

Counting Back

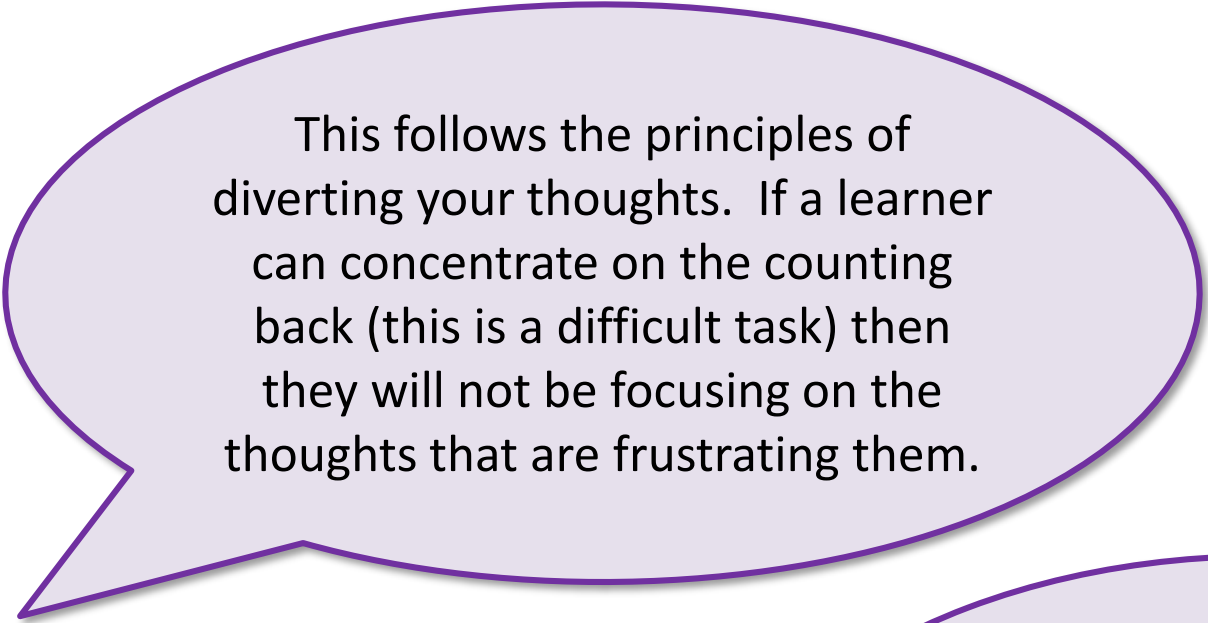
Ask the learner to count back a higher number to a lower number.

Consider what number range is appropriate for your learner.

For example: count back in 8's from 1000.

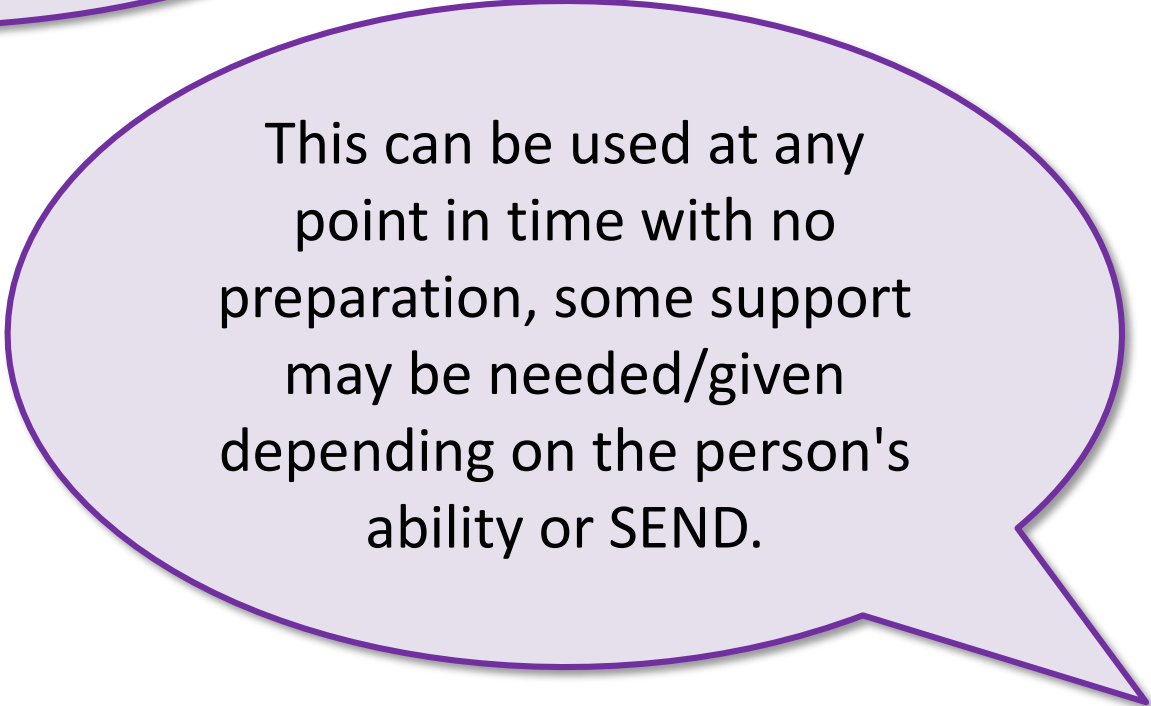
SEND
pathway





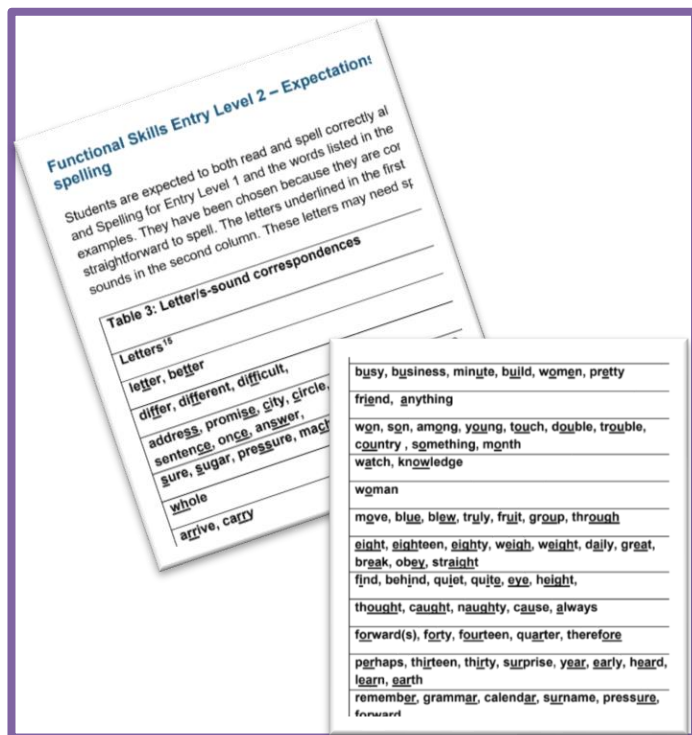
This follows the principles of diverting your thoughts. If a learner can concentrate on the counting back (this is a difficult task) then they will not be focusing on the thoughts that are frustrating them.

**How can I use
this in the
classroom?**



This can be used at any point in time with no preparation, some support may be needed/given depending on the person's ability or SEND.

Spelling Backwards

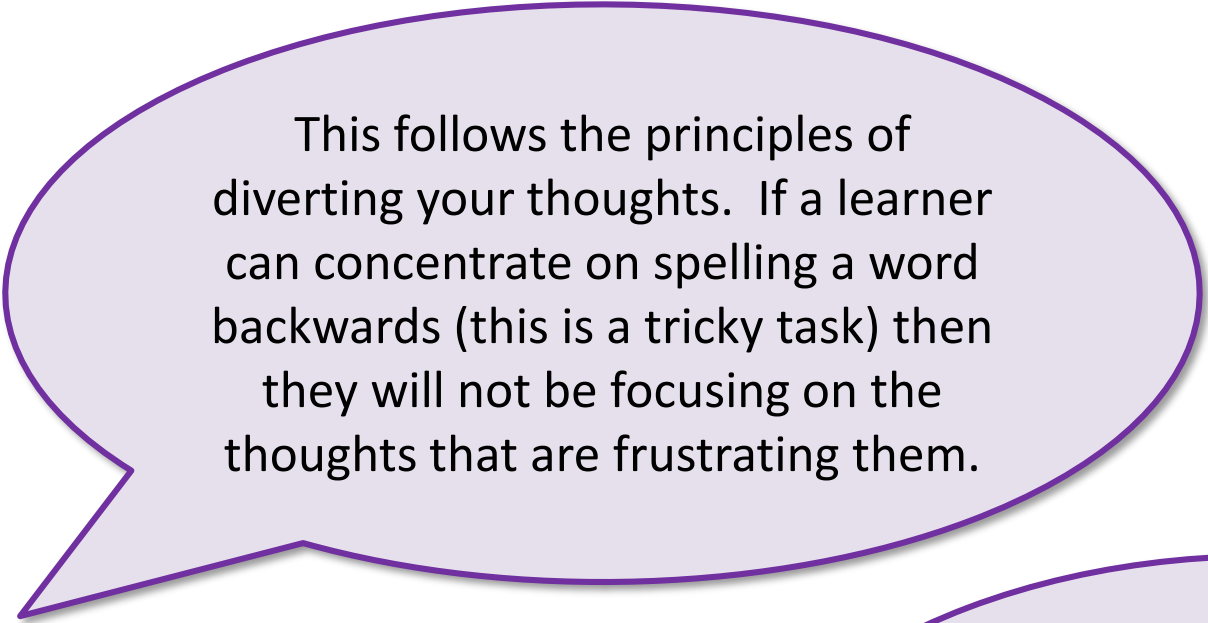


Pick a word of an appropriate difficulty, this could be the person's surname to start with, but then progress to longer words. For example: giraffe, communicate, multiplication.

Word lists provided are taken from the English Functional Skills subject content (2018).

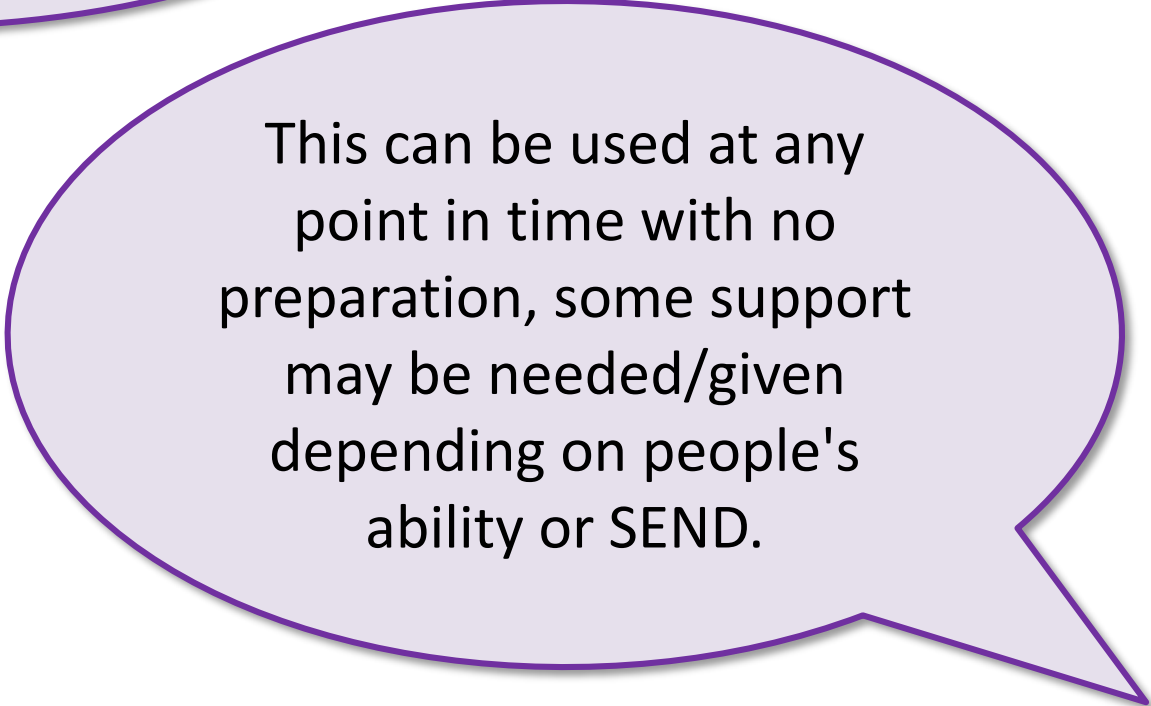
SEND
pathway





This follows the principles of diverting your thoughts. If a learner can concentrate on spelling a word backwards (this is a tricky task) then they will not be focusing on the thoughts that are frustrating them.

**How can I use
this in the
classroom?**



This can be used at any point in time with no preparation, some support may be needed/given depending on people's ability or SEND.

A-Z Listing

Complete the below A-Z list. This can be whatever you want bands, songs etc.

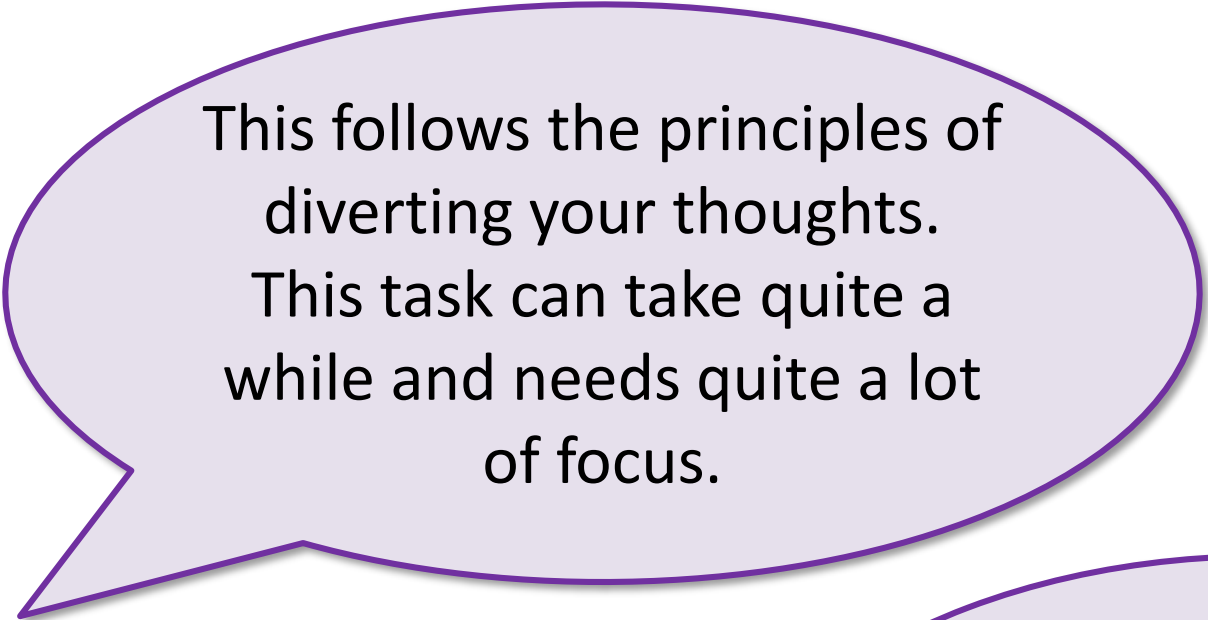
A
B
C
D
E
F
G
H
I
J

Provide the learner with a blank A-Z list and ask them to think of an item for each letter of the alphabet.

To make the activity more challenging you could give them a theme eg food & drink, football teams, cities, film/TV or countries.

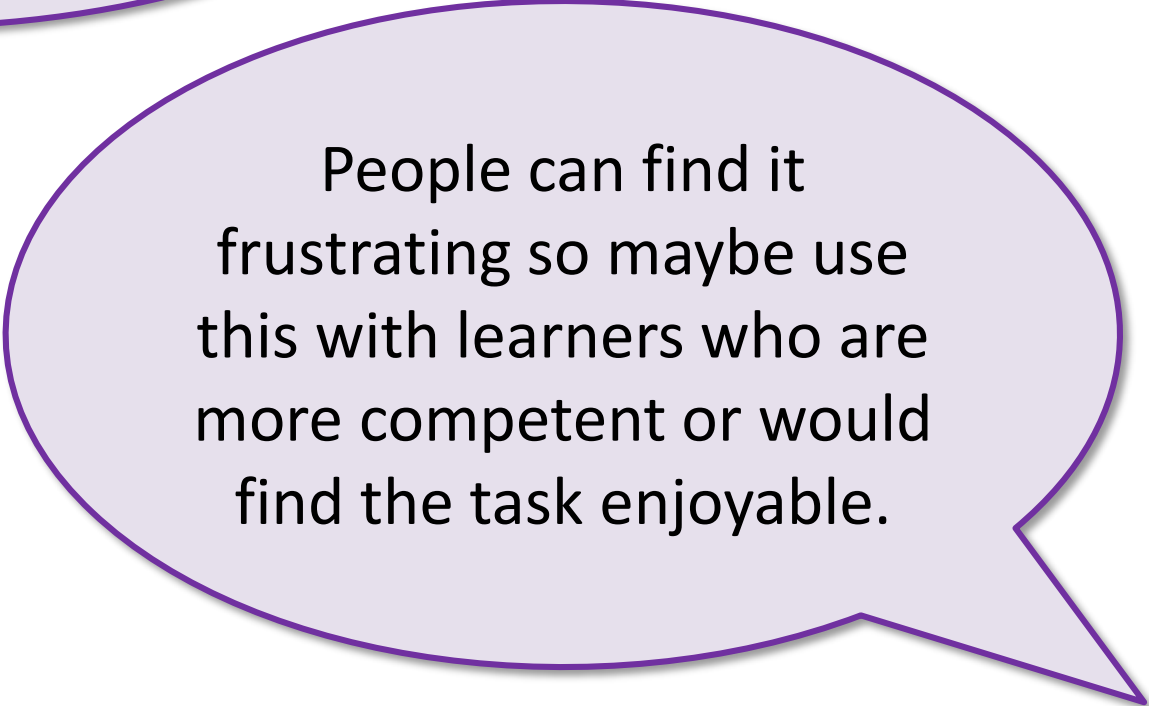
SEND
pathway





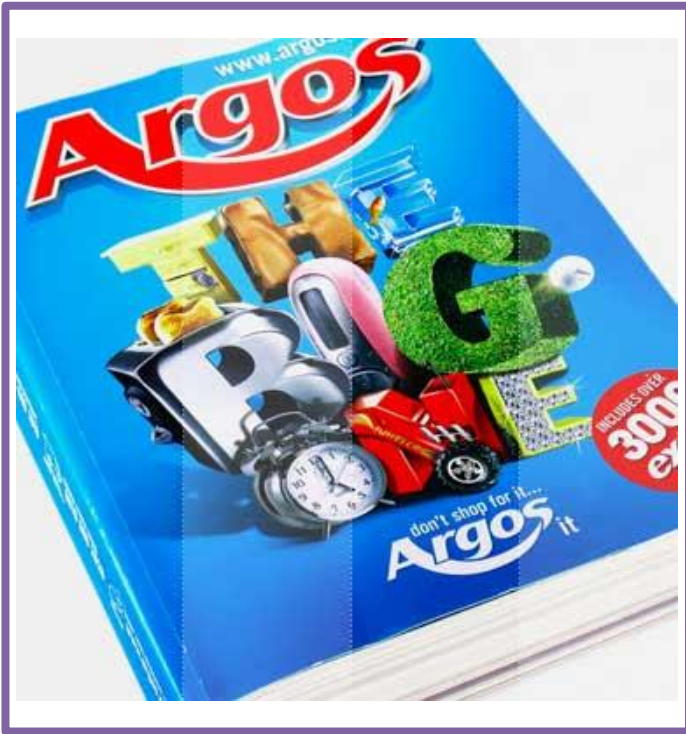
This follows the principles of
diverting your thoughts.
This task can take quite a
while and needs quite a lot
of focus.

