



Deanesfield Primary School Sensory and/or Physical Needs

Strategies to Support at Home	
<p>General</p> <p>Daily life consists of different activities (or occupations). For children and young people this may include self-care (dressing, washing, using cutlery, personal care), being productive (going to nursery, school or college, handwriting, using tools in the classroom, attending to tasks), and leisure or play (doing hobbies, playing sports/games or with toys). Resources provided by the Occupational therapy can be found here: Hillingdon plays :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)</p> <p>The Hillingdon Paediatric Physiotherapy Service provides assessment, diagnosis and therapy for children and young people to move properly after a movement disorder. These disorders may be a result of injury, illness or disability. Resources and videos can be found here: Hillingdon moves :: Central and North West London NHS Foundation Trust (cnwl.nhs.uk)</p> <p>Twinkl have a variety of resources to support sensory and physical needs: OT (Occupational Therapy) - Inclusion - Twinkl Resources</p>	<p>Sensory Processing</p> <p>For an introduction to Sensory Circuits: https://www.youtube.com/watch?v=4EpBSD3dJnM Have a go at re-creating your very own sensory circuit.</p> <p>Listen to calming music or create a ‘chill out zone’ for when children appear over stimulated or emotional. Fiddle and fidget toys help children with focus and concentration. This can be playdoh, an elastic band, hair scrunchie, inflatable cushions – be creative with what you have.</p> <p>Create your own sensory walk using chalk:</p> <p>Visit https://www.spdstar.org/basic/home-activities for a range of activities that can be embedded into the daily routine at home.</p>
<p>Hearing/Visual Impairment</p> <p>Visual: https://www.nhs.uk/conditions/vision-loss/</p> <p>Hearing Loss: https://www.nhs.uk/conditions/hearing-loss/</p>	<p>Gross & Fine Motor Skills</p> <p>The Fizzy and Clever Hands Programme has been developed by therapist in Kent Community NHS Trust.</p>
<p>Physical Disability</p> <p>Follow the guidance and advice from professionals and specialists.</p>	





It has three stages

- Beginners (level 1)
- Intermediate (level 2)
- Advanced (level 3)

The FIZZY and Clever Hands Programmes are recommended by occupational therapy as programmes for schools to use to assist in the development of motor skills for those children who find this challenging. It can be helpful to use this programme when you are concerned about a child's motor skills. [Fizzy Programme | NHS GGC](#)

