



Delivering Special  
Provision Locally

**SEN Library Catalogue**

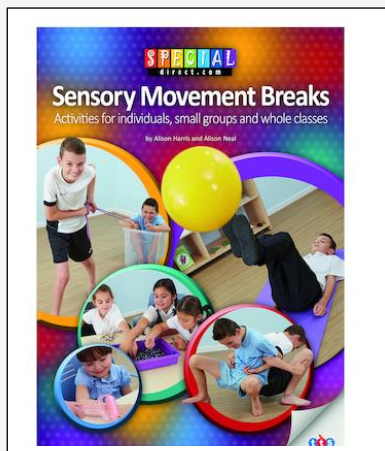
## **Sensory Movement Breaks Activity Book**

- Focused sensory activities
- Help children to increase their attention and readiness for learning
- Activities for classes, small groups & individuals

A manual of focused sensory activities to encourage individuals, small groups and whole classes to stay active. Movement breaks are typically recommended for children who are seeking out additional movement. They might be rocking in their chair, or constantly getting up and moving around the class. Increased physical activity can reduce undesirable behaviours such as fidgeting or being unable to concentrate and settle.

The manual is divided into 4 sections: whole class sensory movement breaks, sensory activities to include in PE, short sensory breaks to be done outside the classroom and longer sensory movement breaks. Each section suggests various activities, gives guidance on how to implement and explains the benefits of completing them. Written by two Paediatric Occupational Therapists who have extensive experience working with children with special needs.

**Suitable for 5 to 11 years**



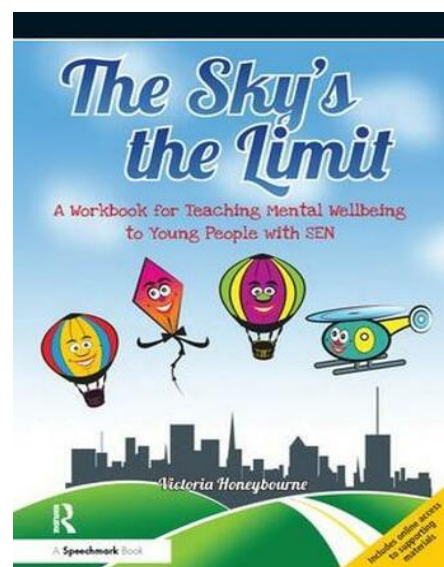
## **Reference**

**01**

## **The Sky's the Limit:**

### **A Workbook for Teaching Mental Wellbeing to Young People with SEN**

This significant new resource is designed to support young people with special education needs (SEN) to understand what is meant by mental wellbeing and to help them to learn skills and strategies which will support them in maintaining their mental health. The resource is designed to be a clear, accessible and easy-to-use resource that can easily be used by professionals (teachers, teaching assistants, pastoral staff, and social workers) and parents with no prior experience of teaching mental wellbeing.



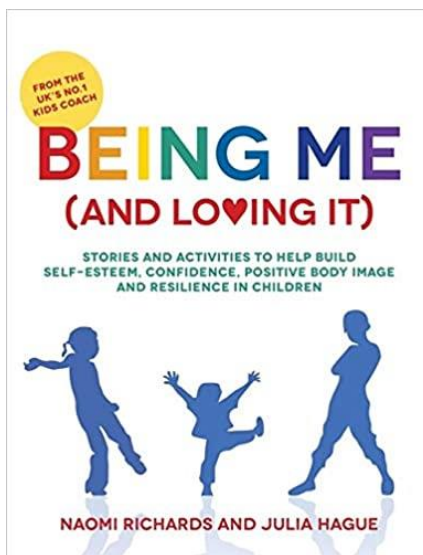
**Reference**

**02**

## **Being me and Loving it**

**Stories and activities to help build self-esteem, confidence, positive body image and resilience in children.**

With 29 real life and relatable stories at its heart, this practical resource is designed to help build self-esteem and body confidence in children aged 5-11. Each story is the focus of a ready-to-use lesson plan, covering common issues that affect children such as a lack of body confidence, feeling pressured by peers and worries about puberty. The stories are preceded by guidance on how to introduce the topic and the learning outcomes, and they are followed by a range of activities to reinforce the messages being taught. The stories can either be read aloud to a class or group or photocopied and shared for individual reading. Perfect for use in PSHE lessons with groups of children, or in one-to-one settings in the therapy room or at home, this book is a useful resource for PSHE co-ordinators, teachers, school counsellors, pastoral care teams, youth workers as well as parents.