**How can I use
this in the
classroom?**



People can find it
frustrating so maybe use
this with learners who are
more competent or would
find the task enjoyable.

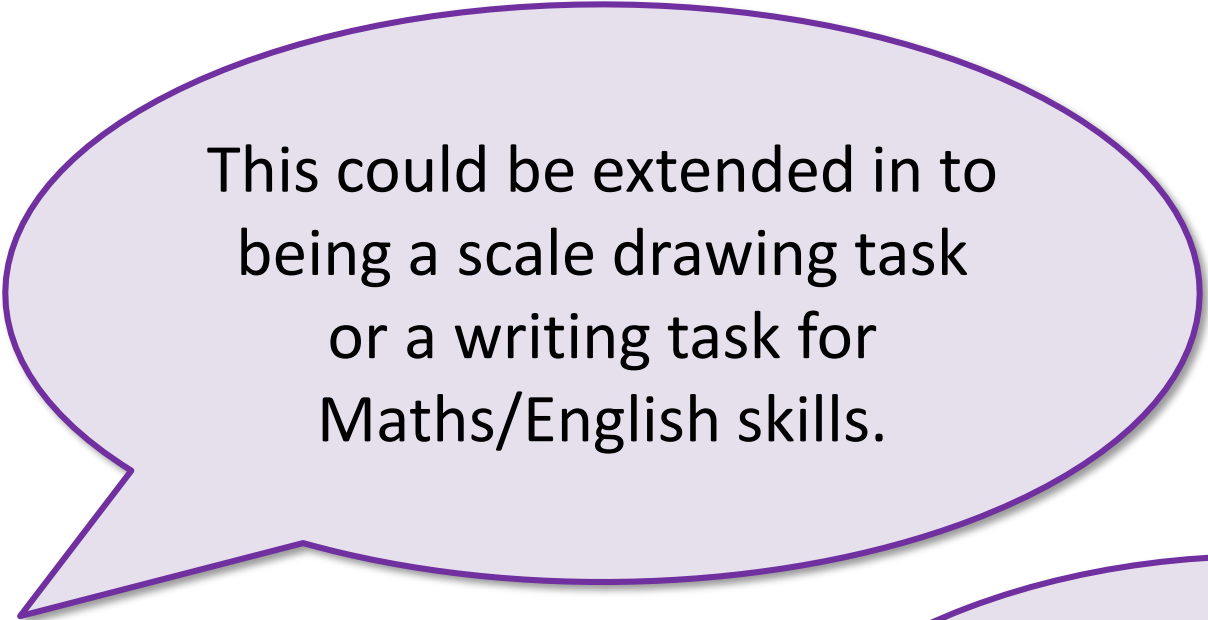
£2,000 to Spend



Provide learner with a catalogue and give them a set amount of money to spend (eg. £2000). The learners are then tasked to furnish a flat/house. The choice is theirs!

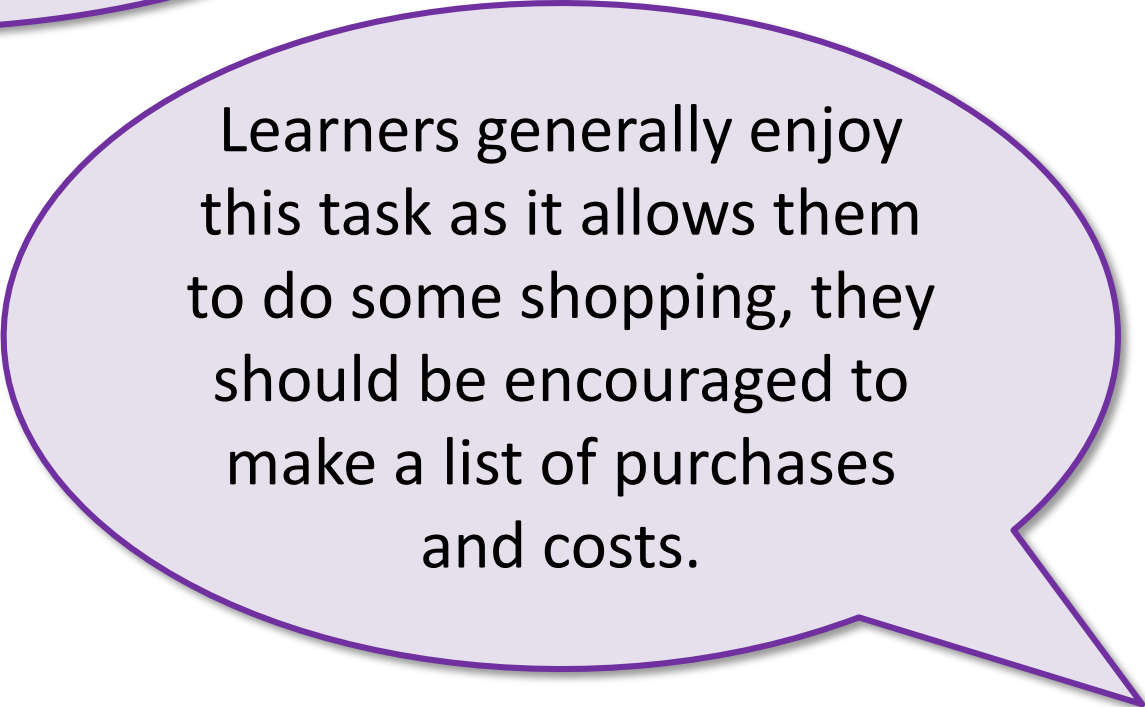
SEND
pathway





This could be extended in to
being a scale drawing task
or a writing task for
Maths/English skills.

**How can I use
this in the
classroom?**



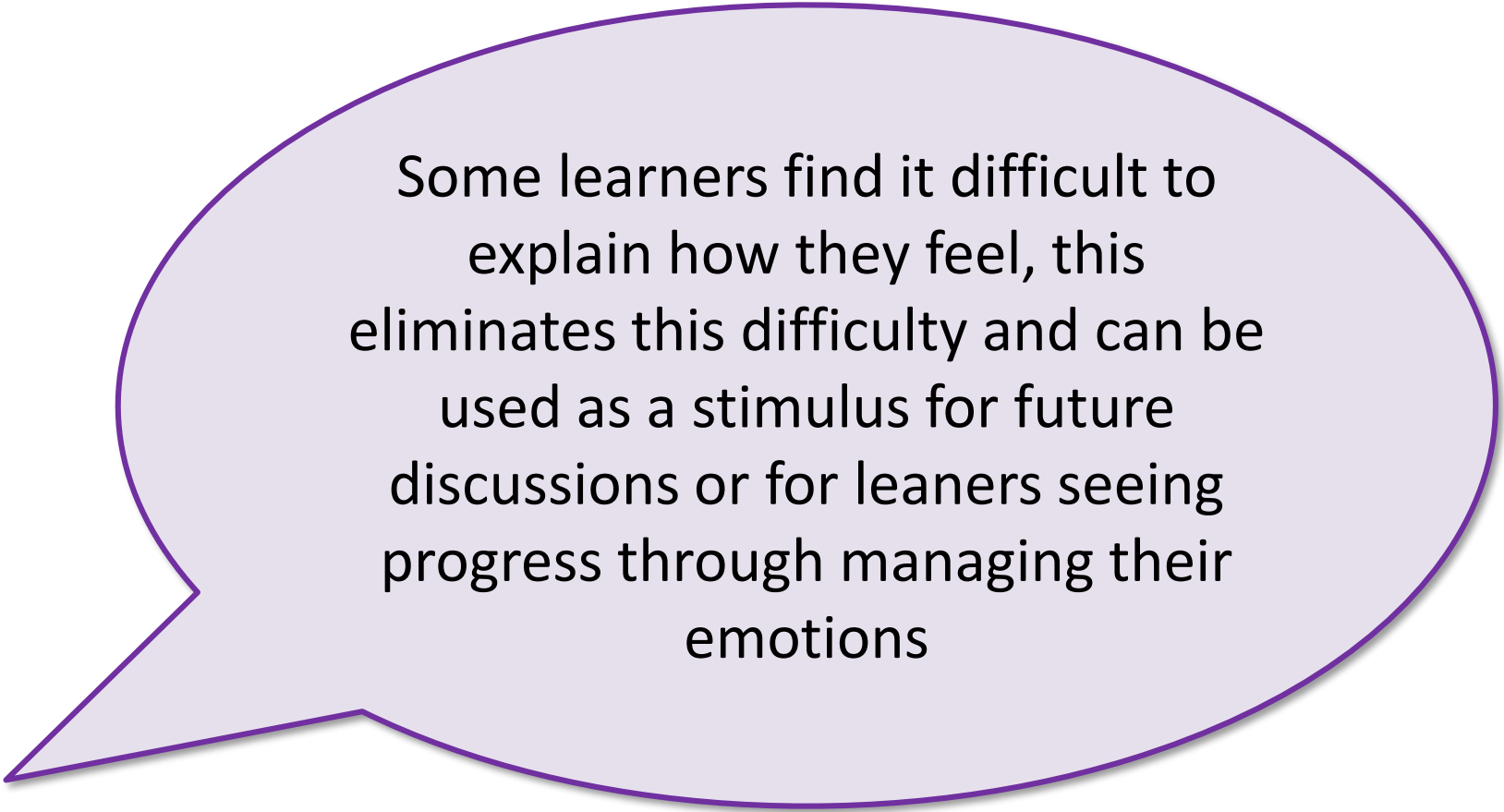
Learners generally enjoy
this task as it allows them
to do some shopping, they
should be encouraged to
make a list of purchases
and costs.

Draw How You Feel

Ask learners to draw a picture showing how they feel in that moment.

SEND
pathway

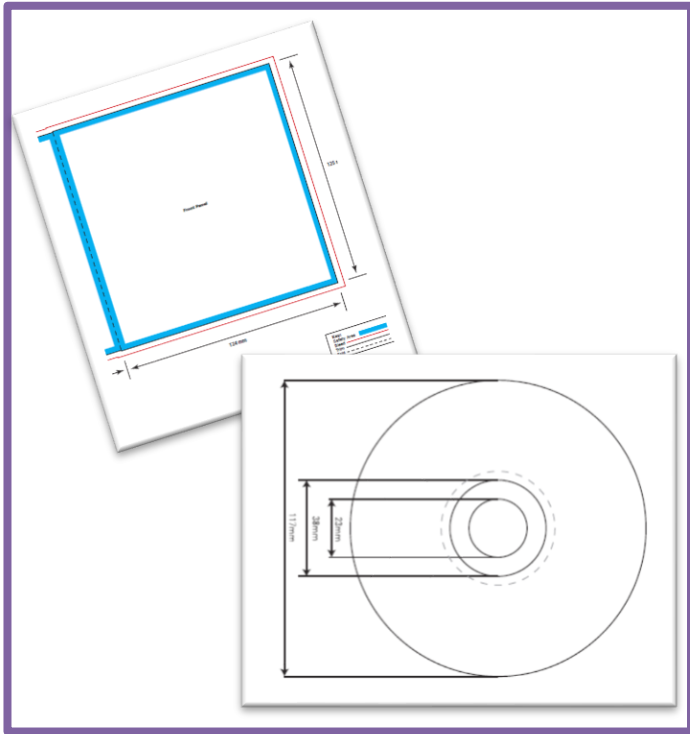




Some learners find it difficult to explain how they feel, this eliminates this difficulty and can be used as a stimulus for future discussions or for learners seeing progress through managing their emotions

**How can I use
this in the
classroom?**

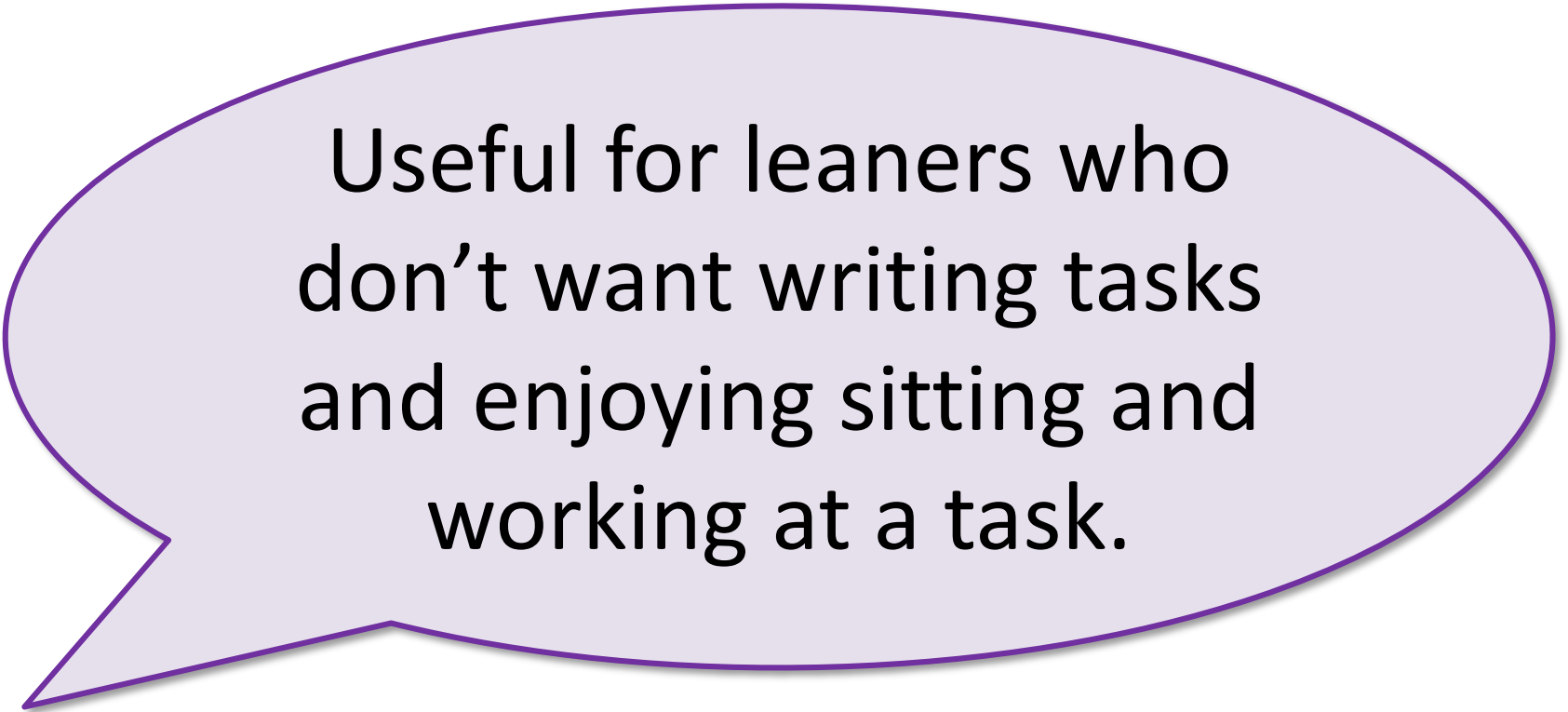
CD / DVD Cover Design



Provide learners with a piece of paper/template for a CD/DVD cover. Ask them to produce the cover for their favourite film/artist.

SEND
pathway





Useful for learners who
don't want writing tasks
and enjoying sitting and
working at a task.

**How can I use
this in the
classroom?**

Film or TV Review

Film Review

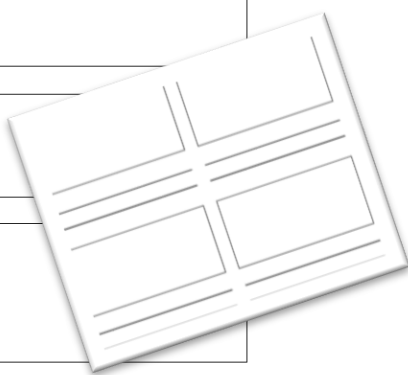
Title:

Who was in the film?

Review:

Who would I recommend this film for?

