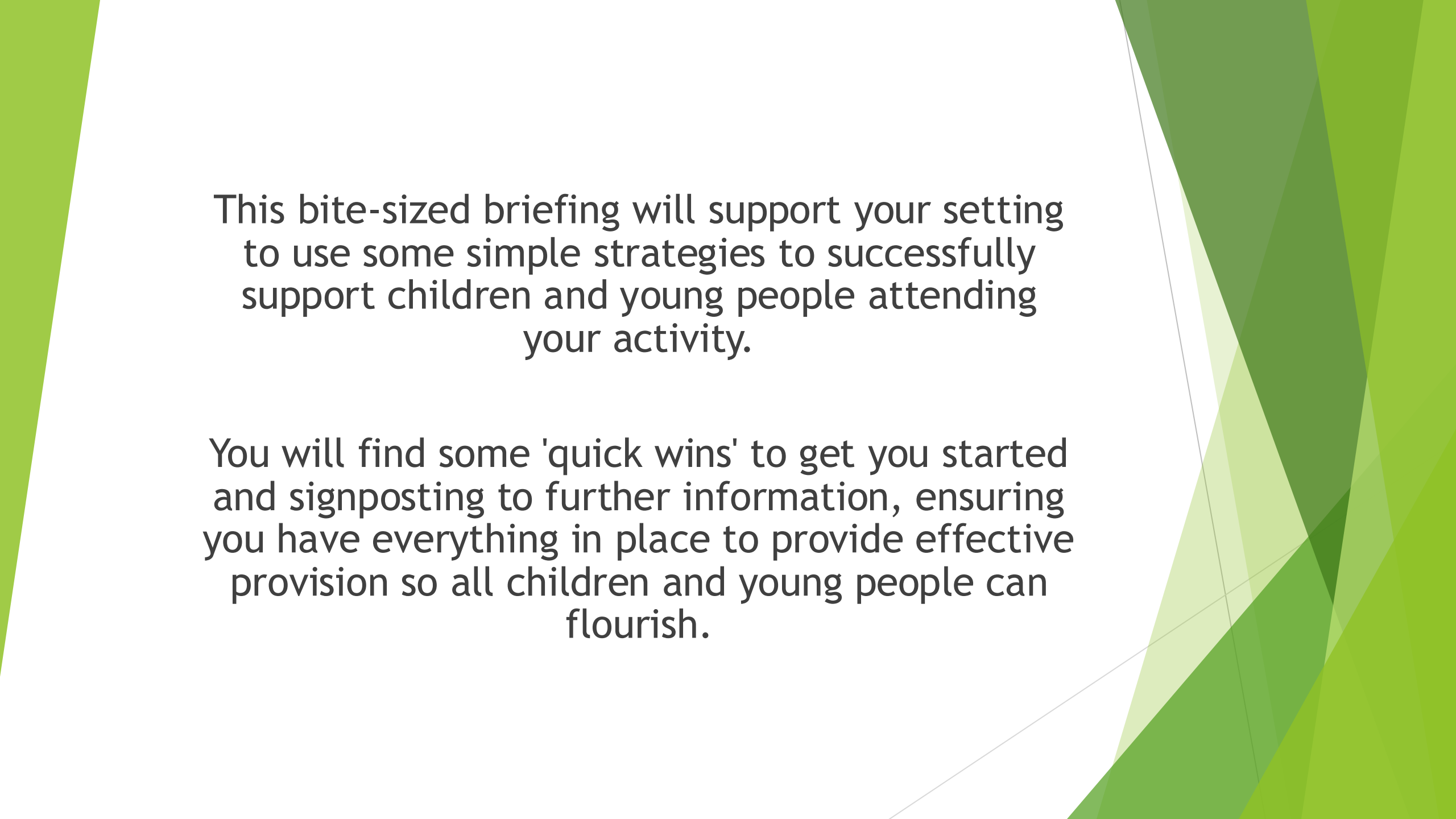


Successful Starts



The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

This bite-sized briefing will support your setting to use some simple strategies to successfully support children and young people attending your activity.

You will find some 'quick wins' to get you started and signposting to further information, ensuring you have everything in place to provide effective provision so all children and young people can flourish.

Anxiety and Stress

Here are some helpful tips on how to make sure children and young people have a smooth transition into your club and activity group and understand how anxious and stressed they might feel.

Anxiety and stress can make it hard for them to try new activities and social groups.

They may be worried about getting along with others at clubs, at home and with their friends.

It's important to reduce anxiety and stress as much as possible and help the children and young people to cope with their feelings and make the most of their social life and new activities.

Visual timetables or photographs can help reduce anxiety and concerns, having a familiar face and someone that they know to turn to also helps.



Maslow's Hierarchy of Needs

According to Maslow, safety and security are essential basic needs that humans must have to support their progress through life. To feel safe and secure, children and young people need to know the answers to five key questions:

- what am I doing now?
- what am I doing next?
- where am I going?
- who am I with?
- how long will it take?



Knowing the answers to these questions will help them organise their day and helps them to organise their time, focus, plan and remember things.

A simple way to support them is to make the day routine and planned.

Routines

Routines help us to organise our time and plan our day and simplify the processing of information for children and young people, allowing them to focus on learning and other activities

Creating and maintaining routines for children is not hard but it requires some planning and communication.

These tips may help you:

- Children should understand set routines
- Give them some choices and options but also set some boundaries and rules
- Be consistent and supportive
- Follow the routines as much as possible and remind children and young people of what they need to do
- Praise them when they follow their routines and help them when they struggle. Encourage them and help them to remember.
- Keep instructions simple enough to follow

Helping children and young people to thrive and enjoy their lives by creating and following routines to support them to feel safe, learn and have fun.



Visual Timetables

Visual timetables are a supportive and easy way to help children and young people understand the routine of your activities and help them to settle. Visual timetables use pictures instead of words, which can be clearer for young people with SEND.

Here is an example of a daily schedule:



Remember to include snack, lunch breaks and toilet breaks.

They help children and young people move from one thing to another. Take off the symbol when that activity has finished: the children do not need to see what they have already finished but this will help them process and focus on what they are doing next.

If a child is worried or sad about leaving the activity as they see this on the visual timetable, the child or young person may need some extra support care and attention.

Summary

The aim of these simple measures is to support a more regulated approach to enable children and young people to settle in your sessions. However, do not forget other key universal approaches based around environmental changes, delivery of information and behaviour to enable children and young people to flourish.

Thank you!

If you have any questions or wish to provide feedback, please contact us: AUpvision@suffolk.gov.uk