**Reference**

**03**

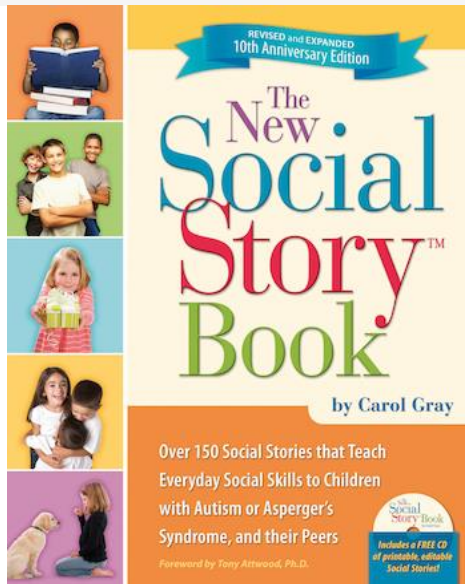
## **The New Social Story Activity Book**

A highly effective way of teaching social stories to very young and SEN children.

Contains over 150 of the most requested social stories. The book also teaches you how to write your own social stories.

The series takes children step-by-step through basic activities that they will encounter when going to school, the Dentist, the shop etc. and how to cope with unfamiliar surroundings.

**Suitable for 5 to 11 years**



**Reference**

**04**

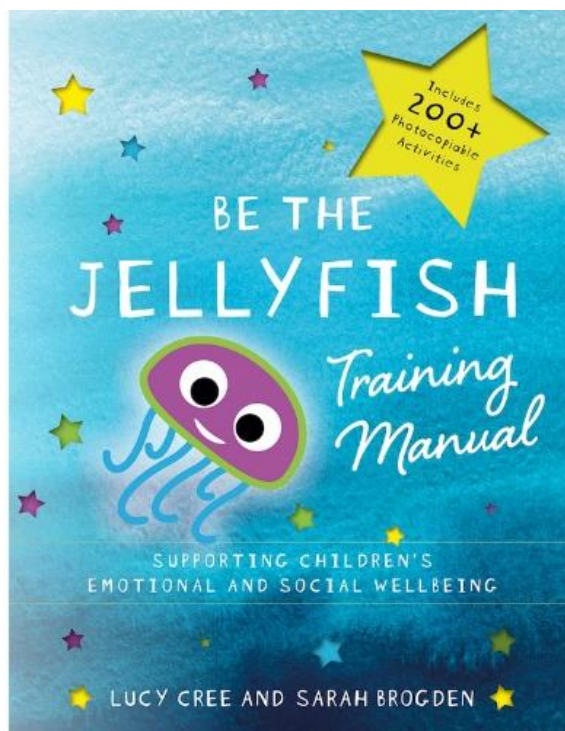
## **Be the Jellyfish Training Manual**

**Programme to support development and growth of children's social and emotional wellbeing.**

Structured as one hour lesson plans, the activities included encouraging children to relax, communicate, visualisation, breathing, sensory equipment and mindfulness.

Contains planning ideas for lessons, photocopiable templates and posters to use in the classroom or one on one with a child.

**Suitable for 5 to 15 years**



**Reference**

**05**

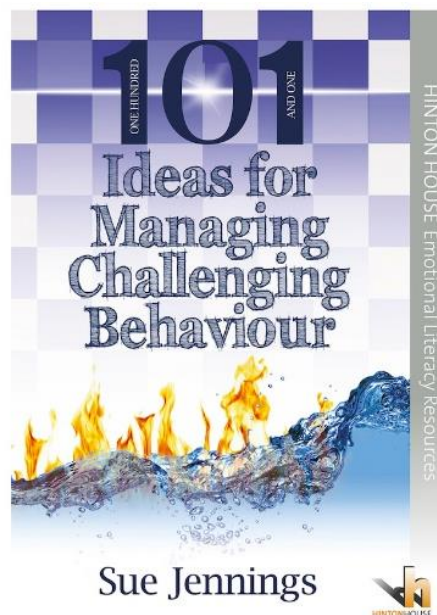
## **101 Ideas for Managing Challenging Behaviour Book**

**Practical, creative ideas and activities to manage challenging behaviour.**

Children will be helped to address issues of self-esteem, empathy, managing emotions and social skills and to approach personal and social issues in active and indirect ways in order to bring about new choices and resolutions.