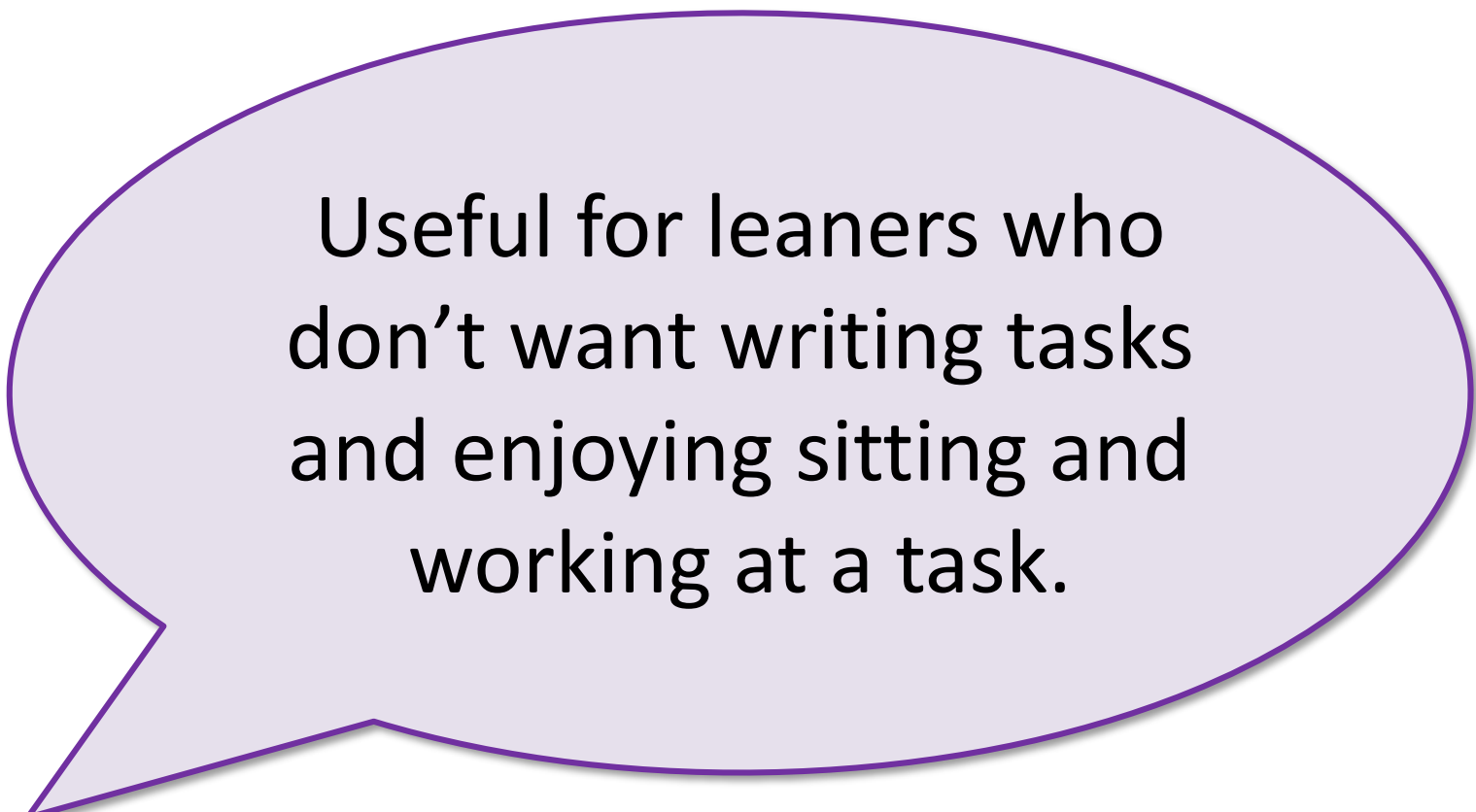
I would improve this film by....



Depending on your learners ability this can be done as a written task using the model template provided or for lower level learners as a 'storyboard'.

SEND
pathway





Useful for learners who
don't want writing tasks
and enjoying sitting and
working at a task.

**How can I use
this in the
classroom?**

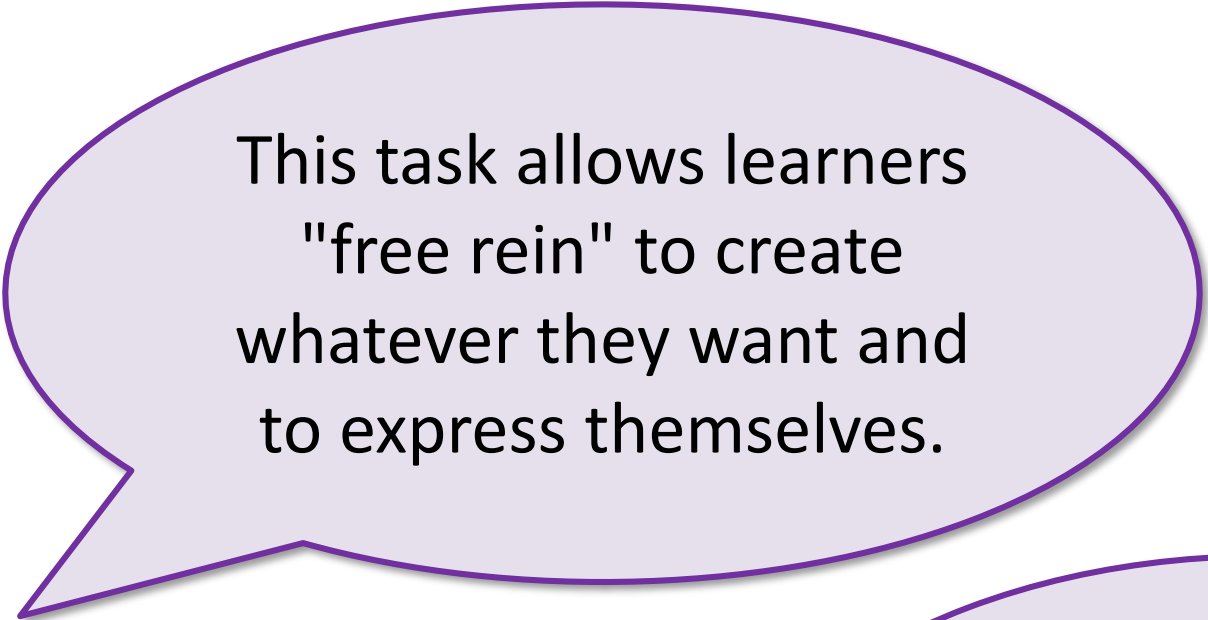
Collage

Using scrap pictures / magazines / catalogues etc learners can create a collage of their choice.

If the learner doesn't know what to make, you could ask them to create something for a family member or they could create from a photo/word prompt.

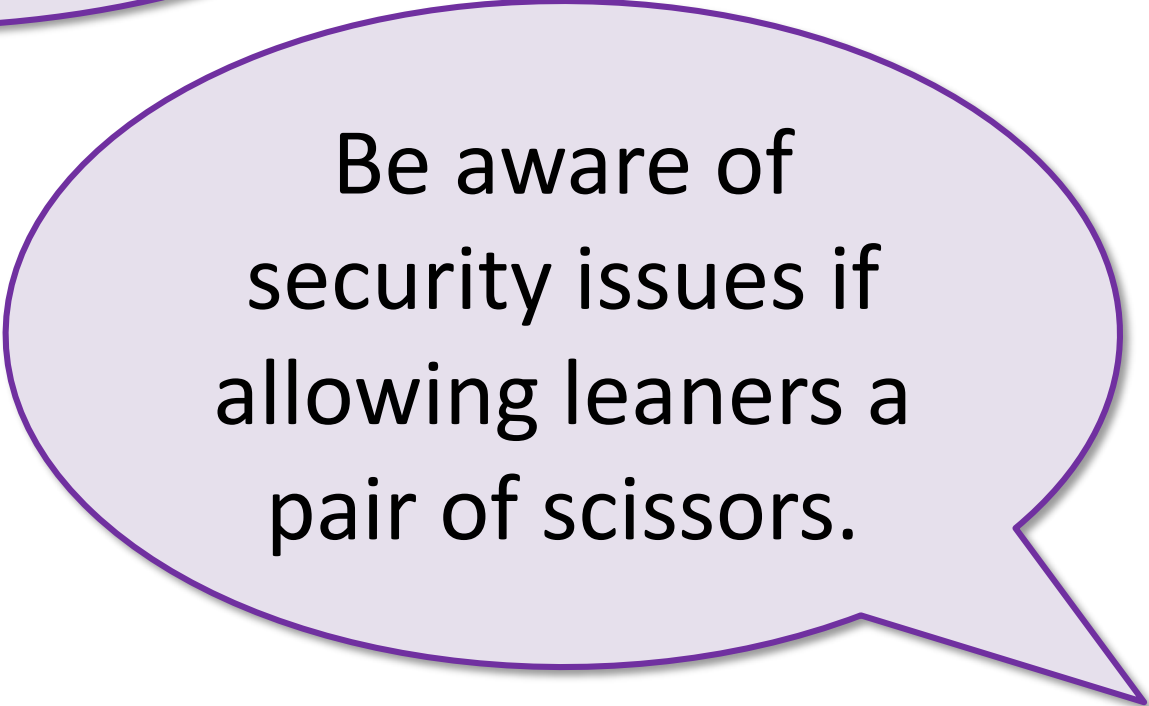
SEND
pathway





This task allows learners
"free rein" to create
whatever they want and
to express themselves.

**How can I use
this in the
classroom?**



Be aware of
security issues if
allowing learners a
pair of scissors.

Measuring the Room

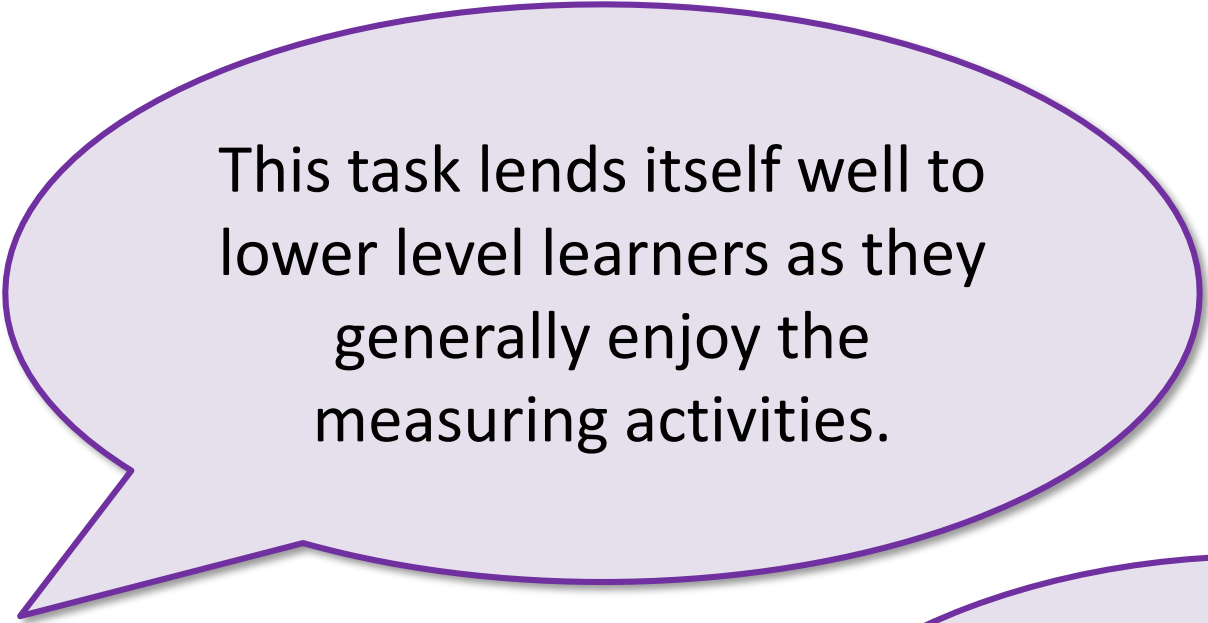


Provide learners with a template of the room/area you work in plus a measuring tape and ask them to measure the different aspects.

Additionally, the learners could re-design your room/work area.

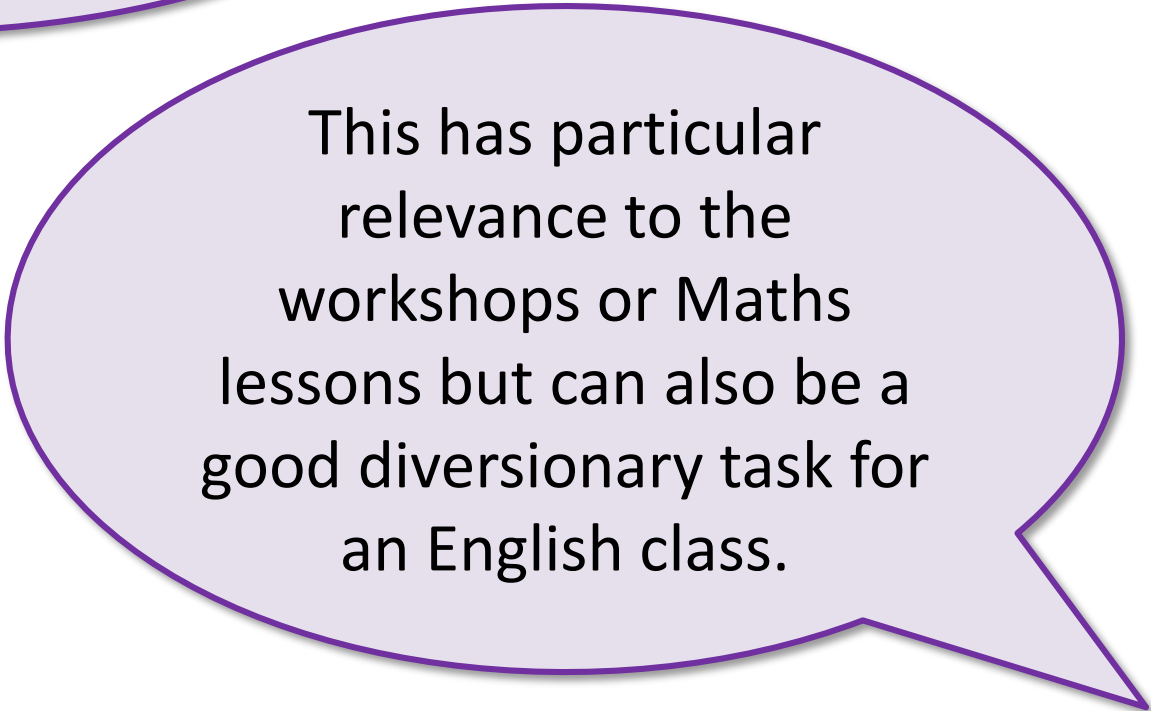
SEND
pathway





This task lends itself well to lower level learners as they generally enjoy the measuring activities.

**How can I use
this in the
classroom?**



This has particular relevance to the workshops or Maths lessons but can also be a good diversionary task for an English class.

Adult Colouring

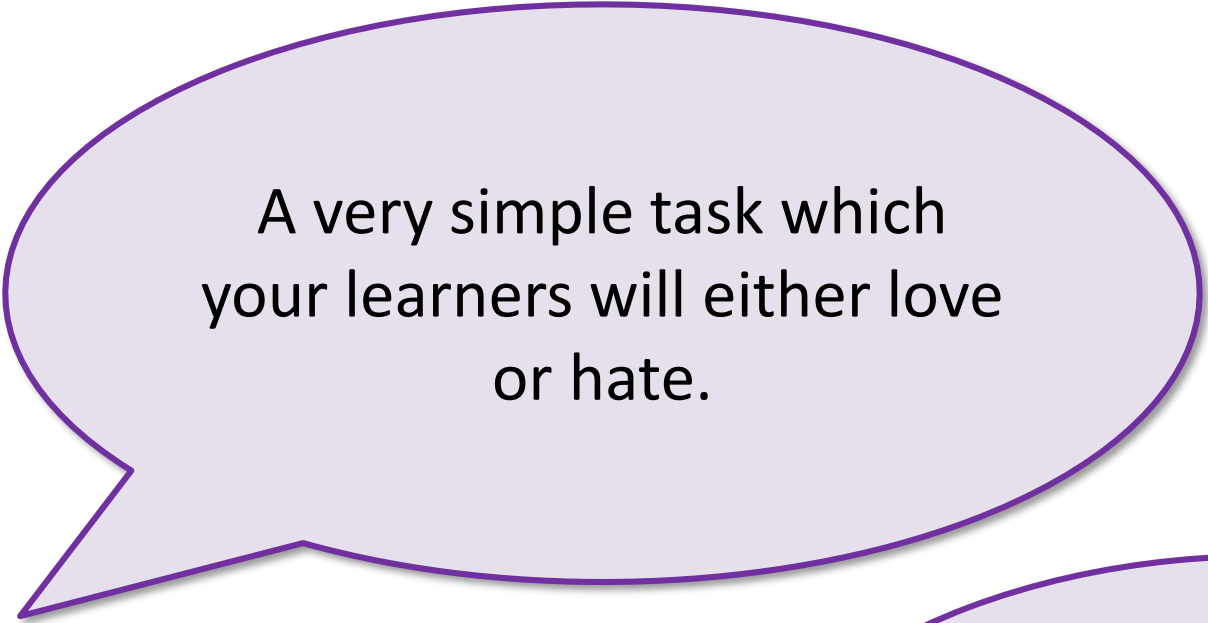


Using pens, pencils or crayons (dependent on preference), the learner can select from a range of usually repetitive images to colour in.

Additionally, you could task the learner to use only certain colours, to create patterns as they colour or to draw new colouring sheets themselves.

