

FRIDAY 27TH MARCH 2020 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

Knowledge and understanding of attachment and trauma

Addressing the Body

On Tuesday, we considered the importance of sensory and physical activities in order to calm an over-aroused brain. This is always vital for us to remember when working with children who have experienced adversity, and may have limited, or no experience of feeling truly physically and/or emotionally safe. For many, movement is absolutely essential for regulation, and many lessons simply fail to address this need.

Today, I want to share a few ideas for Sensory Snacks, that are easy to deliver throughout the day, and I also want to stress that currently, both adults and children are likely to need more movement and activity than normal, because we are all experiencing raised levels of anxiety.

Calming Activities:

- Push hands on a wall
- Push hands together
- Interlock fingers and pull hands apart
- Chair or wall push ups
- Gentle, firm pushing on shoulders
- Sit in a womb-like place (tent, box, etc.)

Environmental Adaptations

- Dim lighting
- Soft, mellow music
- Listen to quiet rhythmical music, with or without headphones
- Whisper and move slowly in the child's environment
- Designated area that the child can use as a hideout, e.g. blanket over a table, a large box, a quiet corner

Heavy Work Activities

- Wear a backpack
- Pull/push a peer on scooter board
- Chewy food break
- Dig in the dirt
- Run around a track
- Do animal walks

Organising Activities

- Fidget toys
- Rubric's cube
- Crabwalk, bear walk, wheelbarrow
- Marching
- Stretching

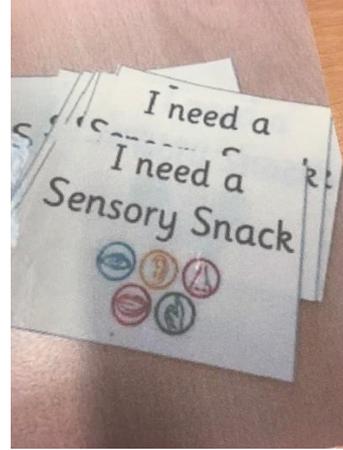
Alerting Activities

- Running
- Jumping
- Start and stop activities
- Wash face with cold water
- Light touch/tickling/feathers
- Vibrating toys

Questions for reflection

Question 1: Typically developing children can concentrate well, for their age+1, in minutes, i.e. a six-year-old can concentrate well for seven minutes. Children with trauma backgrounds will probably have shorter concentration spans. A short sensory snack for 15 to 30 seconds will provide an opportunity to recharge, refresh and refocus. How can you increase opportunities for sensory snacks in your lessons?

Action 1: Organise a working party to develop a booklet of ideas for Sensory Snacks, and a box of resources for each class.



Action 2: Covid-19 relevance: Supporting relaxation and mindfulness in children and adults.

Grounding yourself in the moment: Try this

<https://www.youtube.com/watch?v=bJHupiDtJKA&feature=youtu.be>

Question 2: Do you think you could do this activity this with the children with whom you work? Would it need to be adapted in any ways?

Action 3: Hand Breathing Relaxation and Regulation Tool: Try this

<https://www.youtube.com/watch?v=NAldSdx-jps&feature=youtu.be>

Question 3: Do you think you could do this activity this with the children with whom you work? Would it need to be adapted in any ways?

This may be enough for you for today. If you want more, look at the additional sensory snacks documents. Don't forget your self-care today.

Have a good day, keep safe and healthy and ring or email me to chat if that would help. Jenny x



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