

At Staples Road, our values are honesty, kindness, creativity and resilience.

Understanding ourselves and others is key to being able to manifest these values.

As a school we are learning about neurodiversity through our '9 Days of Neurodiversity Celebration'.



The key aims of our '9 Days of Neurodiversity Celebration 2024' are:

- To explore how brains work
- To know that we all have different likes and strengths
- To develop ways to manage our emotions
- To understand a little about some neurodiversities

We have been exploring these through assemblies, class activities and stories.

This presentation is the second part of information being shared with parents. All video links have been embedded carefully, but always check before showing to children. Some are more appropriate for older children or adults, rather than younger children.

What is 'Regulation'?

Feeling **regulated** means that we are calm and can communicate (through words, actions or behaviours), participate, focus and enjoy.

From birth, all babies, toddlers and young children need support to feel regulated or 'ok'. When we are supported to feel 'just right', this is '**co-regulation**'.

Ultimately, we all want to recognise how we are feeling and know, or be able choose, what we need to feel 'ok' again. Being able to do this ourselves is '**self-regulation**'.

'Regulation' explained for children:

Zones of Regulation - a 2 minute song that explains the 4 zones of regulation and what feelings they represent.

Cookie Monster Learns about Self-Regulation - a 5 minute clip that shows Cookie Monster needing self-control.

Song about waiting with Cookie Monster - a 3 minute clip that is about Cookie Monster needing to wait.

Anger Management Strategies - a 5 minute clip that talks about anger management strategies for children.

'Too Much Information':

Some neurodiverse people, particularly Autistic people, can experience the world differently - their senses can become **hyper-aroused** (over stimulated) or **hypo-aroused** (under stimulated).

We gain input from our senses: sights, sounds, smells, tastes, touch, balance, our sense of where we are in relation to others and our internal feelings of hunger, thirst, pain etc.

When given 'too much information' from the senses, we see **dysregulated behaviours**.

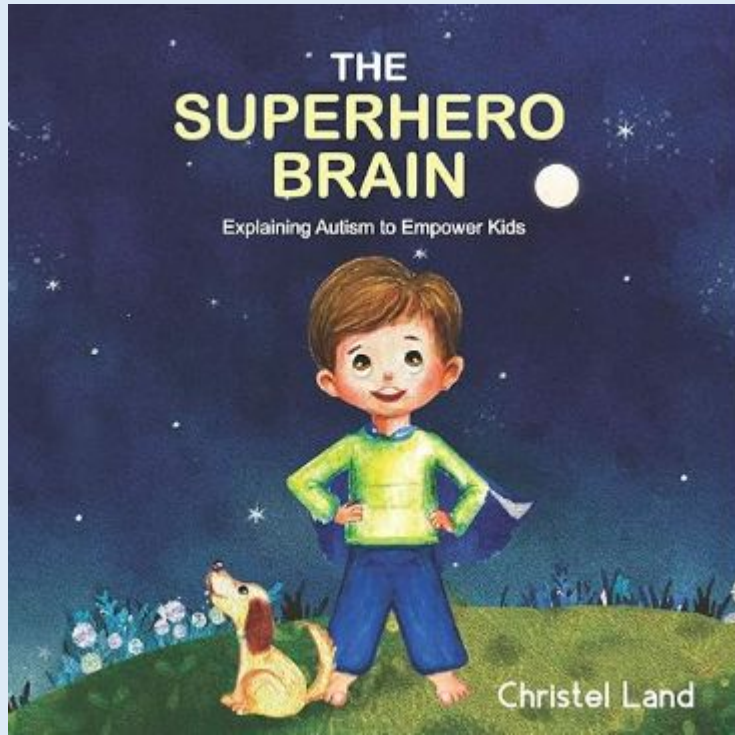
[This clip](#) (for adults) tries to illustrate a moment of dysregulation for an autistic 11 year old boy. Dysregulated behaviours are different for everyone, and likewise, what will help to calm can be different too!