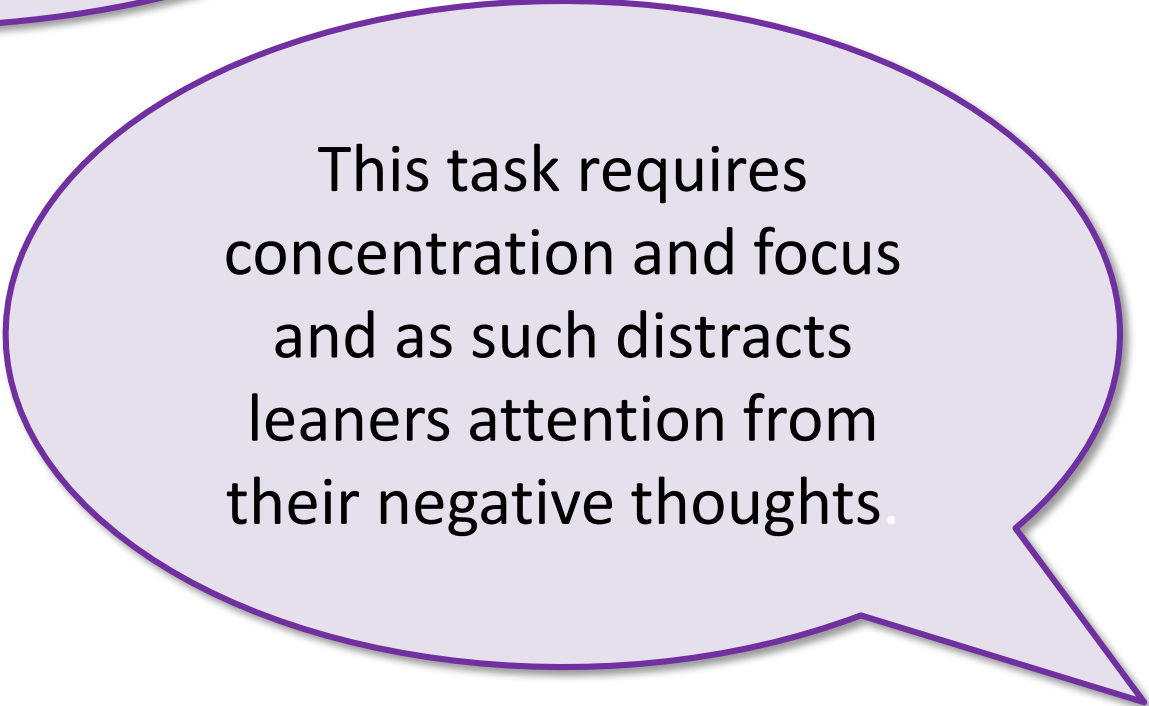
SEND
pathway





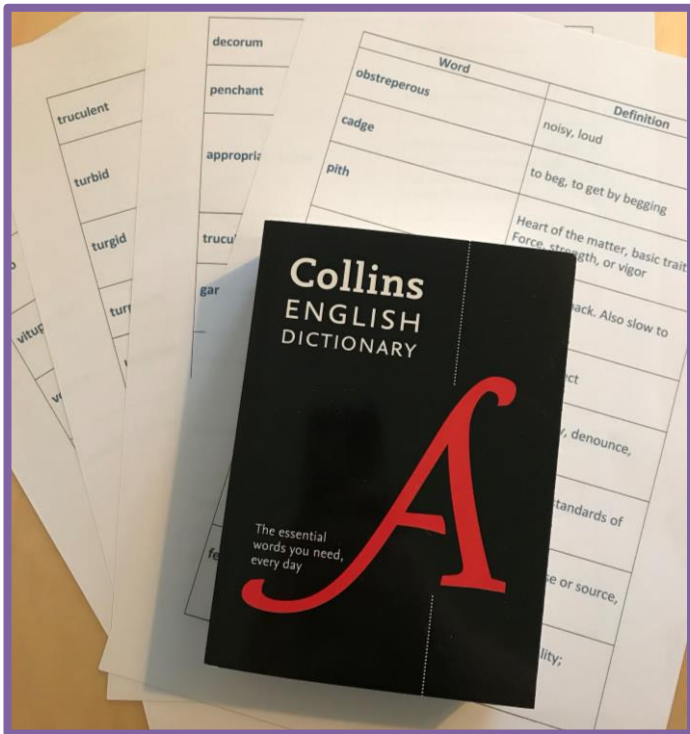
A very simple task which
your learners will either love
or hate.

**How can I use
this in the
classroom?**



This task requires
concentration and focus
and as such distracts
leaners attention from
their negative thoughts.

Word Tasks



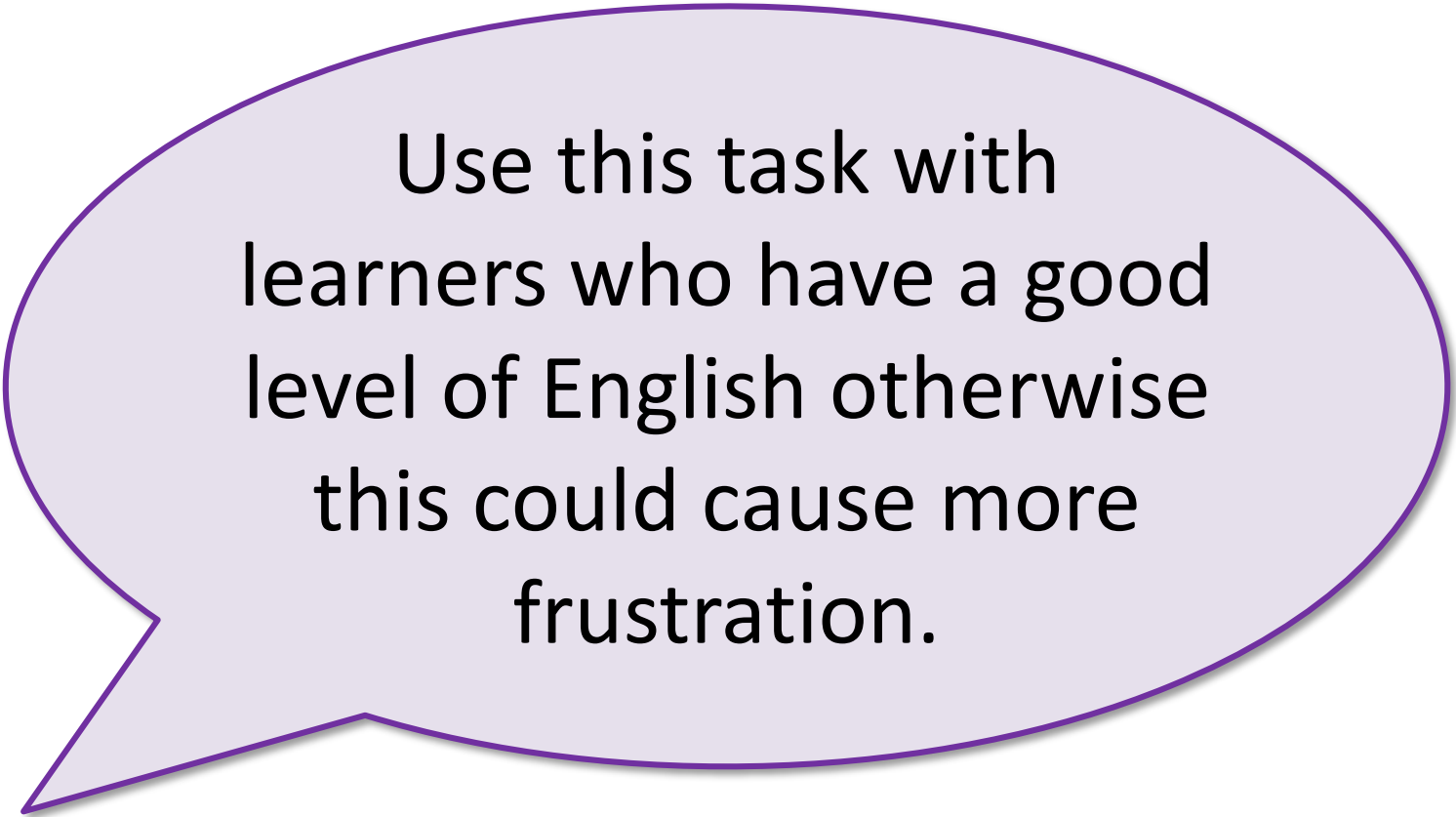
Use a dictionary to find the meaning of the difficult / complex words.

The word list provided contains words on the left and definitions on the right to self check. All words on this list are in the dictionaries included in this toolbox.

SEND
pathway



Great for embedding English skills into other lessons.



Use this task with
learners who have a good
level of English otherwise
this could cause more
frustration.

**How can I use
this in the
classroom?**

Anagrams



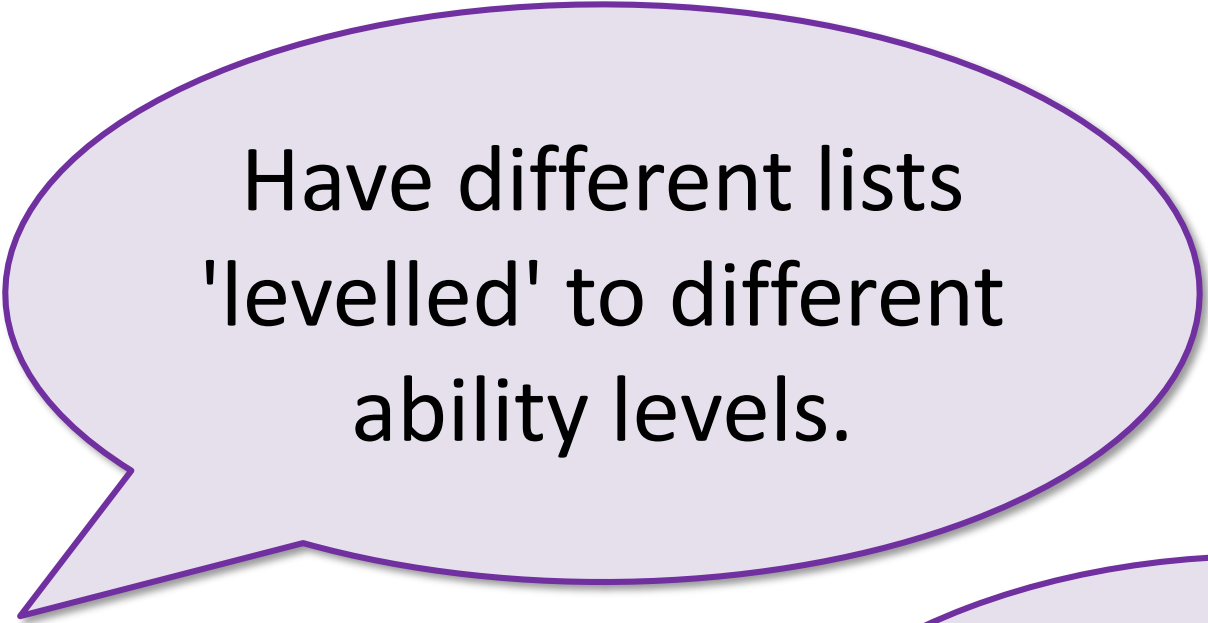
Using the clues learners decode the jumbled words to create a new word.

Additionally, learners could create their own anagrams + clues.

Great for embedding English skills into other lessons.

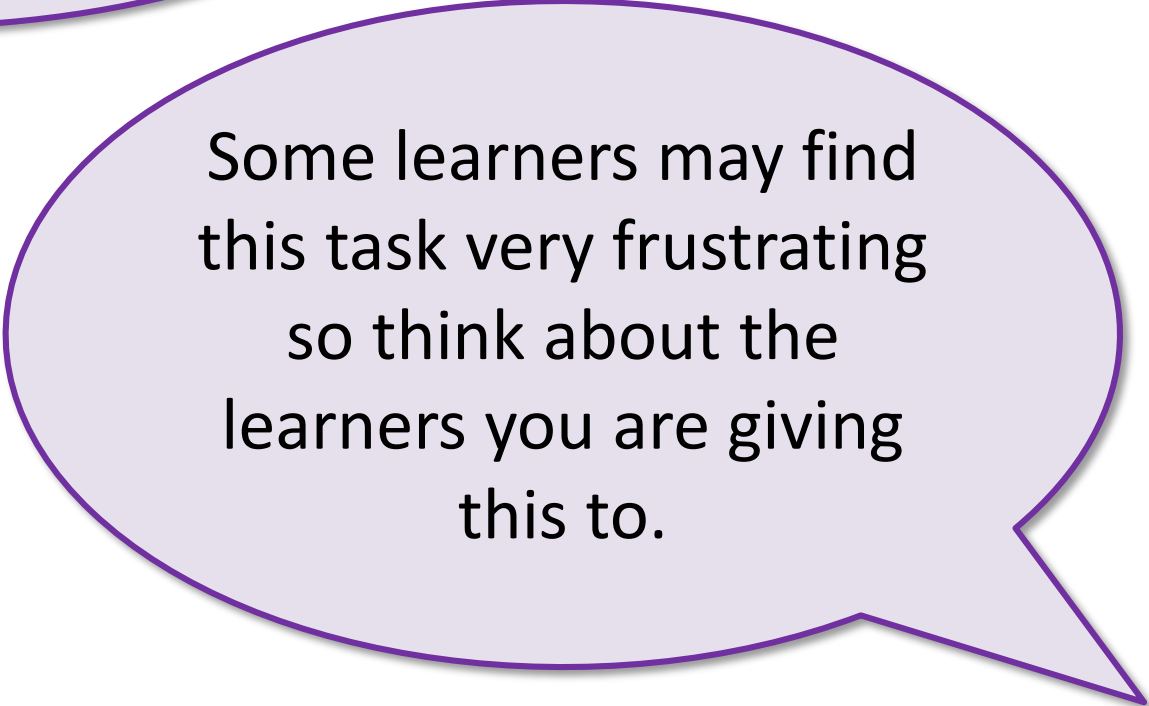
SEND
pathway





Have different lists
'levelled' to different
ability levels.

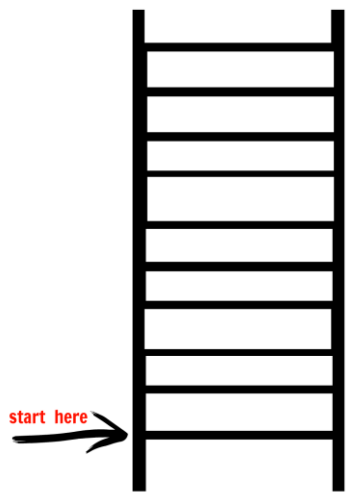
**How can I use
this in the
classroom?**



Some learners may find
this task very frustrating
so think about the
learners you are giving
this to.

Word Ladders

Word Ladder

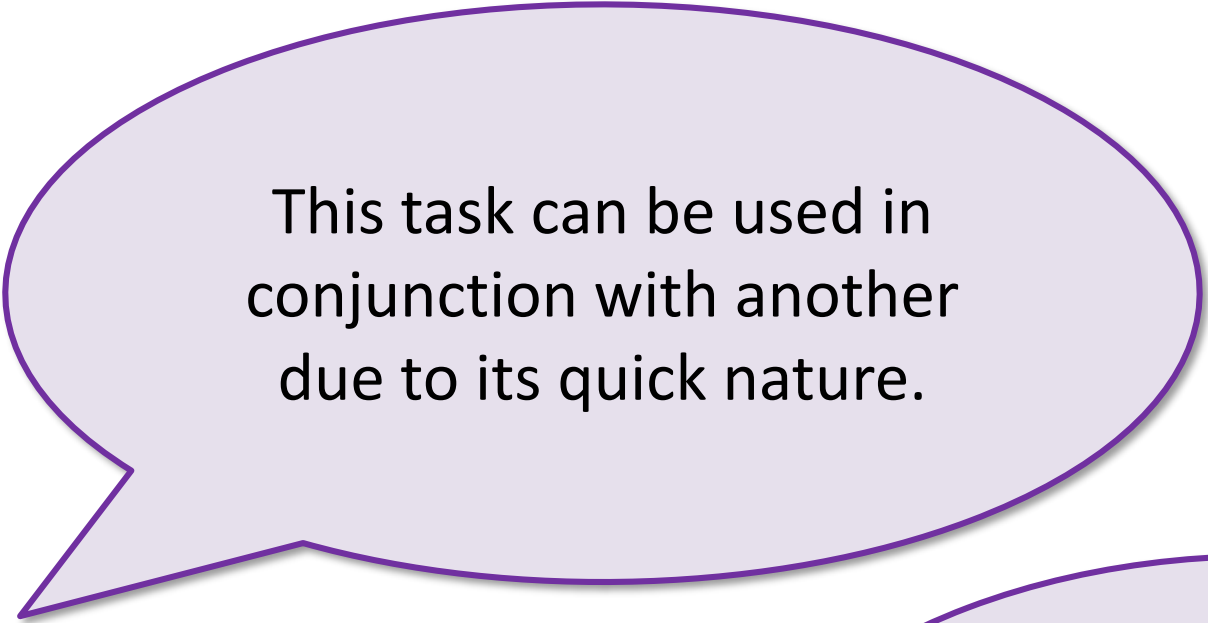


Give the learner two words. Next, they use the word ladder to travel from one word to another. This is done by changing one (or 2) letter at a time.

Great for embedding English into other lessons.

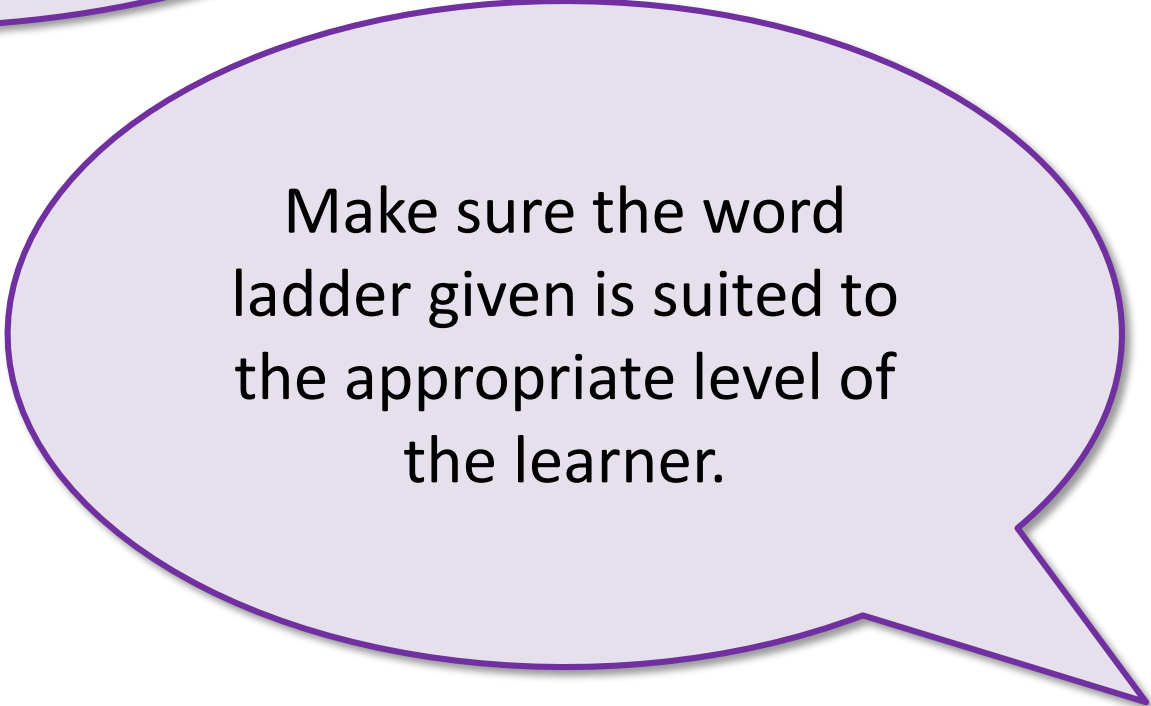
SEND
pathway





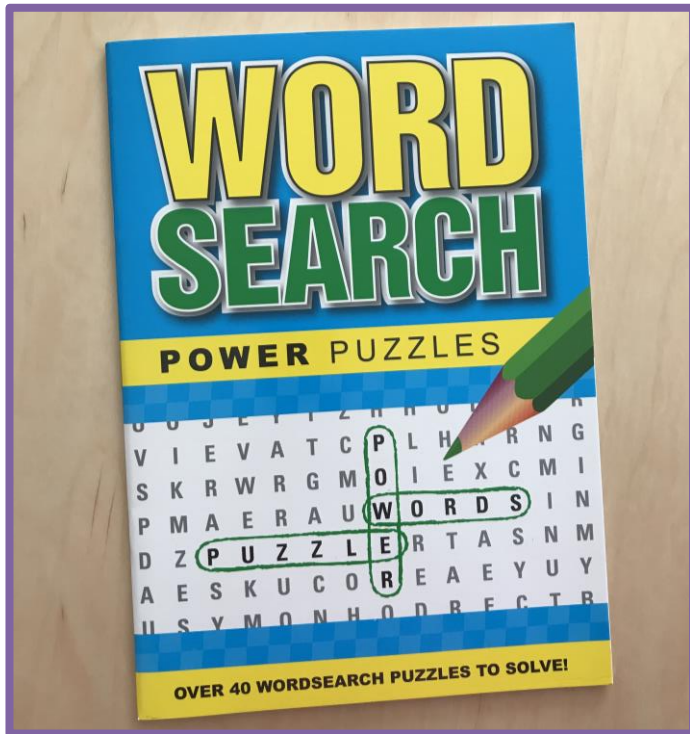
This task can be used in conjunction with another due to its quick nature.

