

### **Social, Emotional and Physical Wellbeing**

**ELSA:** Ideas for activities and social stories designed to provide support for social and emotional wellbeing.

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

### **Managing Anxiety article**

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/>

**Go Noodle:** great interactive videos – guided dance, mindfulness, how to ..., and motor skills activities. YouTube videos page also included.

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

<https://www.youtube.com/channel/UC2YBT7HYgCbbvzu3kKZ3wnw>

**National Autistic Society:** Resources for autistic people and their families including social stories, advice sheets and activities.

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

**Cosmic kids yoga:** yoga set to stories and imaginative journeys.

<https://www.youtube.com/user/CosmicKidsYoga>

**Child line calm zone:** Breathing exercises, yoga videos, games and videos on coping strategies.

<https://www.childline.org.uk/toolbox/calm-zone/>

**Inclusive Teach:** Sensory learning ideas for all senses, sensory circuit activities and self-regulation activities.

<https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>

## **Visual Impairment**

### **Useful Websites for advice about Visual Impairments**

Guide Dogs <https://www.guidedogs.org.uk/>

RNIB <https://www.rnib.org.uk/>

Look UK <https://www.look-uk.org/>

VICTAR <https://www.victa.org.uk/>

Pathways to Literacy <https://www.pathstoliteracy.org/>

Positive Eye <https://www.positiveeye.co.uk/>

**Lots of useful resources and ideas for children with visual impairments - all ages and needs from Paths to Literacy**

<https://www.pathstoliteracy.org/blog/stay-home-activities-children-visual-impairments>

**Digital Books that can be viewed on a tablet or laptop and enlarged as needed – all ages**

Both free but need to register first

<https://www.rnibbookshare.org/cms/>

<http://www.seeingear.org/>

**Kitchen Curriculum for Children with Visual Impairments – all ages**

How to develop skills around eating and preparing food

<https://www.rnib.org.uk/insight-online/kitchen-curriculum-children-vision-impairment>

**Positive Eye Craft Sessions suitable for Children with Visual impairments – primary**

Mondays, Wednesdays and Fridays – live or recorded to watch later

<https://www.positiveeye.co.uk/general-news/positive-eye-idea-machine-week-1-class-1-recording-23-3-2020/>

**Positive Looking with Your Visually Impaired Baby – preschool**

<https://www.positiveeye.co.uk/wp-content/uploads/2019/02/Positive-Looking-with-your-Baby.pdf>

**Parent Support Group Chat for parents of children with Visual Impairment – all ages**

<https://www.eventbrite.co.uk/e/parents-support-group-tickets-100944176750?aff=erelexpmlt>

**Touch Typing suitable for people with Visual impairments – primary upwards**

<https://www.doorwayonline.org.uk/activities/text-type/text-type.html>