

## **Communication and Resource Pack**

### **First, Next, Then**

This is to use with your young person to help structure their day. You can write the word, draw a picture or use the symbols to give a visual representation of what is happening.

E.g. First dinner, next toilet, then bed.

Further instructions on how to use the board are on the back of the board itself.

### **Symbols**

These are to use with your young person alongside their usual form of communication

e.g. PECS, Makaton, Communication Boards, Voice Output machines.

They are there to enable your young person to request different activities or inform you that they are unwell. There are also some directive symbols to help engage your young person with home learning.

### **Countdown Strip**

This is a visual representation to support your young person work through their home learning or come to an end of a desired activity. You can countdown each piece of work or use it for time and counting down the minutes. You can cross off each piece of work or each minute as you go, depending on what you are using it for.

### **Social Stories**

There are four social stories within the pack. These have been devised to support your young person and provide the information that you and your young person may need over this time.

- *School will be closed:* This is to read along with your young person to explain the closure.
- *Coronavirus:* This is to read along with your young person to explain what they need to do if they cough, sneeze etc. We have been using this story in school.
- *When I get poorly:* Again this is devised to support your young person in having to take medication in the event that they are poorly.
- *Going back to school:* This is to be read along with your young person when the school is re-opened.

### **Communication board**

There is a feelings board for your young person to use. This can be used for them tell you how they are feeling. You can also use this yourself and model your feelings to be able to support your young person.

All of the above strategies are used in school with your young person at different levels. We encourage you to use the pack to help your young person remain calm and happy at home during this difficult time.