Resources include worksheets and story-sheets which, along with the activities, are photocopiable and can be printed from the enclosed CD-ROM.

**Suitable for 5 to 16 years**



**Reference**

**06**



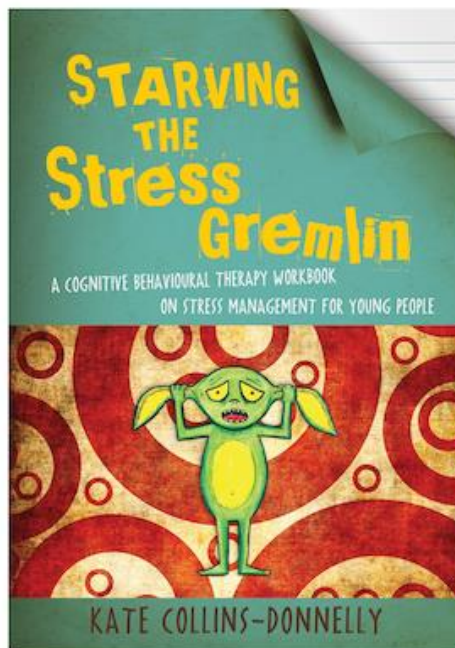
## **Starving the Stress Gremlin**

**Help children manage their stress levels through a range of effective techniques based on cognitive behavioural principles.**

Full of engaging and fun activities as well as real life stories, that will help children develop self-awareness and coping strategies when dealing with stressful situations.

It is also a valuable stress management resource for those working with young people, including mental health practitioners, youth workers, social workers and education sector staff.

**Suitable for 10 to 16 years**



**Reference**

**07**



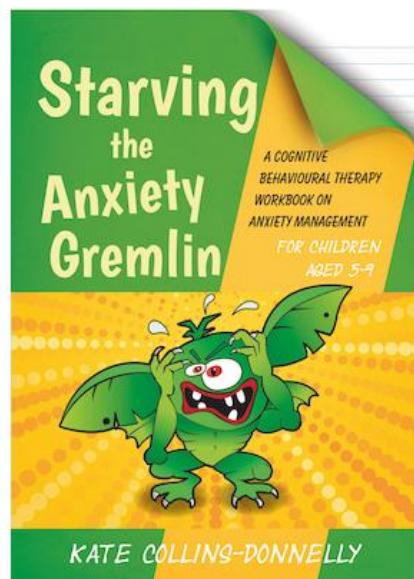
## **Starving the Anxiety Gremlin Workbook**

### **A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People.**

A unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.

Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety.

**Suitable for 5 to 11 years**



**Reference**

**08**

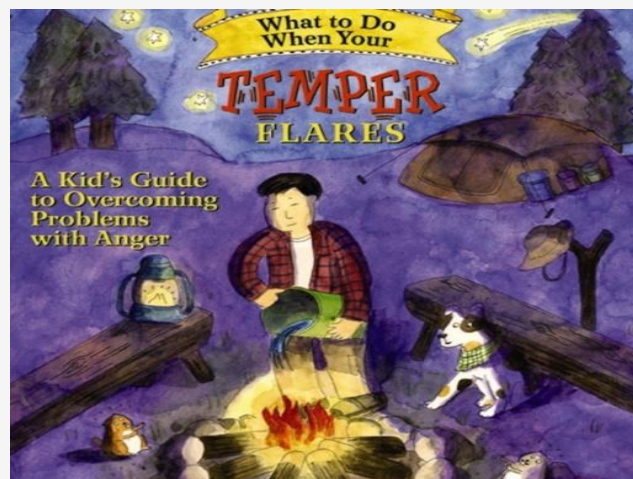
## **What To Do When Your Temper Flares Self Help Book**

**This book guides children and their parents through the cognitive-behavioural techniques used to treat problems with anger.**

This interactive self-help book is the complete resource for educating, motivating, and empowering children to work towards change.

Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective children.

**Suitable for 5 to 11 years**



**Reference**

**09**

## **Happy In My Skin Self Esteem Development Workbook.**

**Six session intervention programme to support the development of self-esteem and resilience**

Allows children opportunities to talk through different types of behaviour and reactions, by covering all components of pupil self-esteem 'make up', including developing a sense of personal power, a sense of self and a sense of belonging.

