

# C O S Y U P



A half termly newsletter for by the Autism Advisory Teacher Service for Peterborough's Autism community

## SENSORY SUPPORT AT HOME

**Robin Morris-Denholm** (*Autism Advisory Teacher*)

The holidays can present a lovely and exciting time for children to be at home with their families, having a well-deserved rest from the pressures of school. However, for many of our children who have sensory needs, being at home can present challenges with having these needs met. For some children this may be having lots of energy and finding it difficult to regulate, for others it may be having no energy and finding it difficult to stay alert. This is why, for this newsletter issue we will be exploring the ways you can provide sensory experiences for your child to both engage and regulate them.

**Heavy work** activities are great at regulating your children if they tend to have a lot of energy and can be done throughout the day.

Heavy work activities in the home can include: unloading the groceries, carrying the shopping, loading the washing machine or cleaning with a spray bottle.

Activities outside could include: pushing someone on the swing, climbing on a climbing frame, watering the plants, jumping on a trampoline or pushing a shopping trolley.

Heavy work sensory activities could include: blowing bubbles, bubble painting or edible messy play with crunchy foods (carrots, ice lollies, dried fruit, apples).



**Alerting activities** are great for energising children who are feeling tired or lethargic. These activities can be done with children who have lots of energy but keep these activities short and follow them with organising and calming activities (see below). Alerting activities can include: jumping on a trampoline, skipping with a skipping rope, spinning in a hoola hoop, frog jumping or action rhymes (row row row your boat/heads shoulders knees and toes).



**Organising activities** are a great follow-on from alerting activities and help to regulate your child. These can include: throwing balls into a bucket, kicking a ball back and forth, balancing activities, climbing activities and wall push ups.

**Calming activities** can be done on their own or following organising or alerting activities. These are great throughout the day to keep your child regulated. This could include: a foot or hand massage, providing deep pressure/squeezes down their arms, hands, feet or head, or lying under a blanket. Finally, for children who need engaging and stimulating, messy play activities can be great. These could include exploring soap foam/shaving foam, water beads (which can also be frozen!), painting with spray bottles (add a little bit of water), snapping dry spaghetti in a tray, hiding objects in jelly and more! For further ideas which are simple and easy, [click here](#).



A Saturday Music Group for young people of ALL abilities

**PCYM Music Inclusive**  
is held Weekly, term time only

**Saturday's**

**Juniors: 10:30 - 11:00**

**Seniors: 11:15 - 12:15**

**Ormiston Bushfield Academy,  
Orton Centre, Peterborough**

REGISTER NOW



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CITY COUNCIL

Email: [musicclub@peterborough.gov.uk](mailto:musicclub@peterborough.gov.uk)

for parents by parents

Pinpoint Cambridgeshire have a range of webinars and talks from guest speakers that are free to access. Here are some of their upcoming events:

**What is PDA and How to  
Help your Child  
Jo Keys  
28th February**

For more webinars, talks and events,  
[click here.](#)

## Out & About

### Nene Park

lots of activities over Half Term - try climbing, fire lighting, archery, bushcraft tools and holiday trail: [Click Here](#)

### Peterborough Museum and Art Gallery

See what's on:  
[Click here](#)

### Showcase Cinema

Autism Friendly  
Screening on the 2nd Sunday every month.  
[Click here](#) for more.

### Peterborough Cathedral:

Climb the narrow steps of the tower! Must book in advance and be 14+.  
[Click here](#) for more.

### VIVACITY

Short breaks for children and young people aged 7-19 with SEND.

[Click here.](#)

### ANGLE GAMING LOUNGE

Enjoy a boardgame library, virtual reality headsets and games consoles for a £5 daily wristband.  
[Click here.](#)

## Rainy Days

### Try these...



Breakfast Cereal Sensory Farm



Bubbly toy car wash

### Online Fun...

Intriguing clips of just about anything!  
[Click here.](#)

THE KID  
SHOULD  
SEE THIS

### Online fun for curious minds...

Budding scientists will like this one. Join Peep in games and videos about the world around us.  
[Click here.](#)

## NOTICE BOARD

### To do:

- Consider exam preparations [Click here.](#)
- Have your say in the Pinpoint annual survey [Click here.](#)

### Upcoming events:

- What is PDA and How to Help your Child Jo Keys 28th February

... And more! [Click here](#)

### PARENT AND CARER PHONE CONSULTATIONS

Advice and support at home.

To book a phone call with one of our Autism Specialist Teachers please email  
[SEN.Inclusion@peterborough.gov.uk](mailto:SEN.Inclusion@peterborough.gov.uk)