

SEND and Wellbeing Interventions



Information for
Parents and Carers

Gross Motor skills

Gross motor skills are those which require whole body movement and which involve the large muscles of the body to perform everyday functions. This also includes hand-eye coordination. Children will complete activities and games that improve muscular strength and endurance, balance, coordination body awareness and postural control.



Fine Motor skills

These interventions focus on developing fine motor and manual dexterity skills which are needed to use tools such as pencils, scissors and the manipulation of materials. Activities help develop the skills needed for early mark making and help to improve grip when drawing and writing



Working Memory Intervention

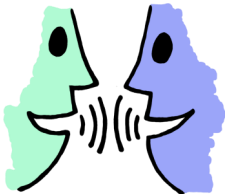
Working memory refers to the thoughts or information that you temporarily hold in your memory so that they are available when you need them to complete a task. Children will complete activities to increase their working memory and develop strategies to support with recall of information.

Visual Perception Intervention

Visual Perception is the brain's ability to make sense of what the eyes see. Games and activities used in the interventions help children to improve their ability in and persistence with visual tasks.

Speech and Language

Children will rehearse speech and language behaviours such as speech sounds, vocabulary and sentence structures to support their language development.



Dyslexia Intervention

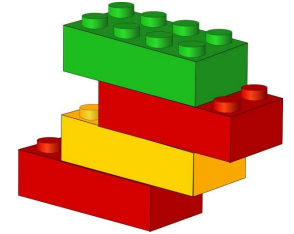
Dyslexia is a common learning difficulty that can impact reading, writing and spelling. Interventions support children by using multisensory and interactive activities to develop spelling and reading skills.

Proprioception Intervention

Proprioception is a body's ability to sense where it is in space. Proprioceptive input can support children to regulate their emotional and behavioural responses to sensory stimulation by providing intensive input to the muscles and joints. This can be very calming and support attention and learning.

Lego Therapy

Lego Therapy is a social development programme which uses LEGO activities to support the development of a wide range of social skills within a group setting. Through these activities children develop turn-taking skills, sharing, collaborative problem-solving, social interaction and the learning of concepts.



Anxiety Management

Children learn about and are supported to understand different types of anxiety and how to manage these using taught strategies.



Anger Management

This intervention helps children to understand why they get angry, how their anger affects them and other and teaches children how to manage angry thoughts and behaviours, allowing them to control their anger effectively.

Draw and Talk

Drawing and Talking allows children to explore and communicate their emotions through non-directed techniques such as drawing or sand-tray work.

Recognising Emotions

Children develop their ability to recognise, label and express basic emotions, understanding why they feel different emotions and how this can impact them physically and emotionally.

