

REGULATION THROUGH THE SENSES FOR CHILDREN WITH SLCN USING THE BREAD APPROACH



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School Sensory Solutions



LET ME INTRODUCE MYSELF

I provide Occupational Therapy support to individual families and a range of schools across the Midlands and online training nationally.

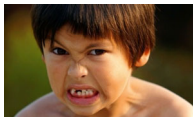
- 30+ years experience as an OT.
- Specialist in Sensory Integration.
- Train therapists and other professionals in sensory processing.
- Online and face to face training packages.
- Ready-made sensory circuit packages.
- Book on Sensory Movement Breaks.
- Award winning Therastars motor and handwriting skills program.
- Facebook group for SEN teachers.
- Weekly top tips email.
- Director of Midlands OT and Schools Sensory Solutions.



WE KNOW BEHAVIOUR IS COMMUNICATION...

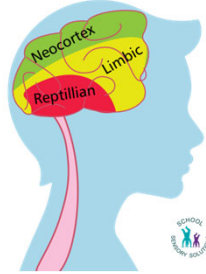
When language is hard, regulation is harder

- Processing delays
- Frustration
- Anxiety
- Misunderstanding
- Misunderstanding emotions
- Mislabeling emotions
- Limited emotional language



REGULATION COMES FIRST

- When dysregulated:**
- Fight, Flight, Freeze
 - Thinking brain offline
 - Learning blocked
- Common challenges:**
- "use your words"
 - Talking more
 - Many people talking



INTRODUCING BREAD



- B - Breathe
- R - Reduce
- E - Environment
- A - Active Movement
- D - Deep Pressure



B – BREATHE

- Deep breathing is a powerful regulator:**
- Co-regulation
 - Modelling
- Many ways to try:**
- Visual breathing
 - Belly breathing
 - Blow toys



R – REDUCE



Many things to reduce:

- Reduce language
- Reduce demands
- Reduce noise
- Reduce choices
- Reduce stressors
- Reduce audience



E – ENVIRONMENT

Environments can be a huge source of dysregulation.

- Visual predictability/organisation
- Sensory overload

Environmental sensory audit for schools.



Ways to help:

- Environmental audits can be very helpful
- Calm spaces




A – ACTIVE MOVEMENT

- Proprioceptive and vestibular sensory input
- Movement before tasks
- Most powerful regulator we have
- Prepares the brain for learning
- Improve attention




101 SENSORY CIRCUIT ACTIVITIES

Alerting




Step up!
Can you step up and then step a bit higher?

Organising




Balance!
Can you stand on a wobble board or board?

Organising



Pretend to roll!
Lie on your tummy over a pom-pom roll and walk for words into your hands? Bring your feet together and wave your bottom in the air. Then return to the start.


Calming



Hang!
Can you hang off the wall bars or a ball of wool? How long for?

25 Alerting
50 Organising
26 Calming

<https://shop.schoolsensorysolutions.co.uk/product-details/product/101-sensory-circuit-activities>



THREE THEMED MOVEMENT BREAKS

SENSORY MOVEMENT BREAK


Dino World



Click on the example pages below to view larger images!

SENSORY MOVEMENT BREAK


The Jungle



Click on the example pages below to view larger images!

SENSORY MOVEMENT BREAK

Outer Space



Click on the example pages below to view larger images!

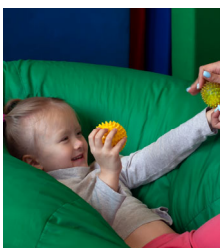





<https://shop.schoolsensorysolutions.co.uk/product-details/product/sensory-movement-breaks-bundle>



D – DEEP PRESSURE



- Deep pressure is part of the tactile system.
- Has a calming, organising and regulating effect on the nervous system.
- Gives a feeling of security.
- Balances sensory overload.



CASE STUDY



WHEN HAS BEING TOLD TO CALM DOWN EVER WORKED?



Regulated children learn, regulated staff lead



NEXT STEPS

- Today is the introduction
- Training gives depth
- Implementation matters
- Range of options for different needs,



- Full BREAD Training
- CPD Accredited
- Whole school, targeted and 1:1
- Ongoing support



**TRAIN WITH ALI AND
BECOME A SENSORY CHAMPION**

**THE BREAD APPROACH
FROM
SCHOOL SENSORY SOLUTIONS**

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