



Highwood Primary School Sensory and /or Physical Needs

Strategies to Support at Home		
General	Sensory Processing	Hearing/Visual Impairment
<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 Occupational therapy can be found here: childrens-occupational-therapy (NHS)</p> <p>Twinkl have a variety of resources to support sensory and physical needs: OT (Occupational Therapy)</p>	<p>For an introduction to Sensory Circuits click here</p> <p>Have a go at re-creating your very own sensory circuit. 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>Visual:</p> <p>https://www.nhs.uk/conditions/vision-loss/</p> <p>Hearing Loss:</p> <p>https://www.nhs.uk/conditions/hearing-</p>
Gross & Fine Motor Skills		Physical Disability
<p>The Fizzy and Clever Hands Programme has been developed by therapist in Kent Community NHS Trust.</p> <p>It has three stages</p> <ul style="list-style-type: none"> • • Beginners (level 1) • • Intermediate (level 2) • • Advanced (level 3) 		<p>Follow the guidance and advice from professionals and specialists.</p>

Article 23 You have the right to special education and care if you have a disability, as well as all the rights in the Convention, so that you can live a full life.

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 Scotland



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