

Helpful Links:

Dyslexia

- British Dyslexia Association: <https://www.bdadyslexia.org.uk/>
- Helpful Apps for students with Dyslexia: <https://www.callscotland.org.uk/downloads/posters-and-leaflets/ipad-apps-for-learners-with-dyslexia/>

Autism Spectrum Condition

- Autism UK: <https://www.autism.org.uk/>
- Helpful Apps for children with Autism: https://www.scottishautism.org/new-struan-school/sites/default/files/nss_autism_app_wheel.pdf
- Developing attention and listening skills: <http://www.fiveacrewood.co.uk/wp-content/uploads/2020/03/Attention-Autism.pdf>

ADHD

- Top tips for understanding ADHD and supporting children in the classroom: http://www.fiveacrewood.co.uk/wp-content/uploads/2020/05/top_tips_for_understanding_adhd_and_supporting_children_in_the_classroom_ni.pdf
- ADHD resources for parents: <https://www.adhdfoundation.org.uk/parents/>

Online Safety for children with SEN:

- You tube video for SEN children – Keeping safe online: <https://www.youtube.com/watch?v=ecr6OJmT3Mg>
- SMART rules symbols – Keeping safe online: <https://www.childnet.com/resources/kia/know-it-all-for-teachers-sen/symbols-based-smart-rules>

Mental Health and Wellbeing

- Five Finger Breathing Exercise: <https://www.youtube.com/watch?v=HqVZgpyVQ78>
- Positive Daily Intentions: <https://www.youtube.com/watch?v=A-cvlo7jQ64>
- Can't Control, Let it go: <https://www.youtube.com/watch?v=icfqMLMS5iQ>
- Calming strategies for children: <https://www.elsa-support.co.uk/wp-content/uploads/20-relaxation-cards-for-children.pdf>
- ELSA – lots of free resources to support social and emotional learning: <https://www.elsa-support.co.uk/category/free-resources/>
- Childline- calm zone: https://www.childline.org.uk/toolbox/calm-zone/?utm_source=facebook&utm_medium=socialmedia&utm_content=class%2B+for+east+sussex+-+communication%2C+learning+and+autism+support+service&utm_campaign=hootsuite_default_campaign_tracking&utm_term=2c1e82df-7ceb-4c35-a08b-44749d11186&fbclid=IwAR1w_6pfyVdFaa2cWI5DKiNNImy4BZmHDVe-uZqxzq1QOJgqICe2NFznnS4