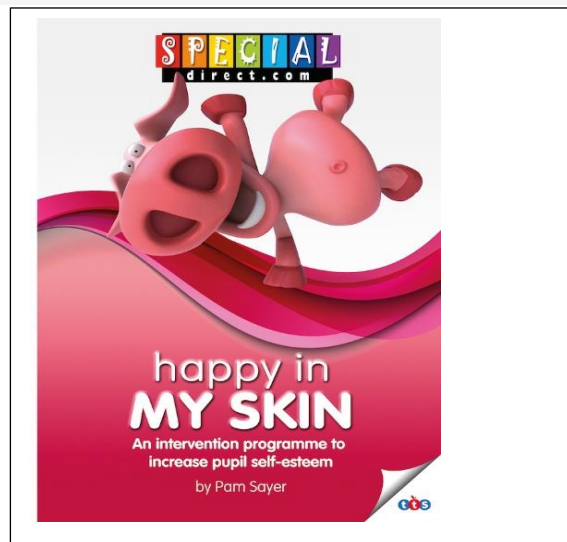
Each session provides different activities to encourage discussion about different scenarios.

Includes pre and post assessments.

6 x Class monitor badges

1 x CD Rom

**Suitable for 5 to 11 years**



**Reference**

**10**

## **Plastic Playground Emotion Balls 6pk**

**Six brightly coloured, vinyl playground balls showing different emotions:**

- **Product Content:**

- **1 x Happy Face Ball**
- **1 x Sad Face Ball**
- **1 x Excited Face Ball**
- **1 x Amazed Face Ball**
- **1 x Frightened Face Ball**
- **1 x Angry Face Ball**

Soft and safe, with a consistent bounce.

Consider using to prompt discussions on feelings and emotions in PSHE.



**Reference**

**11**

## Jolly Phonics Chatter Boards

**A pre-recorded sound board with the 42 sounds taught in Jolly Phonics.**

- Endorsed by Jolly Phonics
- Can be pressed in sequence to blend sounds
- Perfect for independent consolidation of phonics.

Each sound has an individual pre-recorded tile, when pressed it gives an audible example of how to pronounce that sound. Pressed in sequence, sounds can be blended.



**Reference**

**12**

## Foldable Writing Slope

**A stylish, discreet, lightweight collapsible writing slope that children can fit into their bag easily.**

- Light and portable
- Helps to improve handwriting
- Ideal for children with limited dexterity and motor control.

This portable slope folds flat to just 20mm, then quickly and easily converts into a fully stable slope. It has a smooth matt finish surface for writing comfort and elastic across the top to hold work in place. Also has rubber grips on the feet to stop it from slipping when being used. Writing on a flat surface can sometimes lead to children developing an incorrect posture, and struggling more with dexterity and motor control. This slope has been set at the recommended angle of 20 degrees, which helps to ensure greater comfort and more effective skills development.

- Height: **150 mm**
- Length: **367 mm**
- Width: **280 mm**



**Reference**

**13**

## **Talk-Time Recordable Postcard tiles A6 30 Second** **(10 available)**

These postcards contain a voice recording chip - simply record and play operation

Display your own pictures on a postcard or write on the dry wipe surface. A great way to encourage children with their speaking and listening skills and build on their ability to be more independent.

**Suitable for ages 3-12**



**Reference**

**14**



### **Weighted Neck Pad 1.4kg**

**The sensation of calming deep pressure on the shoulders can be helpful in reducing anxiety and bringing a sense of calm.**

A useful resource for supporting children who are finding transitions, changes and new routines difficult. This shaped neck pad snuggles around the shoulders and upper back and is made of soft velour material, filled with PVC grains.

Use this for story times, quiet times or to help focus on work.

- Length:43 cm
- Weight:1.4 kg
- **Suitable for 5 to 13 years**



**Reference**

**15**

## **Chain Reaction Social Situations Discussion Game**

**Supports children with social behavioural difficulties, through different social situations.**

- Develops problem solving skills
- Discuss behaviour and consequence
- Supports executive functions

The game involves three stages, first identifying the situation, then going down a negative or positive road, discussing the consequences and behaviours, finally the outcome and how it could be dealt with.

The game supports executive functions including: planning, organisation, decision making, problem solving and mental flexibility, multi-tasking and monitoring of actions.

Product Content:

1 x A3 board game

1 x ripple pool

40 x social situations (36 cards, 9 for each situation) 40 x coloured counters

**Suitable for 5 to 11 years**



**Reference**

**16**

## **The Little Tin Of Big Worries cards**

### **Discussion cards to help tackle the growing levels of anxiety in children.**

The set outlines 70 common worries for discussion, grouped into five main areas, friendship, home, family, school and society.

