



## SEND Guidance: Adaptions and Adaptations

Department for Education Guidance

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/969597/Teaching\\_RSHE\\_to\\_pupils\\_with\\_SEND.pptx](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/969597/Teaching_RSHE_to_pupils_with_SEND.pptx)

### Teaching Age Related Content

When teaching RSHE and PSHE, it is advised that if a child is physically developed in line with age related expectations, they should be taught age related PSHE and RSHE content. The reasoning behind this is that a child needs to understand the physical changes they are experiencing. This can then be enhanced by learning the PSHE content at a suitable level to support their social and emotional development and understanding.

### Resources: Mental Health

			
<p>Worry Monster</p>	<p>Weighted blanket</p>	<p>Sensory liquid</p>	<p>Breathing buddy</p>
			
<p>Feelings mirror</p>	<p>Worry tin</p>	<p>Emotion categories cards</p>	<p>Emotion regulation chart</p>

## Resources: Physical Health

			
Healthy lunch box	Teeth cleaning model	Pedometer	Companion Pet
			
Personal care packs	Fitness bingo	Hand wash mirror	Human body posters

## Resources: Wellbeing

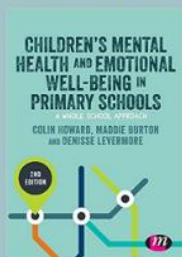
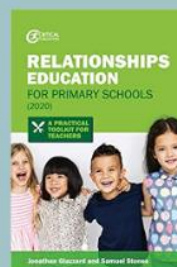
			
Journals	I Love Me puzzle	Mosaic crafts	Emotion puppets
			
Self-esteem tree	10 a day	Mindfulness colourings	Lava lamp

## BBC Bitesize

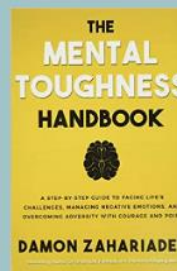
To enhance learning and understanding in Personal Development, video clips can be used as a visual and auditory way of learning. By sharing experiences and stories, children can learn and explore different opportunities. These can be accessed here: <https://www.bbc.co.uk/bitesize/subjects/zfhr2p>



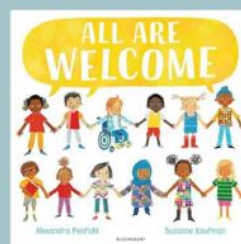
## Books to Support



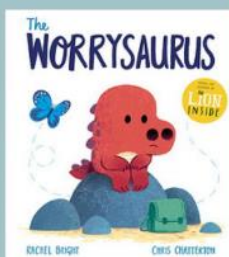
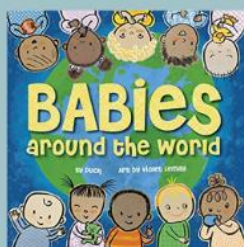
### Personal Development Book Recommendations Staff



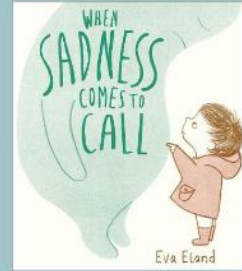
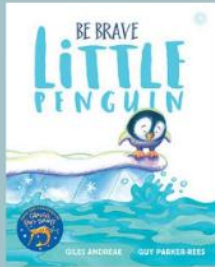
*These are not promoted or endorsed products, just ideas and suggestions.*



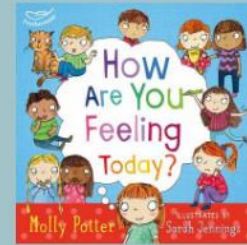
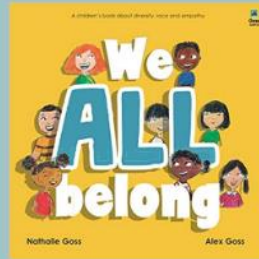
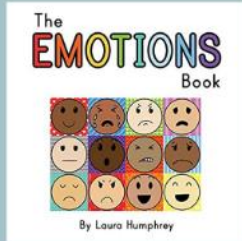
### RSHE Book Recommendations Early Years



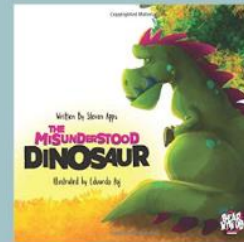
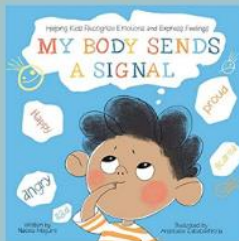
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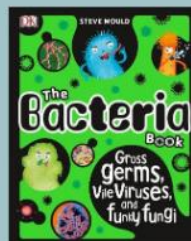
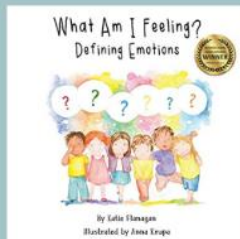
### RSHE Book Recommendations Key Stage One



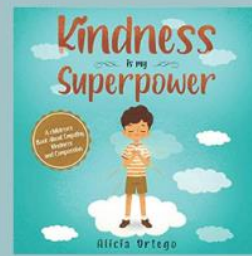
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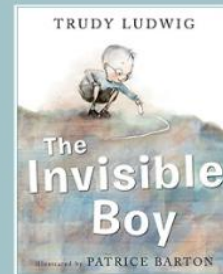
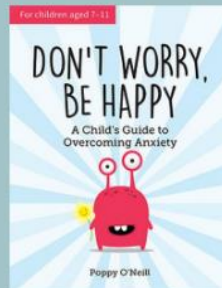
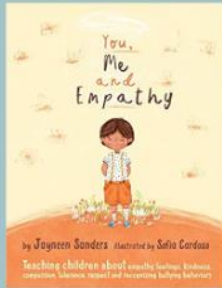
### RSHE Book Recommendations Lower Key Stage Two



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## RSHE Book Recommendations Upper Key Stage Two



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