Surviving Christmas

 for children with Social and Emotional Needs

consider: comments / actions :

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| Is Christmas a positive memory / experience? Are there issues you need to be mindful of? |  |
| Do you know what Christmas is like for this child? What takes place? What traditions / events will take place at home? Where? Who with?  |  |
| Does this child know what will happen in school? Do not assume that children will remember each year – take time to explain. Would a diary / calendar help? |  |
| How will the school environment change in school and at home? Consider classroom/hall/corridor/other spaces? |  |
| How will routines change? Consider everyday routines e.g. opening advent calendars/school post box/ rehearsals/ timetable changes/ lesson changes |  |
| Will availability of staff change at all on specific days? When? Does the child know in advance? What are the plans needed? |  |
| If children are involved in ‘special’ activities or jobs can they cope with this e.g. handing out Christmas cards/ parts in the playHow can we support this?  |  |
| When planning special events consider which parts will this chid enjoy / dislike? How do we make it a success? Which bits might be tricky?  |  |
| What is the ‘emergency’ plan? Where will they sit? Who with? What distraction / strategies can adults use? |  |
| Are they getting enough sleep / relaxation/ calm time at home? School? Do we need to increase this in school for a few weeks? |  |
| Is there a calm ‘Christmas free zone’ in school for children (or staff!!) to access?  |  |
| What sensory sensitivity issues might need to be considered? A few of the sensory experiences that may need to be considered: * Christmas Lights, The Brief and Strangely Interesting History OfLights/tinsel on trees
* Smell of trees
* Hanging decorations/ paper chains
* Noise of rehearsals (more singing at Christmas than any other time of year!)
* Sitting for periods of time in rehearsals – comfort, closeness to others
* **Christmas classroom**Change in appearance of environment / furniture moving

 can be visually distracting* Smell of Christmas dinner
* Wearing a costume
* Noise of party music and excited children
* Santa!!
* pn_20091220202203-4.jpgCrackers, crackly party hats
* Discos – noise, heat, closeness of other people
* Party games
 |  |
| Have a very Happy, calm and Peaceful Christmas from all at the Mansfield Area PartnershipMerry Christmas Images Pictures Wishes Messages Photos Wallpapers Cover photos for Facebook Whatsapp |