



Here at High Spen Primary we are committed to creating a supportive and effective learning environment for All our children, and as such, we are always looking at ways to better support the diverse needs of the children in our care. One of the ways we do this is by providing appropriate sensory fidgets to help those children who benefit from them. We are pleased to inform you that we have a carefully selected range of sensory fidgets available for children who may need them. These fidgets have been chosen with great care, as it is important to us that they support children's sensory needs without distracting them or their classmates from their learning. Our staff have taken the time to get to know which fidgets work well within our classroom environment. For instance, some fidgets might be perfect for helping a child focus during a lesson, while others might be better suited for use during breaks or quiet time.

Given that we have thoughtfully curated this selection of fidgets, we kindly ask that you do not send your child to school with any additional fidgets from home. We want to ensure a consistent and effective approach that benefits all students, and limiting the variety of fidgets in the classroom helps us to maintain a calm and focused setting. Should a child need something more we are always happy to talk this through and accommodate those needs.

We truly appreciate your support and understanding in this matter. Should you have any questions or if you would like to discuss your child's specific needs regarding sensory fidgets, please feel free to reach out to us. We are always here to work with you to ensure your child's school experience is a positive and enriching one.



Chair bands



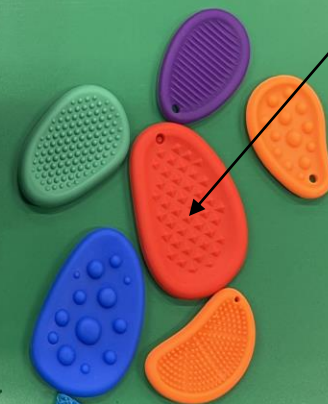
Wobble cushions



Weighted knee blankets



Sensory stones



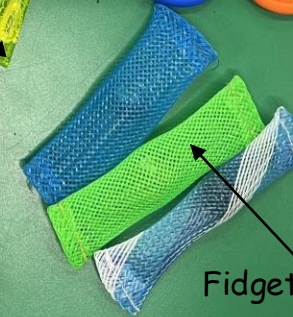
Ear defenders



Bubbles



Fidget tools



- Wobble cushions are inflatable discs that can be placed on a chair to encourage movement and balance. They are beneficial in the classroom as they help children who need to move to stay focused by allowing subtle, non-disruptive movement while seated. This can improve concentration and engagement, especially for children with sensory processing difficulties or attention challenges.
- Chair bands are stretchy bands that are wrapped around the legs of a chair. They offer children a place to push or pull with their feet, providing a discreet outlet for excess energy. This can help increase concentration and attention for children who might otherwise find it difficult to stay seated and focused during lessons.
- Weighted knee blankets are small blankets filled with materials such as beads or pellets to add gentle, even weight. When placed on a child's lap, these blankets can provide a calming pressure, which can be particularly beneficial for children who are anxious or overstimulated. The gentle weight can help improve focus and can be soothing, promoting a sense of security and calmness.
- Fidget tools like the braided mesh tube with marbles are great for stress relief. They are small objects designed to be squeezed, twisted, or manipulated with the hands. They can help children who need sensory input to concentrate by providing a quiet and non-intrusive way to keep their hands busy. This can enhance focus and reduce stress or restlessness in the classroom, aiding overall learning and participation.
- Sensory stones are tactile tools that can have different textures, shapes, and weights. They are used to stimulate the senses and can help children develop fine motor skills, explore different sensations, and manage sensory needs. By engaging with sensory stones, children can enhance their focus and feel more grounded during learning activities.
- Bubbles can be a fantastic tool for supporting sensory needs in children. The shimmering surface and gentle movements of bubbles offer visual appeal, capturing children's attention and helping focus their visual senses, which can be soothing for some. Watching bubbles float and pop can have a calming effect on children. The gentle, rhythmic act of blowing bubbles can also promote deep breathing, which is often helpful for relaxation and emotional regulation.
- Ear defenders are very useful for protecting our ears from loud noises. They work by reducing the amount of noise that reaches the ears, which can help prevent damage to hearing. This is especially important in noisy environments, such as construction sites or during events with loud music. By using ear defenders, we can protect our ears from potential harm and ensure our hearing remains healthy. Additionally, individuals who are sensitive to noise, such as some children with sensory sensitivities, might find ear defenders helpful in providing a more comfortable environment.

We also support children to have movement breaks where needed. Short breaks that involve physical activity help to refresh children's brains, allowing them to return to their tasks with improved concentration and focus. Movement breaks can aid in better retention of information. When children move, they engage different parts of their brain compared to when they are sitting still, supporting varied learning styles. Physical activity is a natural mood booster. Regular movement breaks can help reduce stress and anxiety, creating a positive learning environment.

A worry/big feelings book - A worry book can be a valuable tool for children as it provides them with a safe and private space to express their concerns and anxieties. Writing down worries helps children to process their feelings and thoughts, making them feel more manageable and less overwhelming. This practice encourages emotional self-awareness and can lead to better emotional regulation. Teachers and parents can also use worry books to understand children's concerns better, allowing for supportive discussions and the provision of appropriate guidance. Our worry books are also filled with coping strategies tailored to the child.