



02/10/2024 09:30 - 12:00

Title: Practical Sensory Strategies

Venue: Venue to be confirmed (TBC - Room to be confirmed), Venue to be confirmed

Trainer: Ellie Lawley

SEND Training - The Bi-Borough Inclusion Service

Practical Sensory Strategies to Support Children in and out of the classroom

Presented by BBIS OTs Ellie Lawley and Mariana Teixeira

Outline

Providing advice to schools regarding Sensory Processing and supporting the children so they are better regulated at is the most requested intervention and training for school staff.

Many students need help with regulating their sensory system so that they are able to engage in their learning and day to day activities at school. We know what we need for example; when we are at a training session and are not able to focus, but a lot of children do not have that skill, so it is up to us to understand the sensory system, what is the child seeking or avoiding and how can we support the child with self regulatory.

This in person workshop is aimed at teachers, LSA's, TA's and school staff to understand sensory processing and how this can impact the ability for a child to regulate their sensory system, its impact on learning and general functioning, and how to implement effective sensory strategies at school.

The fantastic part of this workshop is that it is in person, so you will have the opportunity to try these strategies and equipment with other attendees. Enabling you to apply theory to practice as well as giving you a taster of how applying these strategies may feel for the child.

During the session, we will look at the 8 different senses and how they link to Sensory Processing, Sensory thresholds and the possible responses to Sensory input, we will briefly look at tools such as 'Level Up', Sensory regulation programmes and regulation strategies.

Our Paediatric Occupational Therapists, Catarina, Skye and Sherilyn, will guide you through this practical and interactive journey to understanding sensory processing. We will be available for questions about any current issues you find challenging.

Description

This training will aim to cover:

What is Sensory Processing

An understanding of the 8 senses and how they interlink to Sensory Processing

How the different senses impact our ability to regulate our sensory system and energy levels

Explore your own sensory preferences and sensitivities and reflect on how they can impact your sensory regulation

Understand sensory thresholds and how they influence behavioural responses to sensory input

Emotional regulation and how it is related to Sensory regulation

Sensory Regulation programmes and strategies: Level Up, Zones of Regulation, Movement Breaks, Sensory Diets and Sensory Circuits

This is an in-person workshop so it will be very practical and interactive. An opportunity for attendees to apply theory to practice

Outcome

By the end of this training, you will:

Have an overview of Sensory Processing and how it impacts learning.

Understand the difference between hypo-responsiveness and hyper-responsiveness to sensory stimuli.

Recognise the difference between sensory seeking and sensory avoiding behaviours.

Understand what is meant by 'calm-alert' and have knowledge of sensory strategies that can help children reach this state.

You will be able to understand the child/children you are working with Sensory preferences and provide them with the sensory input they need.

You be able to confidently create a sensory circuit, provide the child with movement breaks and have a brief understanding of programmes such as Level Up to help the child/children

You will have an understanding of the different types of sensory equipment but also how you can

utilise what you have in your environment to provide effective sensory strategies

Booking Information

To book, please visit:

<https://www.qe2cp.westminster.sch.uk/calendar/?calid=5&pid=186&viewid=45&event=1455>

Programme

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Trainer: Ellie Lawley, OT

Code: SEND-1024-T005

Price per delegate:
From £0.00 to £30.00

Sign up deadline: N/A