathome/>

Other Special Education Needs support and resources

Buckinghamshire County Council local offer:

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/localoffer.page>

Home learning ideas for specific needs (on right hand side of page):

<https://schoolsweb.buckscc.gov.uk/covid-19-corona-virus-latest-advice/covid-19-send/>

Twinkl SEN resources: <https://www.twinkl.co.uk/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-parents>

Lots of ideas and activities for people with autism:

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

National Autistic Society website: <https://www.autism.org.uk/get-involved/world-autism-awareness-week.aspx>

Video about the Trummies who are on the autism spectrum:

<https://www.youtube.com/watch?v=gSVdpAflxnQ>

What is Autism video: <https://www.youtube.com/watch?v=Lk4qs8jGN4U&safe=active>