'Too Much Information':

Dysregulation happens to neurodiverse people. Dysregulated behaviours vary from person to person and are not a 'choice'.

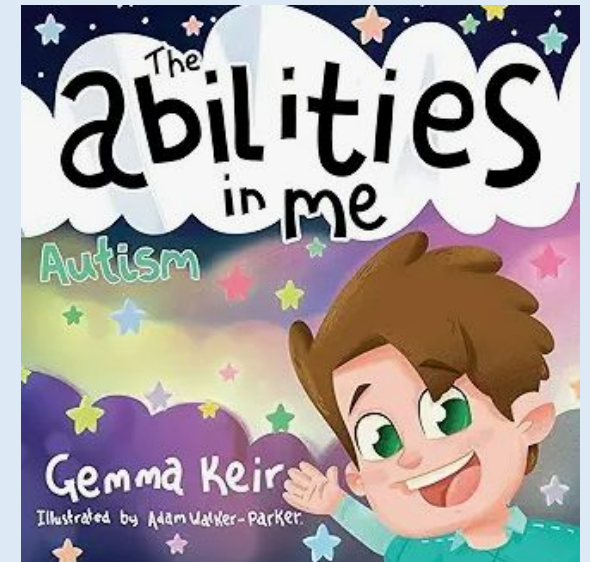
This clip shows the moment when Lewis Capaldi became dysregulated at Glastonbury. He has Tourettes Syndrome. The crowd support him by singing the song for him while he takes a moment.

Children's Books including Neurodiversity:

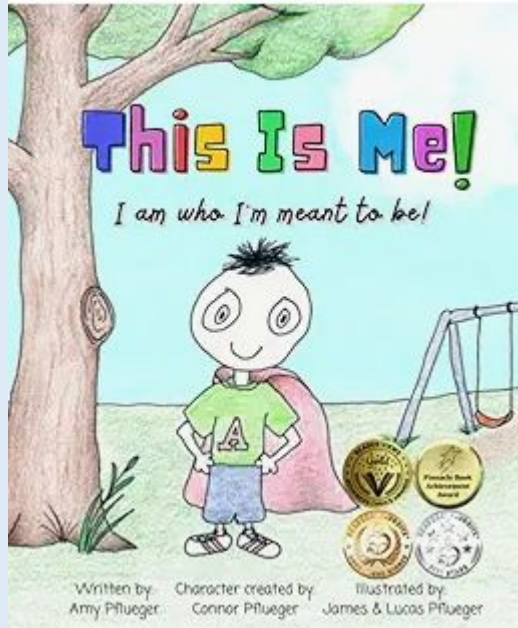


‘The Superhero Brain’ Christel Land has written a version of this book for boys (pictured) and a version for girls.

Gemma Keir’s ‘The Abilities in Me’ is also available with an ADHD and Sensory Processing focus.

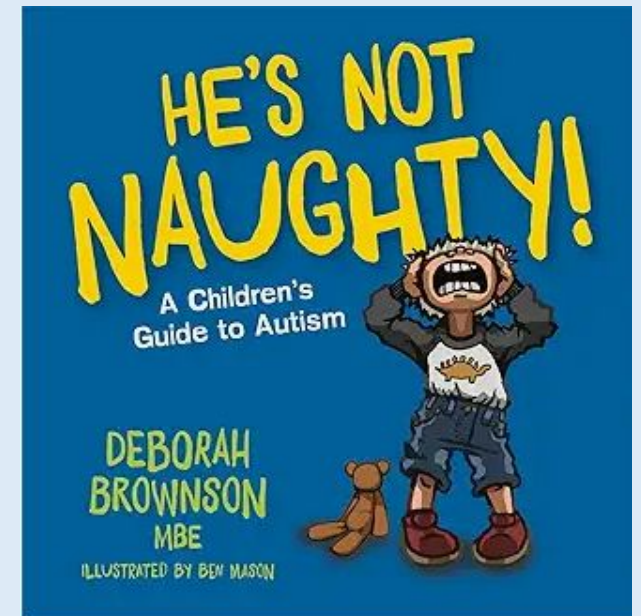


Children's Books including Neurodiversity:

