

OCCUPATIONAL THERAPY HOME RESOURCE / ADVICE

A range of advice & activities have been provided to support regulation & engagement in learning at home, and where possible replicate some of the sensory breaks & skill development opportunities learners may have in school:

- **Daily Schedules:**

Selecting from the symbols provided and cutting & pasting them to create a daily schedule can be a really useful way of providing some structure and predictability to the day. A daily schedule provides clarity and organisation, and by communicating the demands / expectations of the day, it can reduce anxiety & frustration.

- **Home Based Sensory Circuit:**

In school learners have access to movement breaks and whole class sensory circuits. Providing a sensory circuit at home may help to energise and settle learners. Sensory circuits focus attention and encourage the development of sensory processing skills. The theraband is provided to support with some of the actions in the circuit.

- **Sensory Seeking:**

Suggestions for how to meet the possible need behind some common sensory seeking behaviours.

- **Occupational Therapy Passport:**

Some alternative activities to try with a focus on promoting the fundamental skills that underpin our ability to engage in every day tasks.

- **DIY Fiddle Tools:**

Opportunity to create fiddle tools at home using a range of household resources. Fiddle tools can be useful in providing calming tactile input, and also to support focus & attention.

- **Occupational Therapy Tips:**

Tips to support regulation & sensory processing, and also functional skill development in a range of every day tasks.