**Inclusive Support**

All these links below offer free online additional resources for young people with Special Educational Needs to keep them physically active.

**Health and Mental Wellbeing**

I found this book which is a good starting point for young people who are not finding the lockdown and understanding of Coronavirus easy.

A free information book explaining the coronavirus to children illustrated by Gruffalo illustrator Axel Scheffler follow the link below:

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/?fbclid=IwAR0KoB1AkUeK_7AdbqhjjXK2K>

**National Council for Special Education**

The NCSE is providing online resources for children and young people with Special Educational Needs who are at home as a result of the schools’ closure. The resources are designed to assist parents, teachers and students in special schools, special class placements and mainstream classes.

<https://ncse.ie/online-resources-for-parents?fbclid=IwAR1qztdl_1PwgsvWX3Lm8k9yoh1e3evOQXlYCpa-UX8wq_Yi_k3BOAQqWDU>

**Visual Impairments**

# #StayInWorkOut

#### With current Government advice recommending against non-essential contact and all unnecessary travel, British Blind Sport is joining with Sport England and encouraging our VI service users to #StayInWorkOut.

At British Blind Sport, we don't believe staying at home should mean doing less physical activity than normal!

Physical activity is proved to relieve stress, improve mental health and boost the immune system, and we will do our best to continue to help you achieve this.

As such, we're happy to have permission to provide you with some audio exercise programmes, covering a wide range of activities such as Yoga, Pilates, Cardio, Bootcamp and Strength among many others.

<https://britishblindsport.org.uk/stay-in-work-out/>

# Henshaws is a northern charity supporting people living with sight loss and a range of other disabilities to go beyond expectations

<https://www.henshaws.org.uk/covid-19-response/>

**Hearing Impairments**

Support for home learning

<https://www.ndcs.org.uk/information-and-support/language-and-communication/supporting-your-childs-learning/>

<https://www.youtube.com/channel/UCi6DvQHbWiFqcQuNabqMO6w>

**Autism:**

<https://www.scie.org.uk/care-providers/coronavirus-covid-19/learning-disabilities-autism/carers-family>

Easy to use Calming stratagies for Young People with Autism

<https://www.youtube.com/watch?v=13DiS7cPgX0>

**Sensory:**

You may think that trying some of these ideas will be more work for you, but it will ultimately help you by ensuring that your child is engaged in something interesting and meaningful. It can be difficult for children and youth with significant multiple disabilities to develop recreation and leisure skills, and to find and interact with materials that they find pleasurable.

<http://www.activelearningspace.org/families/families-overview?fbclid=IwAR1GFtzcJvUko6jH3tj-Qw4BFazy37rsnJXlpdCMhbGrhKT58cv5Mq69phI>

**Other Physical Disability:**

<https://topsportsability.co.uk>