**How can I use
this in the
classroom?**



Make sure the word ladder given is suited to the appropriate level of the learner.

Word Search

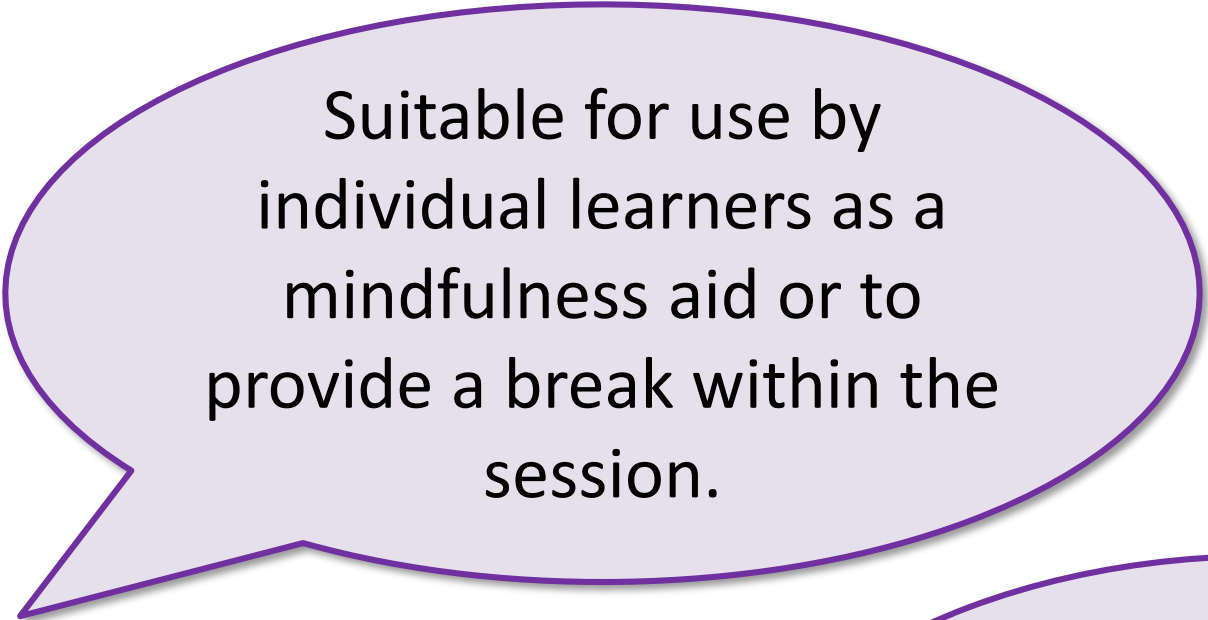


Provide the learner with a page from the book. You can also make your own word searches for free on the internet.

Great for embedding English skills into other lessons.

SEND
pathway





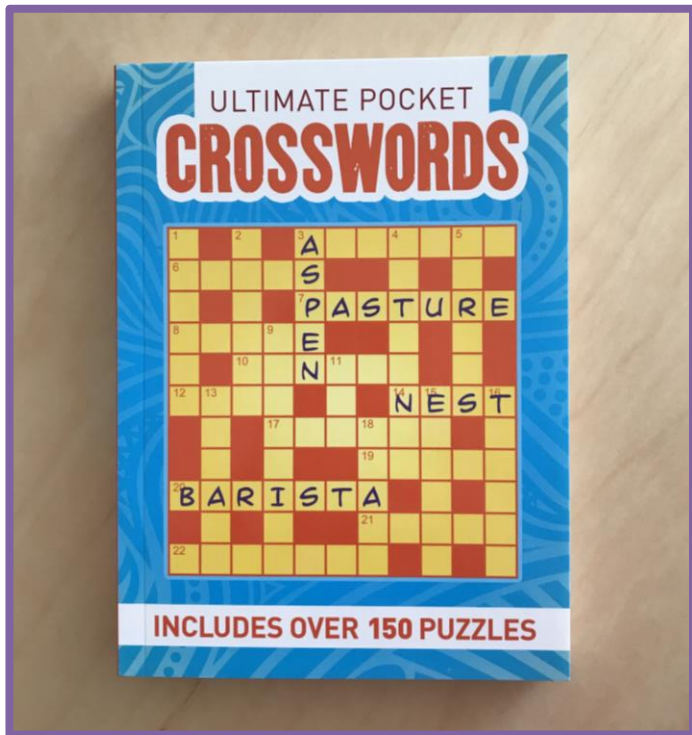
Suitable for use by
individual learners as a
mindfulness aid or to
provide a break within the
session.

**How can I use
this in the
classroom?**



Also appropriate
for completion in
cell.

Crossword



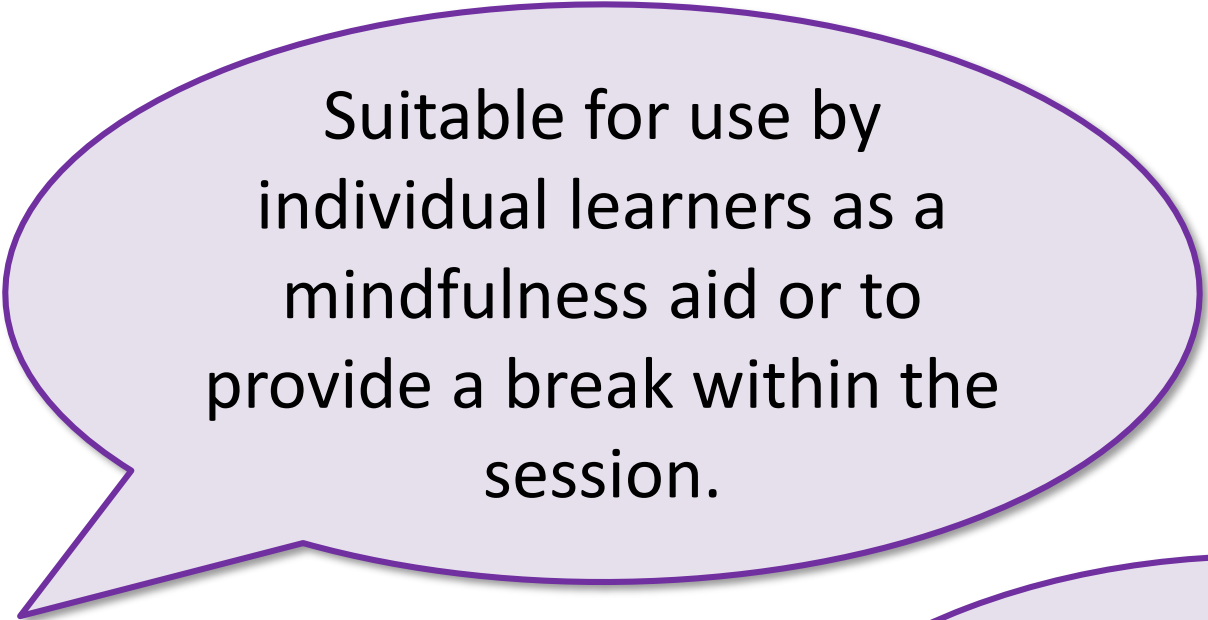
Some crosswords provide cryptic clues and some provide the word but with missing letters.

Give the learner a page from the book or download from the internet. You can also create your own on the internet for free.

Great for embedding English and Maths into other lessons.

SEND
pathway



A purple speech bubble with a white outline and a drop shadow, containing text about individual learners.

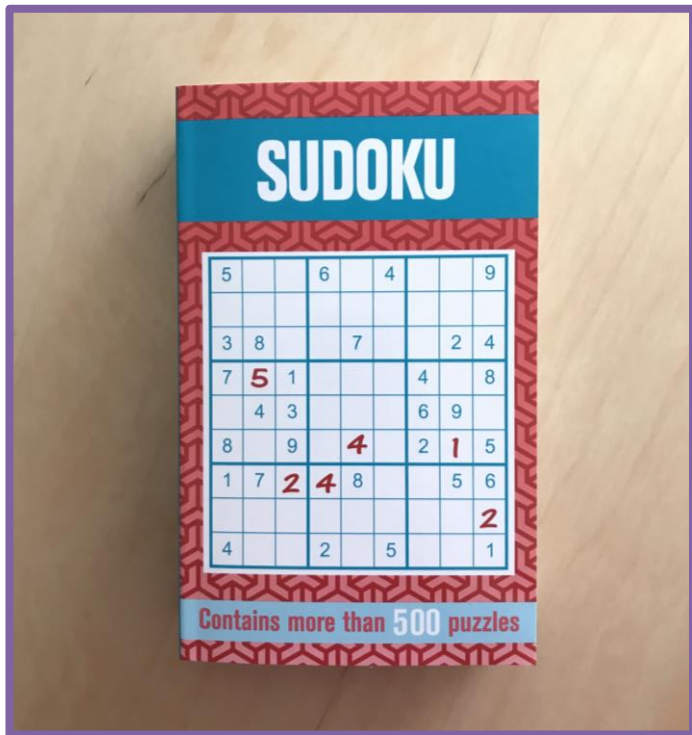
Suitable for use by
individual learners as a
mindfulness aid or to
provide a break within the
session.

**How can I use
this in the
classroom?**

A purple speech bubble with a white outline and a drop shadow, containing text about completion in a cell.

Also appropriate
for completion in
cell.

Sudoku



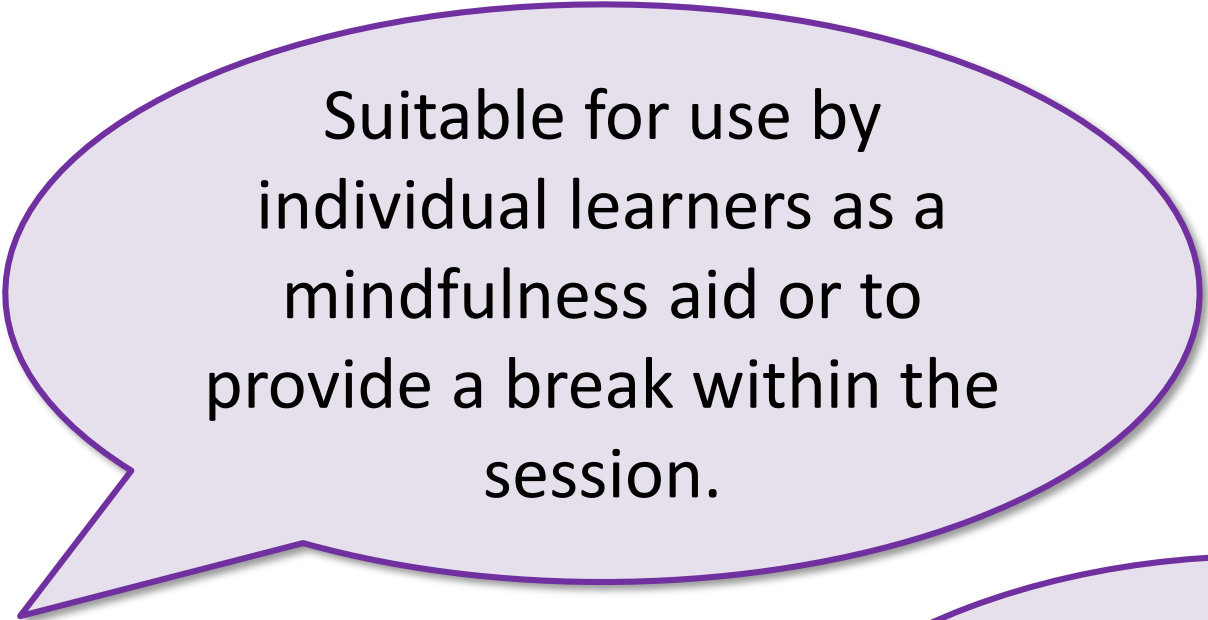
Sudoku is a number puzzle game split into 9 cells in 9 squares. Players must ensure that every number from 1-9 is written within each square, horizontal and vertical lines.

Provide the learner with a page from the book or download from the internet.

Great for embedding Maths.

SEND
pathway





Suitable for use by
individual learners as a
mindfulness aid or to
provide a break within the
session.

**How can I use
this in the
classroom?**



Also appropriate
for completion in
cell.

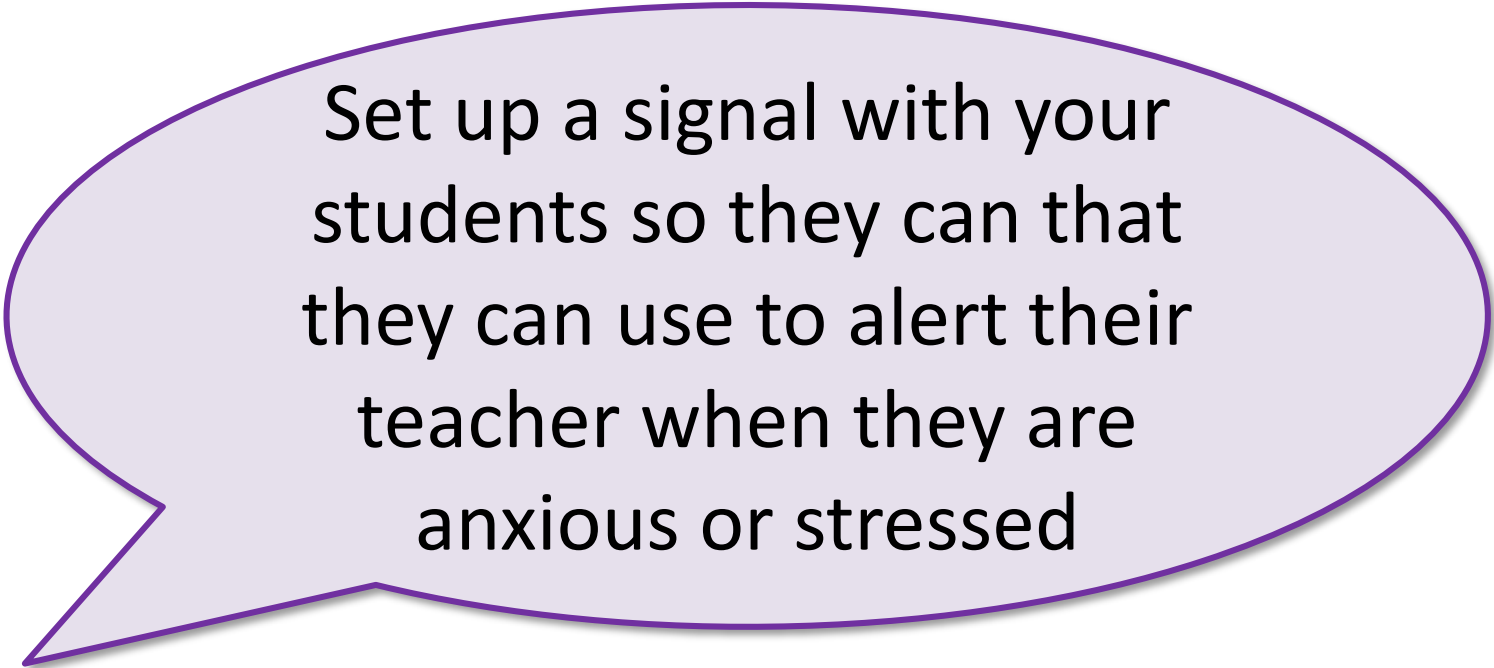
Doodling

Move the student to a quiet area if stressed and provide them with a note pad and pencils.

If necessary, you could provide them with a spoken or visual prompt.

SEND
pathway





Set up a signal with your students so they can that they can use to alert their teacher when they are anxious or stressed

How can I use this in the classroom?