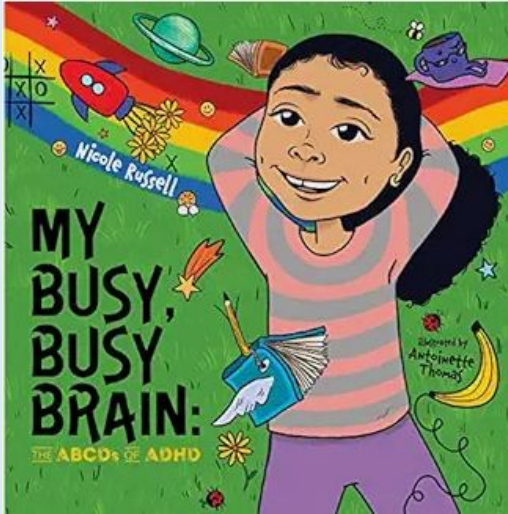


‘This is me! This is who I am meant to be.’ by Amy Pflueger focuses on Autism.

‘He’s not Naughty! A children’s guide to Autism by Deborah Brownson MBE



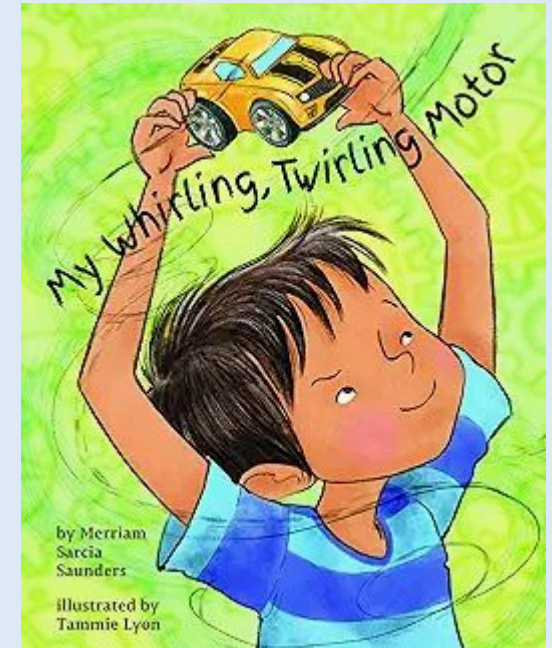
Children's Books including Neurodiversity:



‘My Busy Busy Brain: the ABCD of ADHD’ by Nicole Russell and Antoinette Thomas.

These are just a few... there are many available. Please share recommendation with school if you find a great book or resource!

‘My Whirling Twirling Motor Merriam Sarcia Saunders and Tammie Lyon is about ADHD.



Parent Support:

If you have any further questions or need any support please do speak to us at school. We are happy to talk about special needs including neuro diversities with you.

The [NHS](#) and the local '[Essex Child and Family Wellbeing Service](#), HCRG', websites have lots of information. There are also other organisations that can be of support and assistance. I've linked two on the next two slides - but there are many more!

If you know of an organisation that you would recommend - please share.

Parent Support: PACT



[PACT FOR AUTISM](#) (Click this title for link to website)

A small charity who connect a Neurodiverse community of Parents, Carers, Autistic Individuals and families along with the wider community, organisations and services. Based in West Essex

Parent Support: SNAP



[SNAP \(Special Needs and Parents\)](#) (Click this title for link to website)

'If you have a child between 0 – 25 years who has any additional need or disability then we are here for you and your family.'

No formal diagnosis or professional referral is necessary to access SNAP services.