The cards can be used across a wide spectrum of ages and situations as each user interprets the worries in their own way and will relate them to their own experiences.

To use the Little Tin of Big Worries lay the six Solution Cards out on the table and discuss the meaning of each. Then place the Worry Cards in a pile face down and the children/young people take it in turns to pick up the top card, discuss the worry, and decide on which Solution Card is the most relevant.

### **Features**

- 70 x worry cards
- 6 x solution cards
- Teachers notes

**Suitable for 5 to 11 years**



## **Reference**

**17**

## Anger Management Discussion Game Cards

**Games using compassion and care to deal with situations of conflict and anger.**

Help children to explore their angry feelings and to work out ways to use those feelings to achieve better outcomes.

Product Content:

38 Cards

39 Teachers notes

**Suitable for 5 to 11 years**



**Reference**

**18**

**Plain window reading rulers**

**Reading Highlight Strips Coloured Overlay Reading Tracking Rulers for Dyslexia, ADHD and to Reduce Visual Stress, Pack of 8**

**Reference****19**

## **Selective Mutism Resource Manual**

Selectively mute children are at a significant disadvantage personally, socially and educationally.

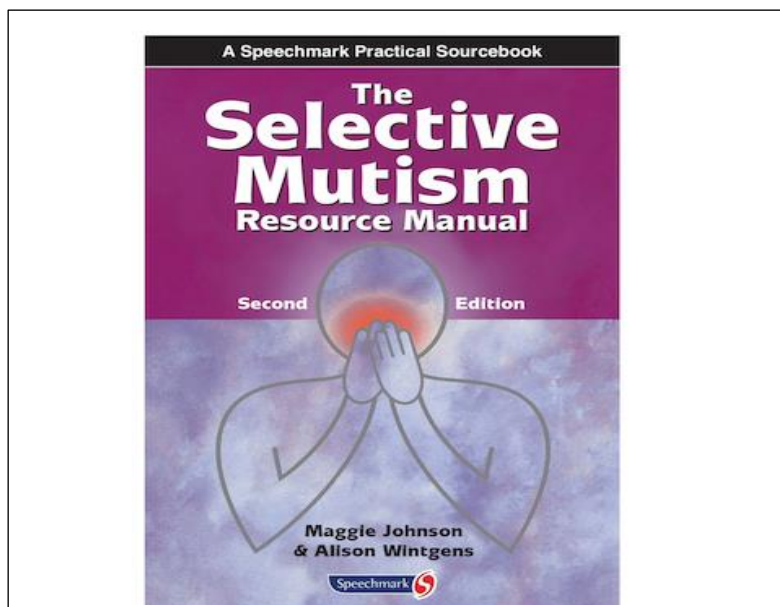
This unique manual emphasises practical assessment and treatment and provides advice and information, filling a significant gap in the availability of suitable resources in this field.

It uses an approach based on behavioural principles and a hierarchy of stages of confident speaking. It summarizes relevant literature and theory and provides detailed ideas on assessment and management. It includes case examples, photocopiable material, and a discussion about progress, transfer and discharge. It is written for teachers, clinical and educational psychologists, speech language therapists, child psychiatrists and parents.

### **Features**

**Paperback Book**

**Suitable for 5 to 11 years**



**Reference**

**20**

## **Speaking & Listening Board Games**

By using drama and role play, these board games will encourage children to listen carefully and speak clearly whilst developing their ideas, thinking skills and vocabulary.

Appeals to all children through child friendly images and content.

By using drama and role play, these board games will encourage children to listen carefully and speak clearly whilst developing their ideas, thinking skills and vocabulary.

- Encourage group work
- Learn to follow instructions
- Builds confidence

### **Features**

6 board games  
dice  
counters

Suitable for 3 to 11 years



**Reference**

**21**



## **Ear Defenders**

Ideal for children with Autism and Sensory Processing issues, who are sensitive to noise and certain sounds.

They are designed to not only reduce noise but are comfortable and user-friendly.

They offer children a quiet "time out" to regroup, reducing behaviour issues and relieves stress and anxiety. Lightweight and fully adjustable. The padded ear cushions offer superior comfort and a snug fit. Available in a choice of three colours.

Suitable for age range 3+.



## **Reference**

**22**