Men in a Tree

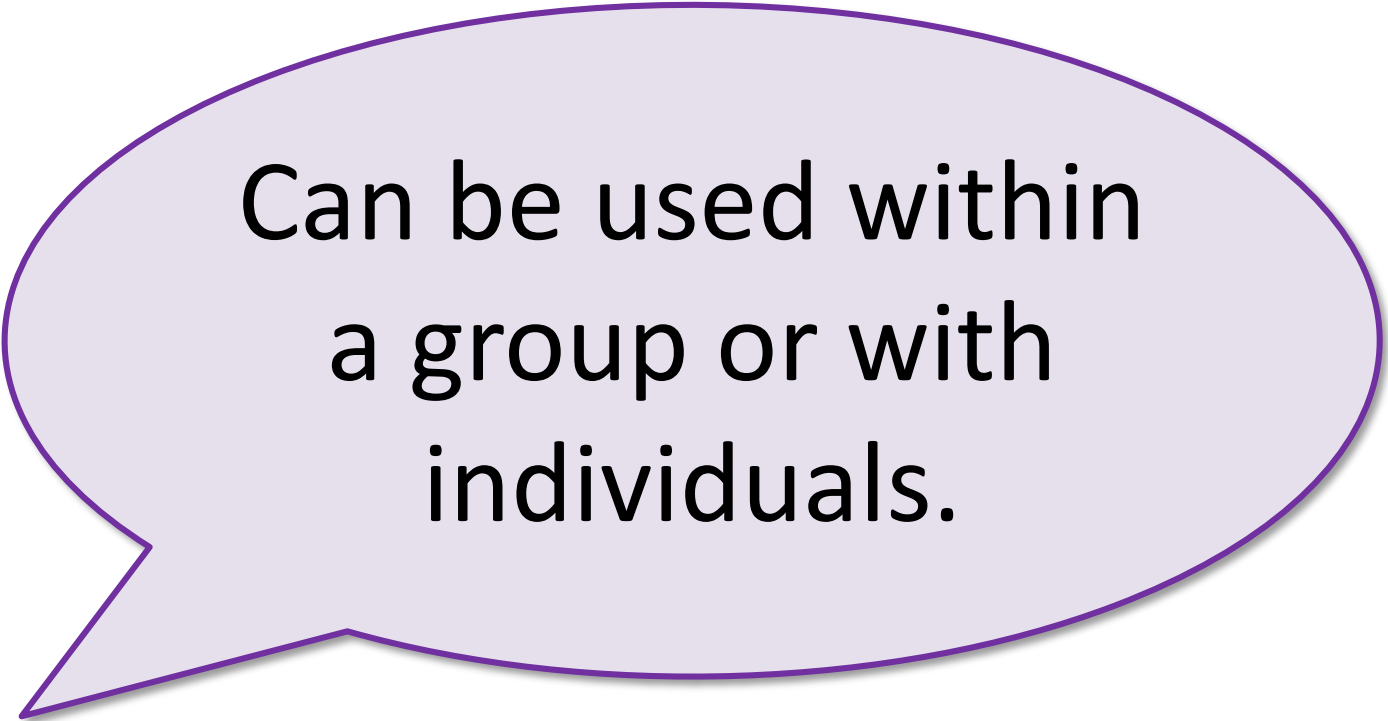


A learner looks at the image of men in a tree and decides which image best represents them at that moment – and if able and appropriate, verbalises why.

Tutor could introduce to their class in order to identify areas of stress or anxiety at the beginning of class and again at the end.

SEND
pathway

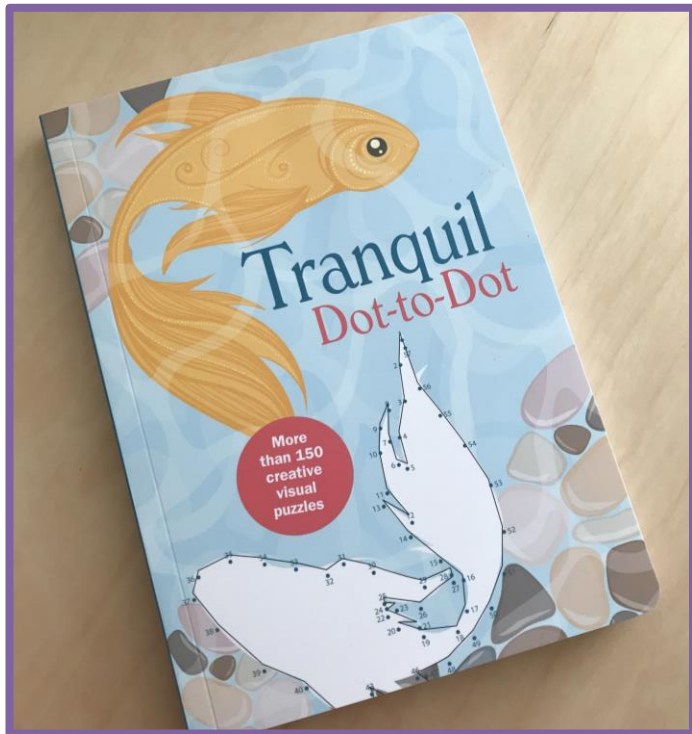




Can be used within
a group or with
individuals.

**How can I use
this in the
classroom?**

Dot-to-Dot



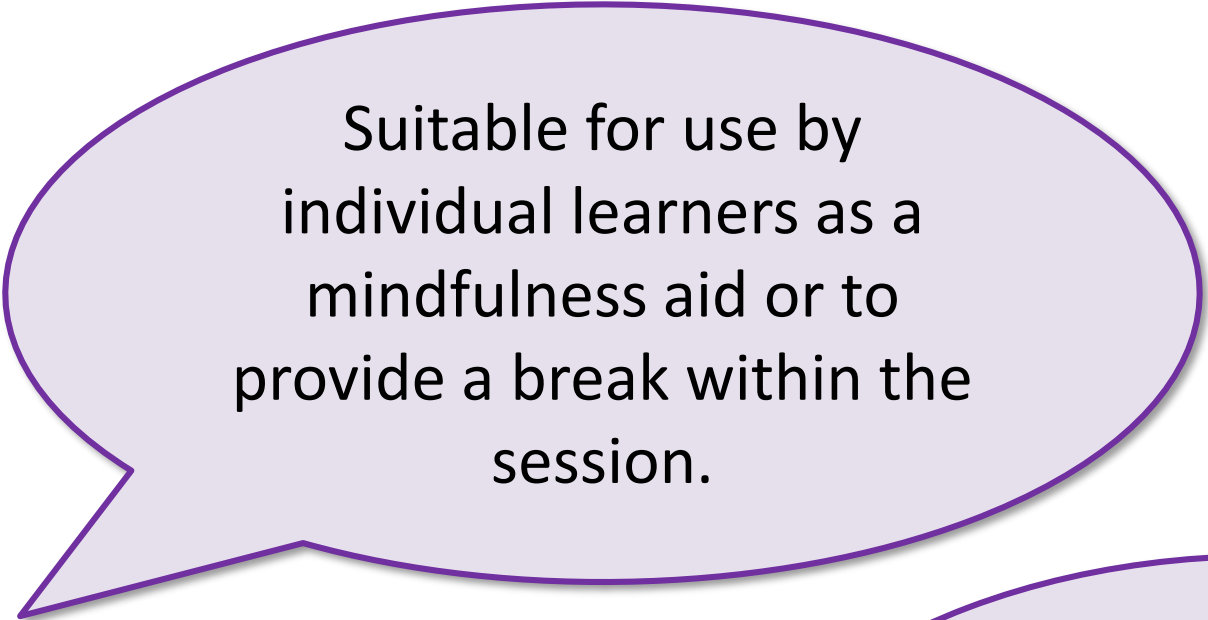
The book provided is the traditional dot-to-dot but includes images that are more pleasing to adults.

Provide the learner with a page from the book or download from the internet.

SEND
pathway



Great for embedding Maths.



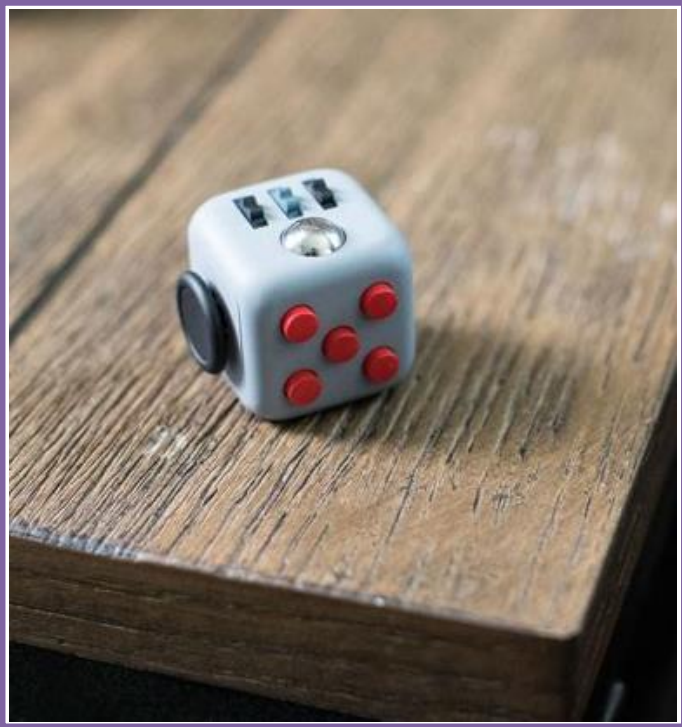
Suitable for use by
individual learners as a
mindfulness aid or to
provide a break within the
session.

**How can I use
this in the
classroom?**



Also appropriate
for completion in
cell.

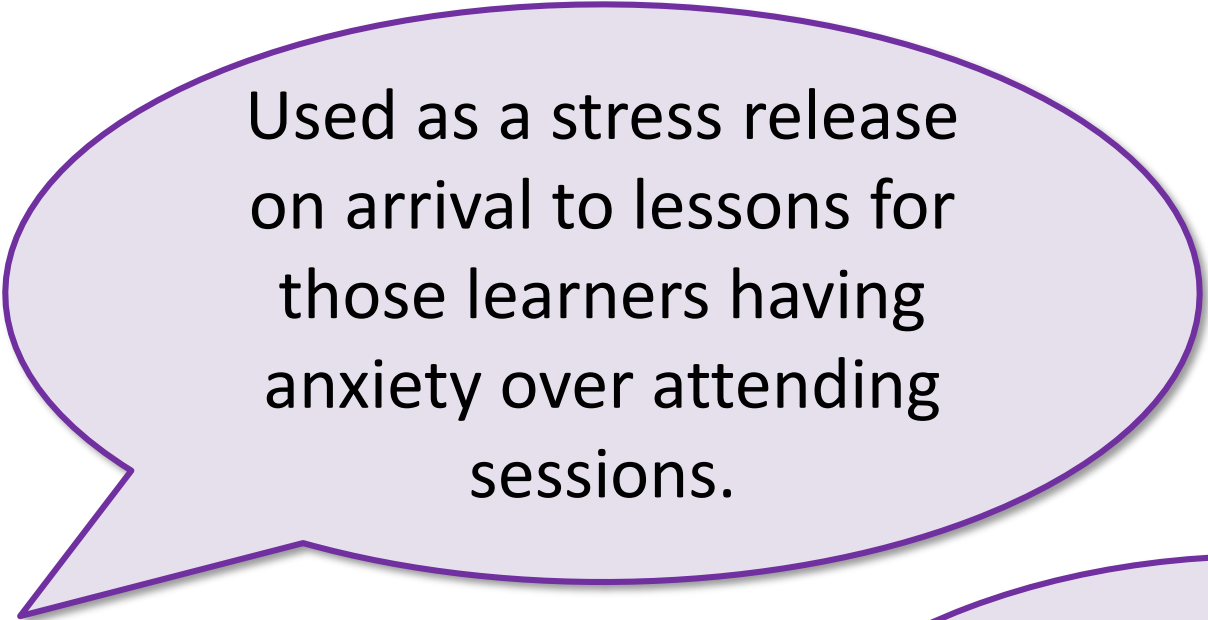
Fidget Cube



This is a practical activity for stress and anxiety relief. The fidget cube includes 6 fidget activities on each surface of the cube eg. a switch, Xbox button, clicker etc.

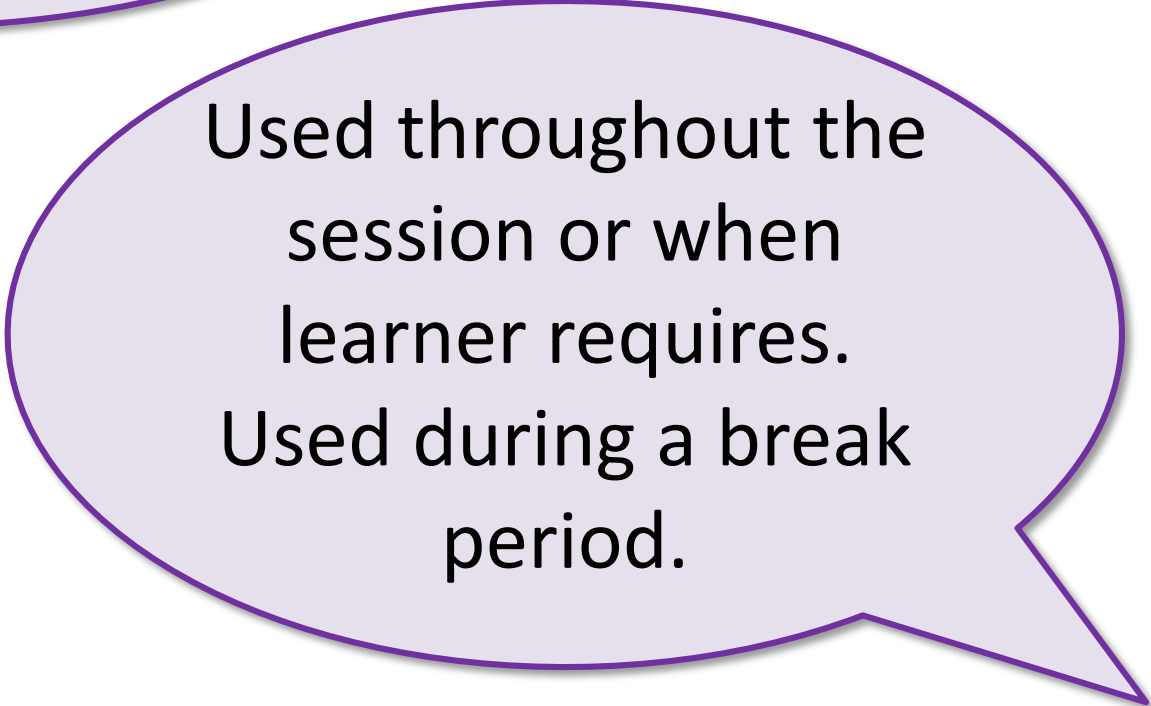
SEND
pathway





Used as a stress release
on arrival to lessons for
those learners having
anxiety over attending
sessions.

**How can I use
this in the
classroom?**



Used throughout the
session or when
learner requires.
Used during a break
period.

Tangle

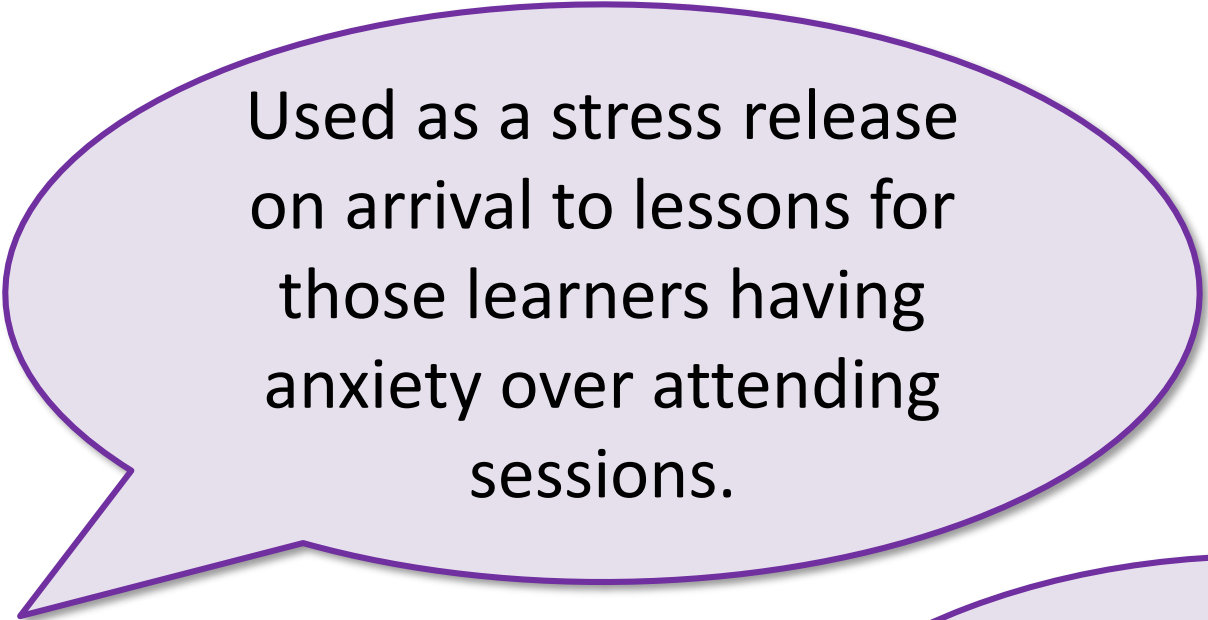


This object is a plastic wiggly toy used to manipulate by rotating sections. Sections can be removed or added to. A standard tangle contains 18 sections.

The tangle can be useful for stress and anxiety relief.

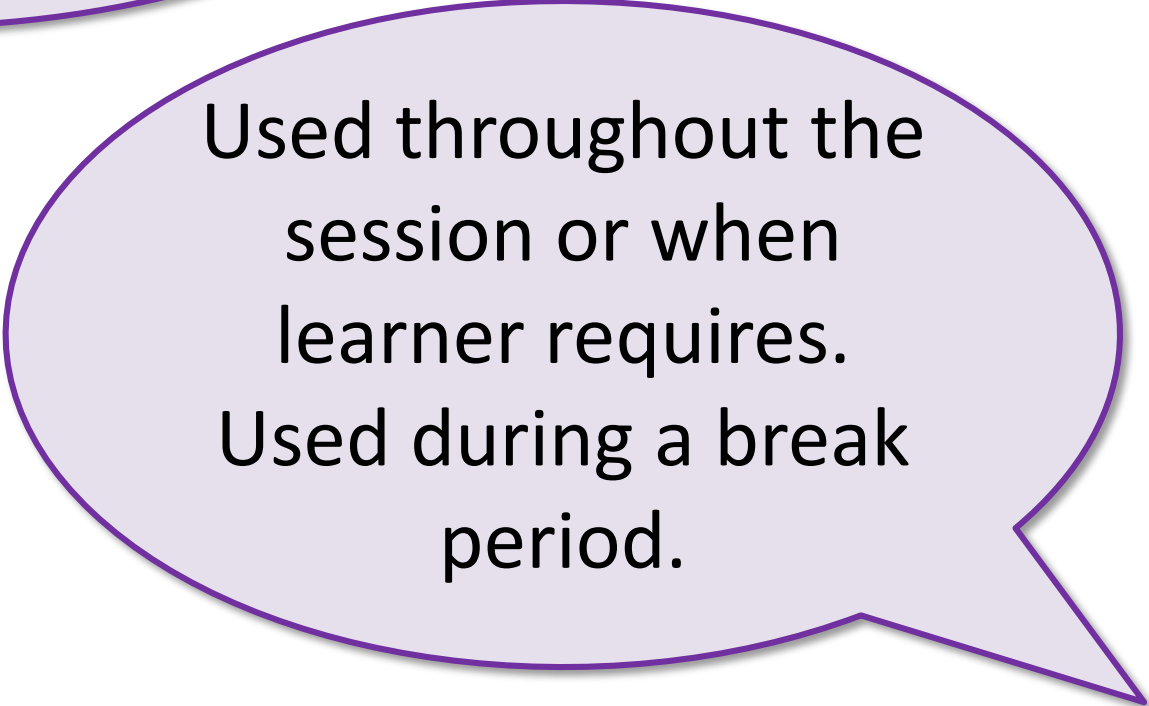
SEND
pathway





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**How can I use
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Used during a break
period.

