

“We will provide therapy in collaboration with teaching staff, parents and other relevant professionals through a holistic and integrated approach that places the pupil at the centre of everything we do.”

Music Therapy

Make a
Melody



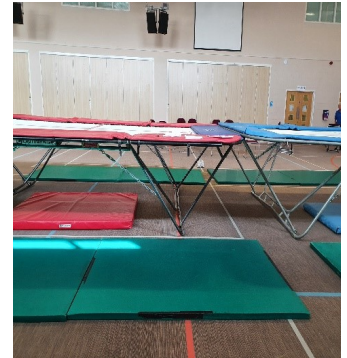
During the sessions the children use a range of instruments carefully chosen to be both accessible and musically satisfying. Due to the generous donation by The Radcliffe Trust the school have been able to buy some high-quality instruments. The benefits can be heard already through the children’s playing. The smallest movements of their fingers as they explore or tap on the new hand drum makes a satisfying sound. This in turn makes the child want to explore and play more with the therapist in joint music making. Through the children being able to have the experience of playing on these special instruments they know that their sounds are valued, heard and responded to.



Elizabeth says:

“I have been the music therapist at Five Acre Wood School for over 5 years. Music therapy is based on building relationships between people through making music together. Through improvising, listening and responding. Children can benefit from the opportunities for developing engagement, expression, interaction, organisation, freedom, confidence – and fun – that are all inherent in joint music making. I work with children with a wide range of needs, including physical and /or sensory difficulties, on the autistic spectrum, those with attention difficulties and those with speech, language, social and communication difficulties. I work with both individuals and small groups of children, actively engaging them in music making”.

Rebound Therapy



In September Occupational Therapists Ashley Hobbes and Sarah Horwood attended Rebound Therapy Training! Rebound therapy is therapeutic exercise for individuals; it is used to facilitate movement, promote balance, promote an increase or decrease in muscle tone, promote relaxation, improve fitness and exercise tolerance, and to improve communication skills. Rebound therapy uses bounce, momentum and rhythm to facilitate active movement in a gravity free scenario. It is fun and challenging activity enjoyed by children of all ages and abilities. We are looking forward to getting the trampolines out and supporting the pupils with their bouncing!



Transitions - or moving from one thing to another.



Lots of our children have problems finishing an activity and moving onto something else. This can be anything from getting dressed, to leaving the house to get into a taxi. These can be stressful times even when they happen regularly – these times are difficult especially when there is some waiting involved, or they are not sure when something is going to happen and for how long.

Here are some ideas/ thoughts:

- Give a warning using very simple language e.g “Time for, in 10” – then have a countdown
- Think about other visual supports – depending on the ability of the child these could include objects that make the transition clear e.g. clothes laid out, or a coat to be put on before leaving the house. Other children may respond to either a clear photo or symbol.
- Build up to more difficult transition by warning that one activity is going to end before the new one starts. Move away other things that might become a distraction.
- Avoid lots of other information or demands at the time of transition – for example when leaving the house in the morning concentrate on this bit only – avoid other less important reminders e.g. saying “don’t forget... and remember...”!!
- Use gesture to support a transition – this is useful for any child no matter what ability. This might involve pointing, showing, moving other objects away, doing the activity with them etc.
- Acknowledge, with praise when they have managed a transition well.

Interoception

Interoception is often known as the “hidden sense” and is referred to as the eighth sensory system. It is the sense that tells us what is happening inside our bodies. Have you ever felt tired, hungry, cold, and thirsty or like you need to go to the bathroom? It is the interoceptive system that helps you sense what’s happening inside your body.



Many people who experience challenges with self-regulation have underlying interoception challenges. These interoceptive differences are very common in a variety of individuals including those with autism, trauma disorders, sensory processing disorder, anxiety, depression and behavioural challenges. Some clients may experience interoceptive signals that are so strong, they are immediately overwhelmed and confused. Others experience dulled or muted interoception signals, that leave them unable to respond to emotions until they reach a fever pitch. This can lead to significant difficulties with emotional regulation and managing challenging behaviour. While traditional self-regulation approaches focus on teaching clients what to do to regulate feelings of anxiety, frustration, overwhelm, etc., these approaches are often ineffective for people with impaired interoception, such as someone diagnosed with autism, ADHD, anxiety disorder or that has a history of trauma.

MOUTH



Take five short breaths in and out of your mouth. How does this make your mouth feel?

FEET AND TOES



Stand. Raise up on your tiptoes and hold for 10 seconds. How does this make your toes feel?

STOMACH



Think about eating your favorite food. How does that make your stomach feel?

VOICE



Say your full name as slowly as you can once. How does this make your voice sound?



FIVE ACRE WOOD SCHOOL

Growing and Learning Together

THERAPY NEWSLETTER

Term 1—2020

Speech and Language

Let's get talking!

After a long break and with many new students joining us, we've been busy this term learning how every student communicates best and how we can support them with this.

We often use visual communication strategies like the Picture Exchange Communication System (PECS) and communication books (both pictured) to support students with their spoken communication.

Students have been using these strategies this term to successfully request their favourite activity, engage with a peers/staff and give their opinion.



Speech and language therapy helps safeguard and promote the welfare of children with communication and interaction needs.

Important dates

- **Dyslexia week: TBA for 2021—Search the hashtag #DyslexiaCreates on Twitter to follow the conversation**
- **Put down your pens on No Pens Day to promote spoken language 25th November 2020**
- **Think of how you help your child develop their independence during Occupational Therapy Week 2nd – 8th November**
- **Look out for music workshops near you over European Music Therapy day on 15th November**



BRITISH DYSLEXIA SOCIETY

<https://www.bdadyslexia.org.uk/>

