

PSED

Making Choices

Pupils at the Hob Moor Oaks communicate their choices and preferences for activities and particular things through varying communication means and all have the right to make choices as part of everyday life. As parents/carers you will know the most appropriate method of communication and can discuss this with your child's class teacher.

Example ideas:

- Provide options on daily activities to encourage your child to make a choice, e.g. choosing what t-shirt to wear or what cereal they want for breakfast. You can limit the number of choices to two or you can extend if appropriate.
- Encourage your child to choose a set amount of activities that they wish to complete during the day (see make your own timetable resource). This can also be done as adult led, a lucky dip, or a your turn/my turn where you take it in turns to plan out the day ahead.
- Provide a set of games or activities and make sure that as the adult, you also get to make the decision. Where appropriate, talk about the thought process, for example, 'We played snakes and ladders yesterday so I won't choose that today.'

Communicating likes and dislikes

All children have the right to express their likes and dislikes through their individual communication means and it is an important part of their communication. Below are some suggested activities that may encourage or offer your child the opportunity to demonstrate this. It is important to expose children to their less preferred choices as well as their preferred, to encourage their understanding of the world around them and also expand on their experiences.

Example ideas:

- Expose your child to different types of music, classical/ dance/ rock/ nature. Do they like the music loud or quiet? Fast or slow? You could

build a music list of preferred songs. Do the choices alter depending on mood?

- Explore different flavours and foods. Does your child prefer a certain flavour yogurt or crisps?
- Explore different scents and smells including shower gels, shampoo, fabric softener, herbs and spices. Let them communicate which ones they like/dislike and write or record this.
- Set up varying tactile media such as dry soil, wet soil, porridge, cornflour and conditioner. Explore the media with a range of body parts, e.g. feeling grass with feet, one foot in warm water bucket, one in cold, ice lolly on wrist etc.
- Offer a variety of different activities for your child and see which ones they prefer, e.g. certain books, toys.

Keeping Healthy

Keeping healthy is an important part of everyday life and you can encourage your child to 'keep healthy' following some of the suggested activities below.

Suggested activities:

- Make a fruit salad and getting your child to help choose the ingredients. Your child can explore the fruit and communicate their likes and dislikes as above.
- Run a mini 'exercise' class. Encourage pupils to stretch out before participating in an activity (dancing / aerobics / running - depending on individual pupil needs) - end session with a 'relaxation' session (Soft lights, relaxing music, encourage pupils to take deep breaths etc)
- Do some form of exercise each day where appropriate.
- Encourage your child to participate in simple yoga sessions such as Cosmic Kids (see online resources section)
- Keeping clean- explore a range of soaps/ scents when washing.

Managing Emotions

There are many things that you can use and do at home to encourage and support your child in managing their emotions. Not all of the suggested activities will be appropriate for all children and you can speak with your child's class teacher to determine suitable activities.

Suggested activities:

- Encourage your child to identify how they are feeling (don't stick to happy and sad, use a middle 'okay'). You can use Sock puppets to act out different scenarios/ emotions or symbols/photographs of different emotions. You can also encourage them to be aware of others' emotions, for example, noticing characters in TV programs and books feeling excited/ cross/ worried.
- Keep a routine in place to help structure the day and make it predictable. Sometimes routines will change and this is okay as it will encourage flexibility. Some children will need to prepare for this change through visuals.
- Find calming activities or activities that your child really engages with to offer them when they are upset, angry, anxious etc.