Magic Ball

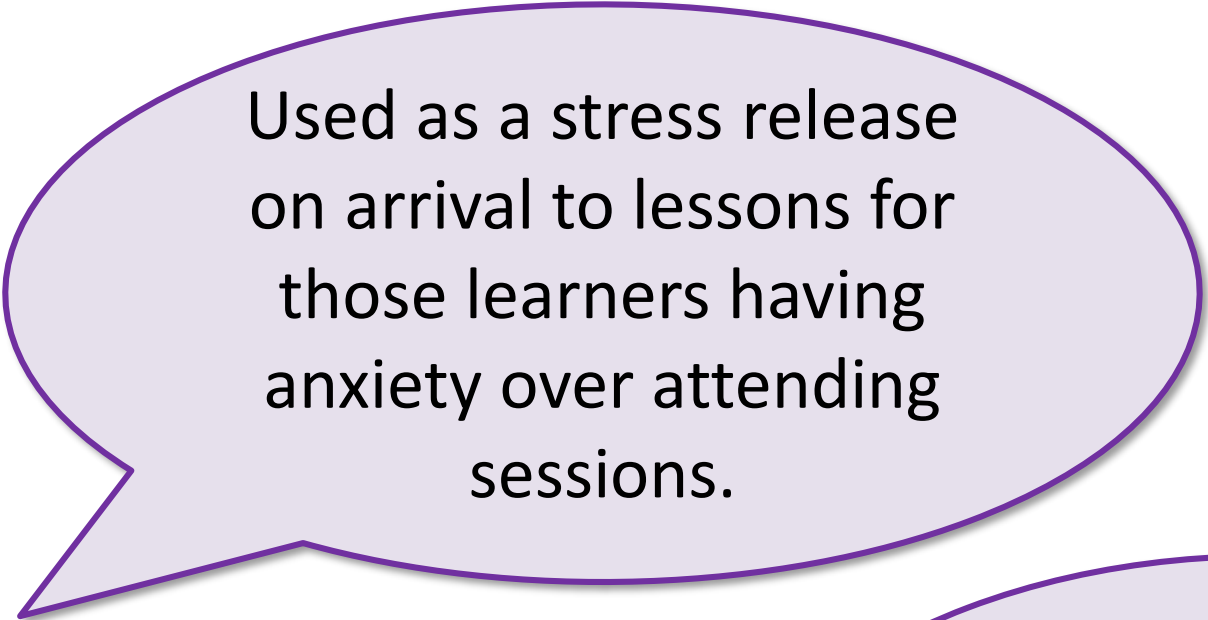


The aim of the activity is to concentrate on moving the balls around (by clicking and pressing them in) so that the coloured rings match the ball within.

This activity can be useful for stress and anxiety relief.

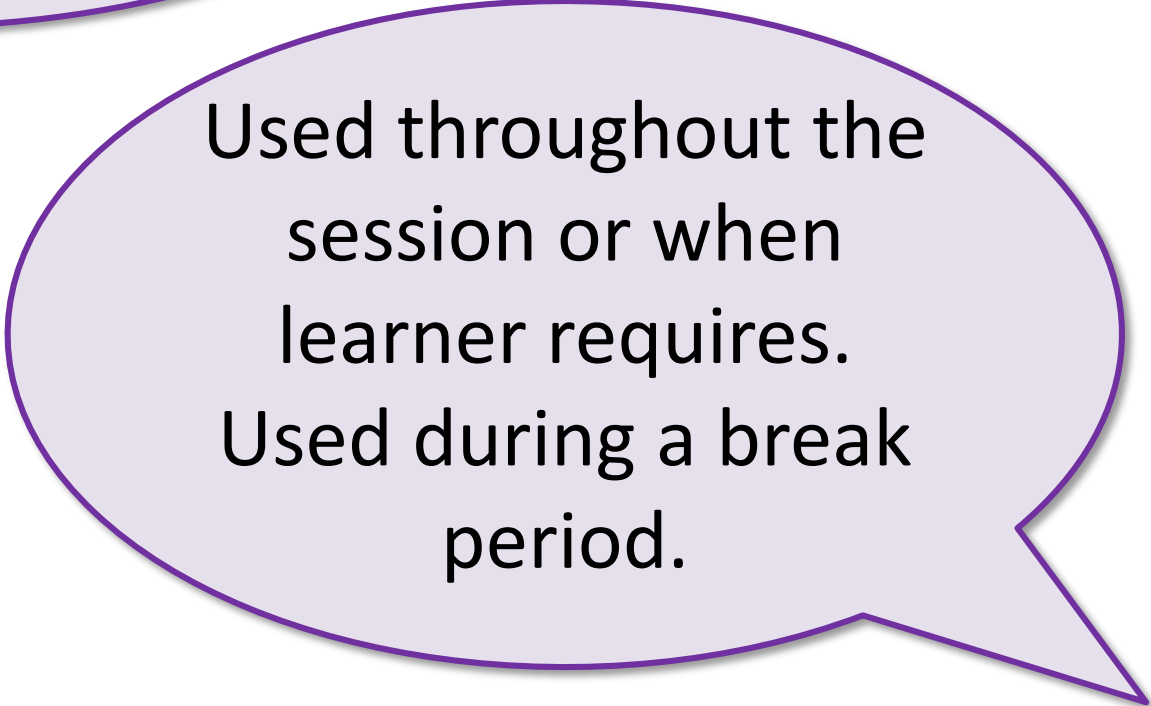
SEND
pathway





Used as a stress release
on arrival to lessons for
those learners having
anxiety over attending
sessions.

**How can I use
this in the
classroom?**



Used throughout the
session or when
learner requires.
Used during a break
period.

Porcupine Ball

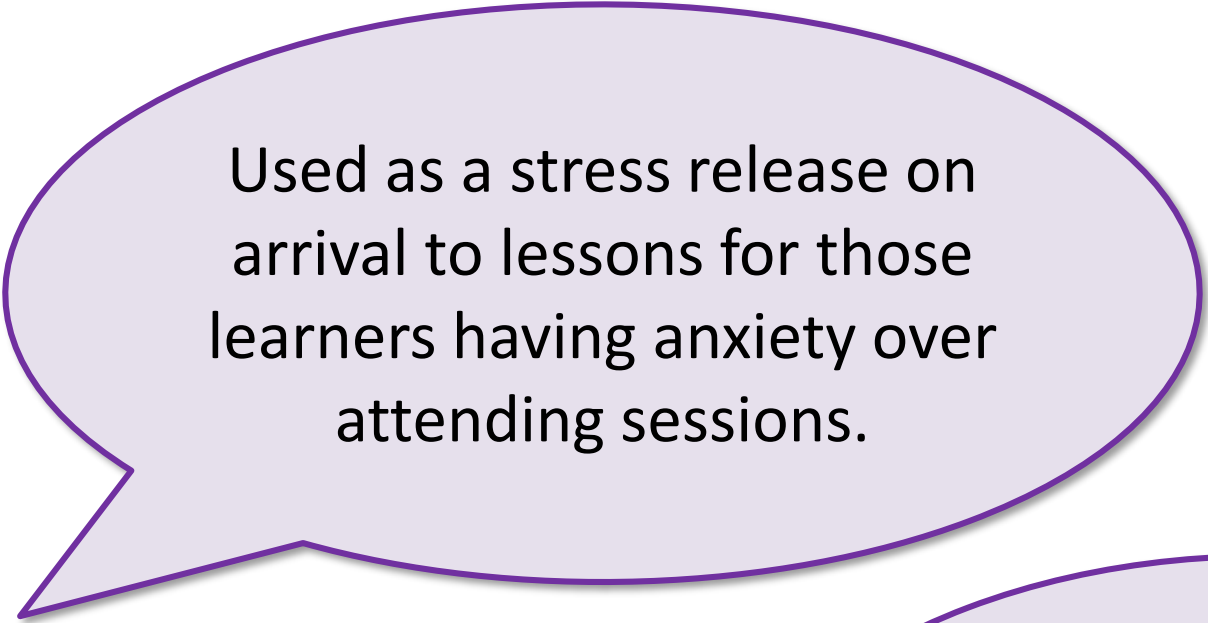


This small spiky ball can be held in the hand or rolled around.

This activity can be useful for stress and anxiety relief.

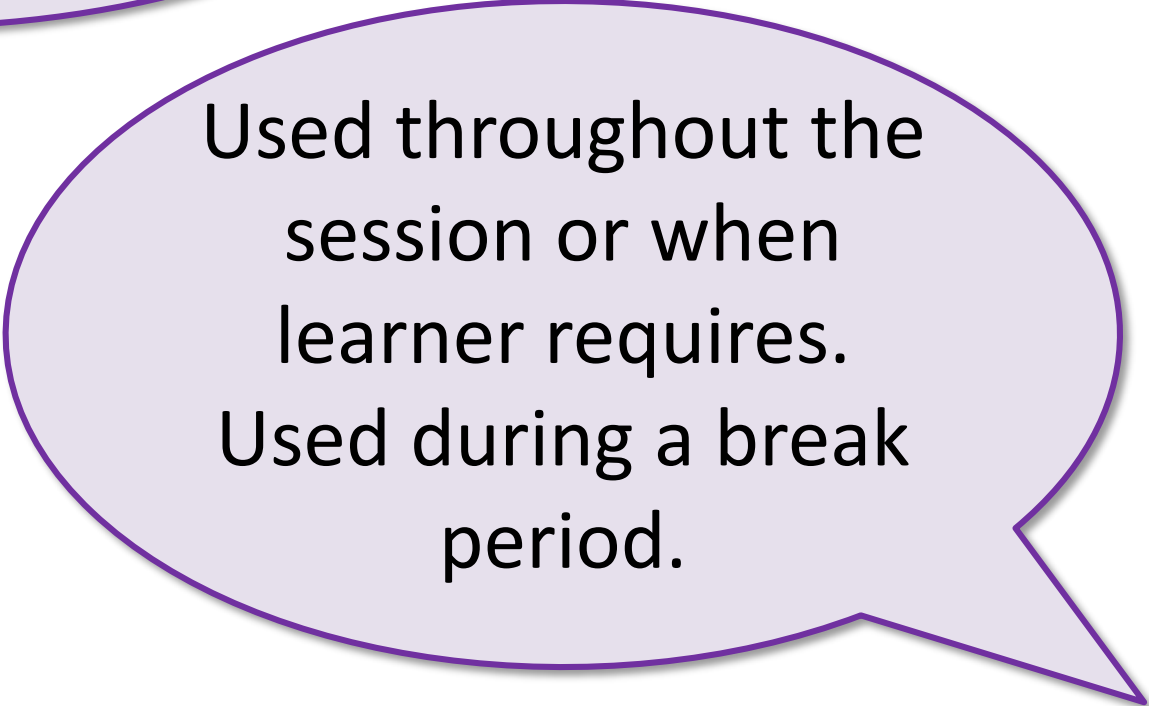
SEND
pathway





Used as a stress release on arrival to lessons for those learners having anxiety over attending sessions.

**How can I use
this in the
classroom?**



Used throughout the session or when learner requires.
Used during a break period.

Squeeze Ball

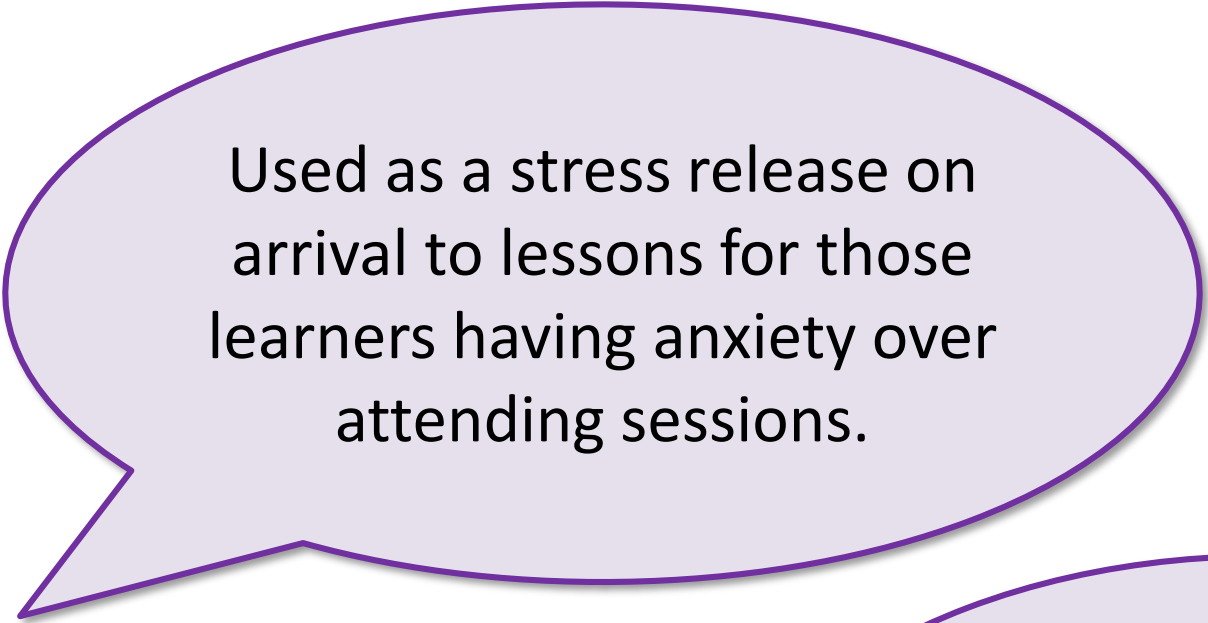


This foam ball can be used simply by squeezing in the palm of the hand either intermittently or whilst focusing on breathing.

This activity can be useful for stress and anxiety relief.

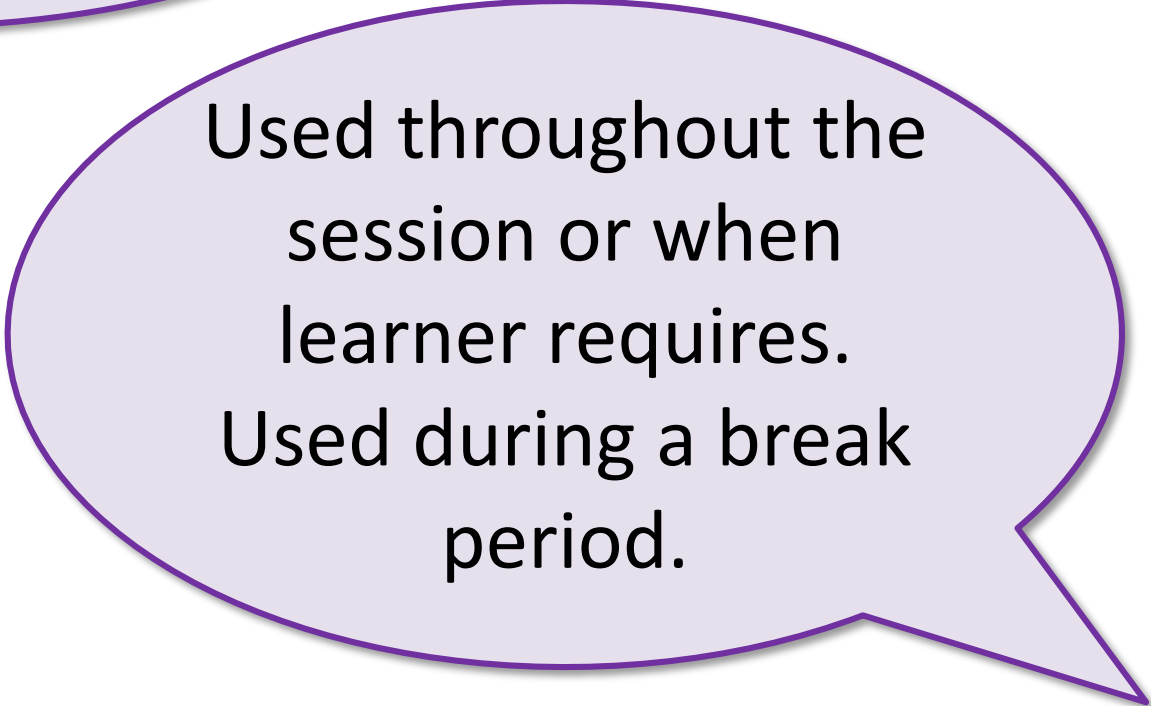
SEND
pathway





Used as a stress release on arrival to lessons for those learners having anxiety over attending sessions.

**How can I use
this in the
classroom?**



Used throughout the session or when learner requires.
Used during a break period.

Impossipuzzle

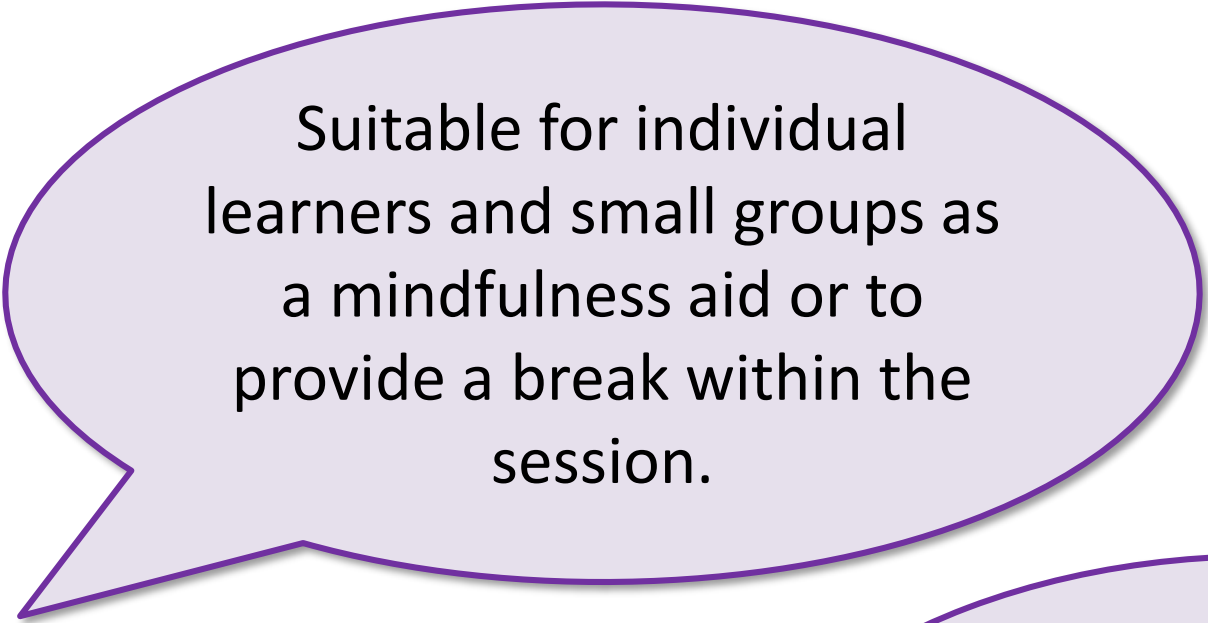


This jigsaw puzzle is extremely complex with the same image repeated over and over.

