

SUPPORTING PARENTS OF CHILDREN WITH AUTISM / ANXIETY OR A LEARNING DISABILITY THROUGH CORONAVIRUS.

3. Resources to support sensory needs and emotional regulation

- how to make theraputty and activities using it <https://www.youtube.com/watch?v=bvRpYXrXsQw>
<https://www.fab-ent.com/theraputty-activities-children-autism/>
- <https://www.cosmickids.com/> - mindfulness and relaxation techniques plus yoga through story! (This has been a big hit with the children in school.)
- Dianne Sandler has amazing ideas on pinterest. She's and OT, so lots of great sensory activity ideas <https://www.pinterest.co.uk/diannesandler/>
- <https://www.childline.org.uk/toolbox/calm-zone/> - breathing activities, exercises, games and videos to help let go of stress.
- https://www.youtube.com/channel/UCUDF9vM1Qdz5CKKI9y_c2bw
Occupational Therapist Kim Griffin has posted some great video resources to support with developing fine motor skills at home
- <https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/>
150 activity ideas for sensory activities
- <https://www.gonoodle.com/> - Movement and mindfulness activities
- <https://www.facebook.com/groups/sensorystuckathome/> - Facebook page where parents of autistic children share ideas of activities to do in the house.
- <https://www.smilingmind.com.au/> - A free app for all the family to try