



Sensory and Physical Support



Fidgets

Fidgets are a great resource to use to help students focus and regulate their feelings and emotions in class. Fidget toys are a great way to encourage engaged listening and provide a subtle distraction that can allow students who need sensory stimulation maintain focus in lessons.

Fidget should be given to the pupil to either store in class or keep with the student and should be used whenever the student feels the need to. When a student's behaviour does begin to escalate staff can encourage the student to use their fidget to self manage their feelings and emotions.

Below are examples of fidgets and useful websites:

www.adhdtogether.com

www.adhdandyou.co.uk

www.specialdirect.com



Adapted Resources

Adapted equipment can support a pupil to access lessons and unstructured activities confidently and more independently. There are many different adapted resources available online to help students become more independent from adapted kitchen equipment, eating and drinking equipment to adapted classroom resources.

Below are some examples of different pieces of equipment and useful websites you can use:

<https://www.nrshealthcare.co.uk/eatingdrinkingaids>

<https://www.uksmobility.co.uk/kitchendinging>

<https://www.cpsport.org/cpstore/>

<https://www.gophersport.com/pe/adapted>



Shoe Box Activities

Shoe box tasks are fully equipped 'task' boxes designed to support pupils to complete achievable, independent, physical and work related learning. Each box contains all materials needed for the task. Each task is designed to support pupils to further embed their learning (developing links between concrete and abstract), self-manage, develop fine motor skills and coordination. Tasks include sorting, stacking, organising, pushing, pulling, screwing and more. Shoe box activities can be very expensive to buy from websites below are examples of shoe box tasks you can make as well as a useful website.

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

