

Tip	Example
1. Provide motivating and enjoyable activities and experiences	<p>Letting the child play with favourite sensory toy</p> <p>Listening to / dancing to favourite songs</p> <p>Low demand and achievable activities</p> <p>Rebuild confidence as learners, slowly</p>
2. Routine	<p>Shorter days if appropriate, in liaison with the family</p> <p>Encourage family to gradually adjust sleep and eating patterns to fit with school day timings</p>
3. Structure	<p>Structure – routine start and end of activities</p> <p>Balance of physical and focussed activities</p>
4. Familiarity	<p>Routines</p> <p>Activities</p> <p>Staff</p> <p>Give the child time to re-explore the school / classroom / outside environment</p> <p>Look for signs of attachment issues after spending so much time with their families and now being back at school, and also having not spent time with familiar school staff for so long.</p>
5. Prepare children for what will happen	<p>Use a visual timetable – at children’s level of understanding – e.g. object cues / photos, all staff prepared with key word lanyards</p>
6. Set up / choose a “safe space”	<p>Somewhere they can relax in e.g. a pop up tent, possibly with a box of self-regulating sensory items / favourite toys / books</p>
7. Emotional Regulation / Sensory processing	<p>You may need to reintroduce previous support strategies that you haven’t needed for a while</p> <p>Children may have additional sensory needs when they return to school - look out for clues – create calm environments, less overload visually / sound</p> <p>Allow repetitive behaviours that help them stay calm - As long as the behaviour does not harm themselves or others</p> <p>Offer sensory toys</p> <p>Be aware that some families may be experiencing stress, sorrow, sadness and could be grieving</p>
8. Choices	<p>Show children two options for snacks / toys / activities</p> <p>Use objects or a choice board</p>
9. Communication	<p>Pupil Voice - Listen to the child through observation and discussion with parents/carers and colleagues</p>
10. Supports for home before and once school starts	<p>Photo of school / familiar adult from school, uniform and shoes (check they still fit) – red cross over it if it’s not a school day</p> <p>Feedback from parents/carers about strategies they have found helpful during home learning – both learning and emotional regulation</p>

<https://www.schudio.tv/courses/take/preparing-autistic-send-children-for-going-back-to-school/lessons/12474279-finding-hope-in-the-familiar>

Barry Carpenter’s Recovery Curriculum: <https://barrycarpentereducation.com/2020/04/23/the-recovery-curriculum/>

<https://barrycarpentereducation.files.wordpress.com/2020/04/recovery-curriculum-loss-and-life-for-our-children-and-schools-post-pandemic.pdf>