



SEASHELL TRUST RESOURCES

Welcome to Seashell Trust Resources

We offer a range of bite-size videos for parents and carers of children and young people with complex needs, providing information on different approaches that can be tried at home.

The learning activities are delivered by specialist teachers from Royal School Manchester and Royal College Manchester and from Seashell's Sports team.

We also offer information videos presented by our specialist staff including our Speech and Language Therapy team, Occupational Therapy team, Audiologists, Habilitation Officer and Autism consultant.

Supporting safe eating and drinking

<https://www.youtube.com/watch?v=kF09x3qNZXk>

This video will describe signs of concern when someone is eating or drinking that could indicate they are not managing their food or drink safely.

Music numeracy and beats

<https://www.youtube.com/watch?v=j0HY8fz7728>

In this video we are using music as a vehicle to develop students numeracy skills. This is a fun way to support students to engage with numeracy based tasks whilst developing their creative minds and flexibility of thought. It is important to remember that you don't need any musical skills to enjoy this.

Music and numeracy – counting

<https://www.youtube.com/watch?v=l0wo98TQOpq>

In this video we are using music as a vehicle to develop numeracy. This is a call and response activity that supports students' numeracy skills, flexibility of thought and active listening skills. It is important to keep the activity light hearted and fun with the focus being on number values and active listening.

Introduction to 8 piece brocade

<https://www.youtube.com/watch?v=0BSCUUMrDbY>

Sitting in a chair

<https://www.youtube.com/watch?v=Nb2Df5G89t8>

Stood up

<https://www.youtube.com/watch?v=j1p52Irg9B4&t=6s>

The 8 piece Brocade is a Chi Gong set consisting of 8 fluid movements. Regular practice can have significant health benefits improving mobility, strength and posture. It can help with reducing stress and promotes physical and mental relaxation. It is easy to practice and suitable for all ages and levels of ability.

5 tips to develop dressing skills

<https://www.youtube.com/watch?v=yLcgS19nHfk>

There are many components involved in dressing skills - fine and gross motor skills, coordination, balance, body awareness and cognitive skills. This video suggests 5 areas to focus on to support the general development of dressing skills.

Inclusive Communication https://www.youtube.com/watch?v=dJ4UsO3Dr_c

Sometimes referred to as Total Communication. This covers ways in which we can be inclusive in the way we communicate and some of the benefits of this

Using Visuals to support understanding https://www.youtube.com/watch?v=jnT0hvnN_k8

Using visuals to support understanding and reduce anxiety

Using Items in your home as visual support <https://www.youtube.com/watch?v=8DNILvBVAfG>

This is an approach for people who aren't able to take meaning from photos or pictures. It will support the development of understanding for those who have a visual impairment

5 Top Tips for sleeping <https://www.youtube.com/watch?v=jlmF0Gfr4Ws>

Seashell Trust's top five tried and tested tips to help autistic children and young people get better sleep.

Making a Sensory Bean Bag <https://www.youtube.com/watch?v=7pgcRUzW9A0>

A short sensory art based activity suitable for individuals of all ages with Special Educational Needs; including visual impairments, autism, learning difficulties and sensory processing difficulties.

Going on a Bear Hunt Signed Story <https://www.youtube.com/watch?v=xG89NEzNJ90&t=24s>

Teacher of the Deaf, Kate Shaw, signs along to the Going on a Bear Hunt story. Sensory activities can be included to complement the story. Ideas about how to include sensory activities can be found in our video titled 'Bear Hunt Sensory Story Activity Ideas'.

SPOT <https://www.youtube.com/watch?v=rglnng0bAFM>

SPOT music and movement sessions are run regularly at Seashell Trust. You can follow the actions and movements for each song, these can be modelled by a teacher or parent to encourage participation. The actions are written on the screen as you go along. You can use flags, sheets or whatever you have to hand.

Quick 'How To Guides'

<https://www.youtube.com/watch?v=b5Ea3LYEOc4>

Guided access allows you to lock the iPad into any app. This may be used if someone is using the iPad as a dedicated communication device and therefore doesn't need access to other apps.

<https://www.youtube.com/watch?v=0hGD1BtKywo>

This video explains how to search for a word when using Snap + Core AAC software on a communication device.

<https://www.youtube.com/watch?v=EcbdHV42GO4>

This video shows you how to save a user's vocabulary to a local file on an iPad when using Snap + Core.