It can be a good mindfulness aid as it requires a lot of focus and attention.

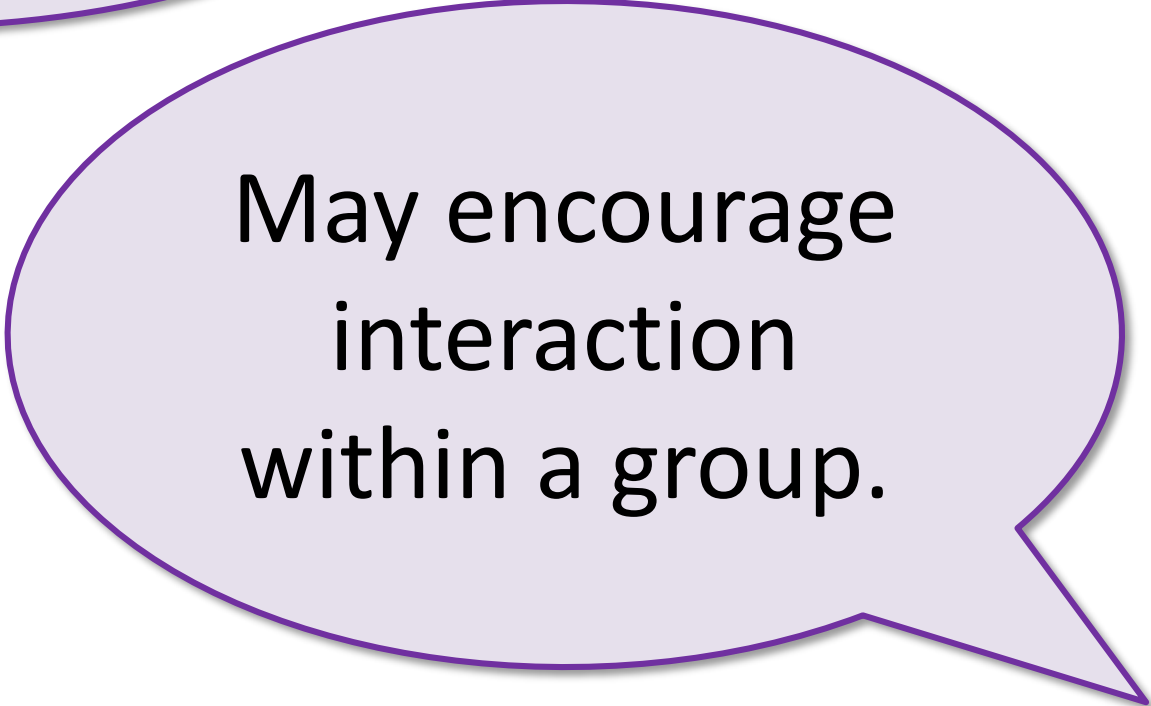
SEND
pathway





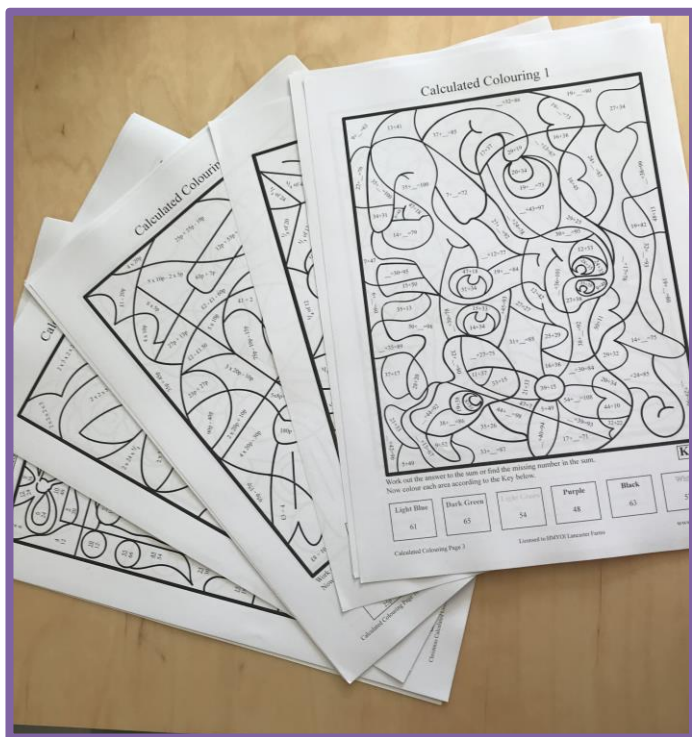
Suitable for individual learners and small groups as a mindfulness aid or to provide a break within the session.

How can I use this in the classroom?



May encourage interaction within a group.

Calculated Colouring

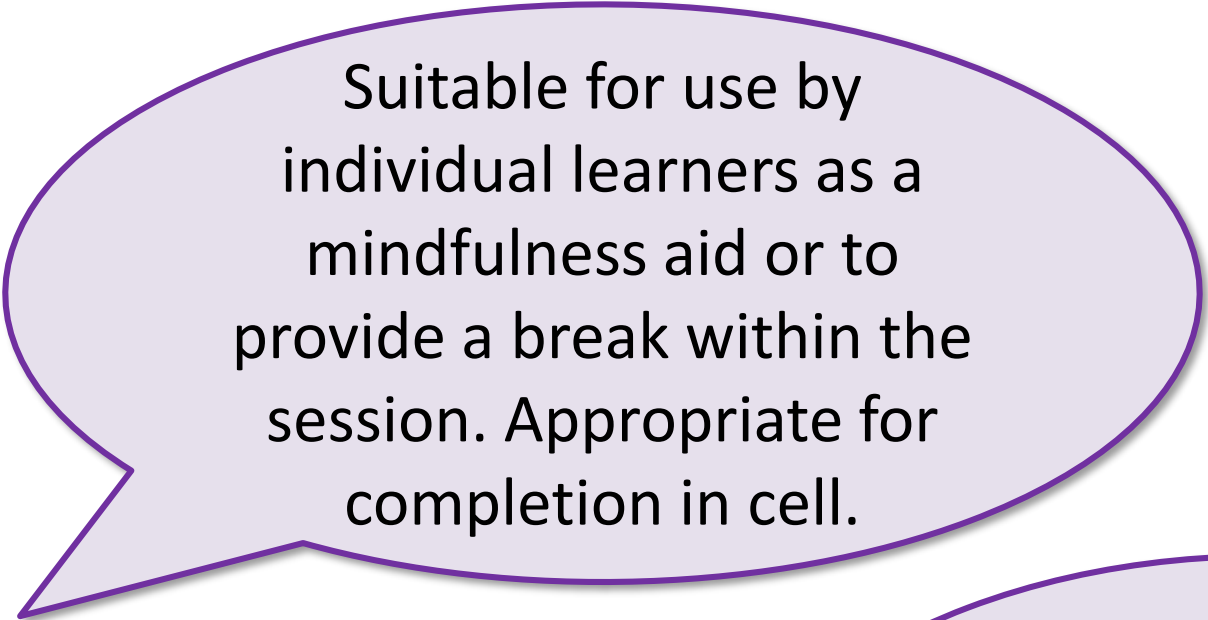


These images are a more complex take on colour-by-numbers. The numbers are given but the learner must work out the sum to discover the colour they must use. There are varying levels of sums including addition, subtraction, multiplication, dividing and fractions.

SEND
pathway

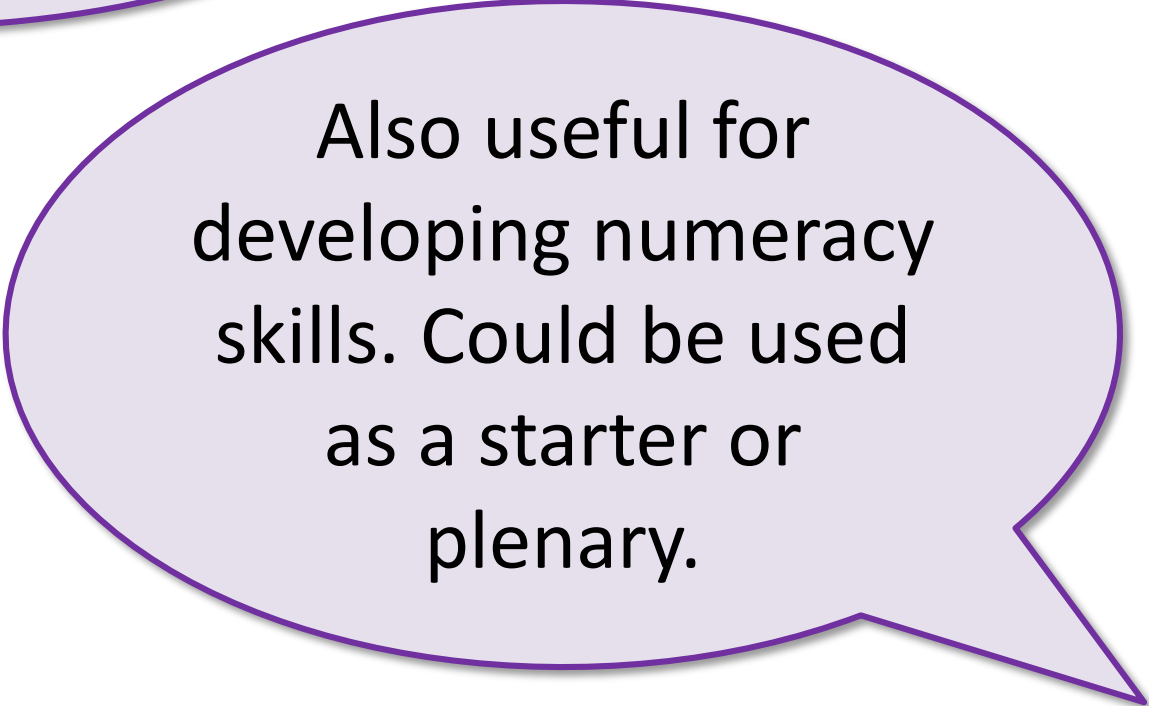


Can be accessed by:
www.10ticks.co.uk



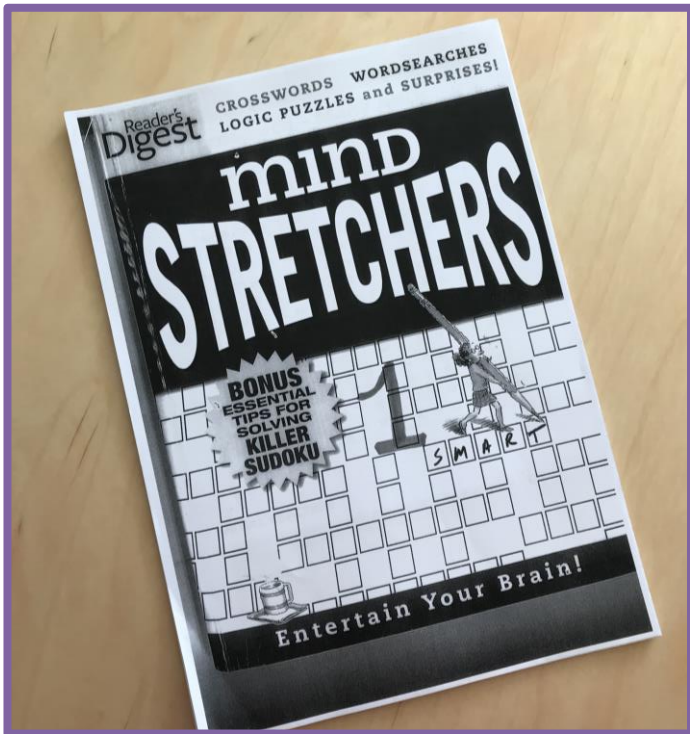
Suitable for use by individual learners as a mindfulness aid or to provide a break within the session. Appropriate for completion in cell.

**How can I use
this in the
classroom?**



Also useful for developing numeracy skills. Could be used as a starter or plenary.

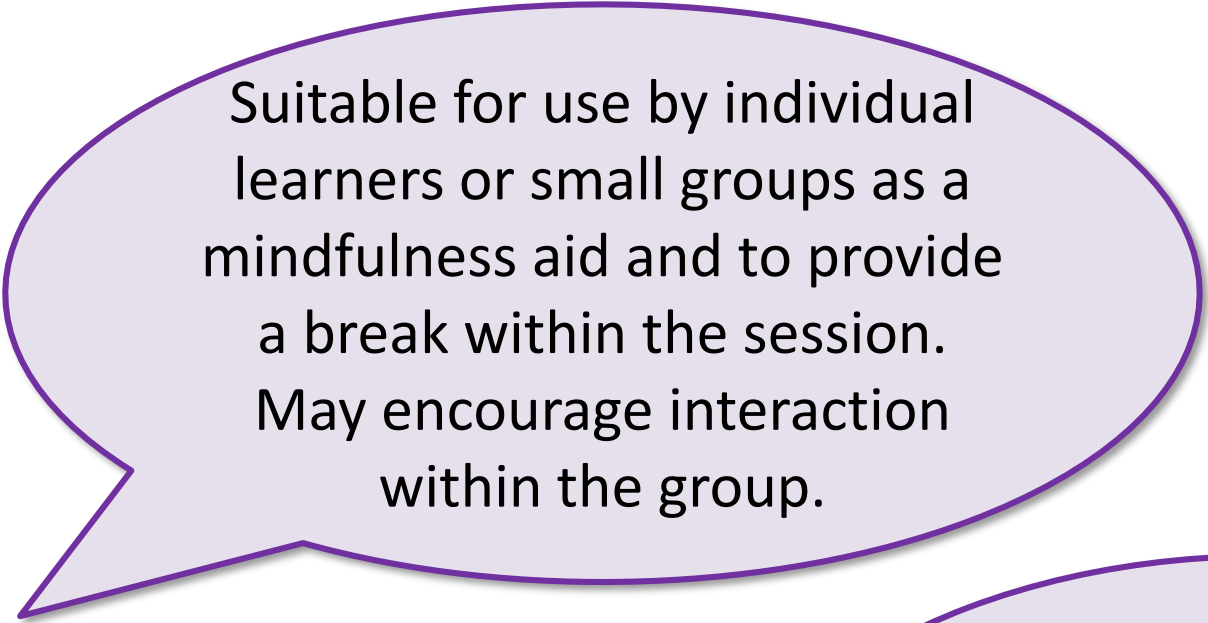
Mind Stretchers



This book includes a wide variety of puzzle games including log puzzles, cross words, sudoku and word searches.

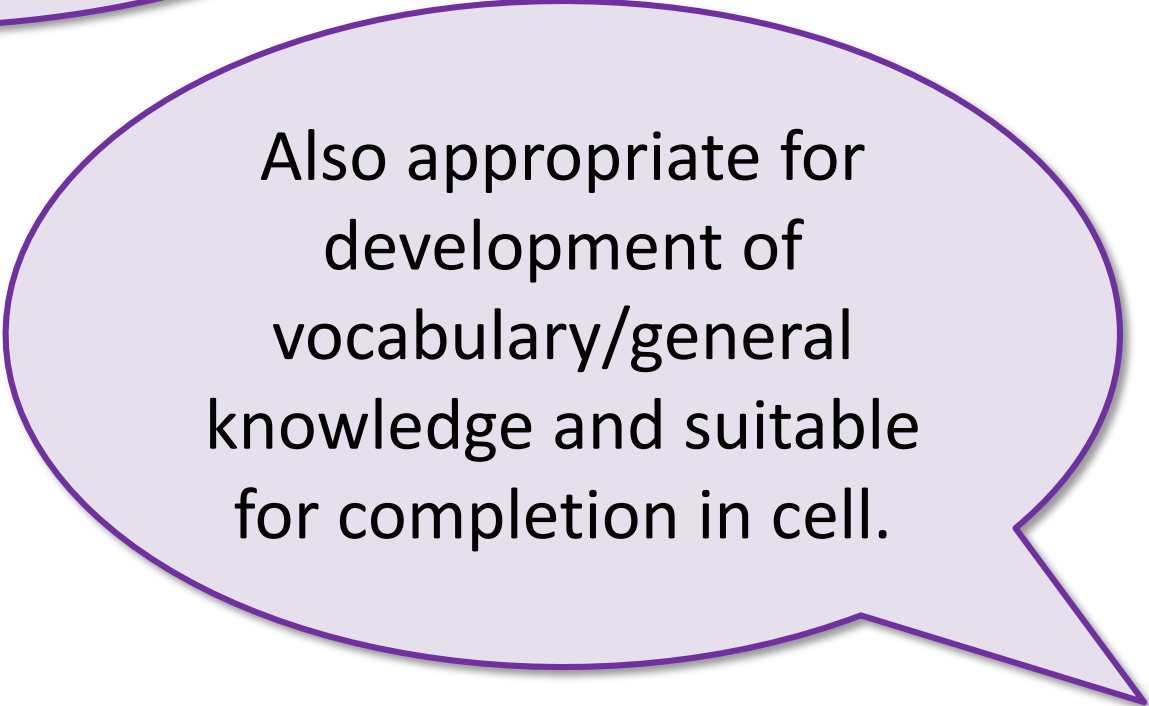
SEND
pathway





Suitable for use by individual learners or small groups as a mindfulness aid and to provide a break within the session. May encourage interaction within the group.

**How can I use
this in the
classroom?**



Also appropriate for development of vocabulary/general knowledge and suitable for completion in cell.

Overlays

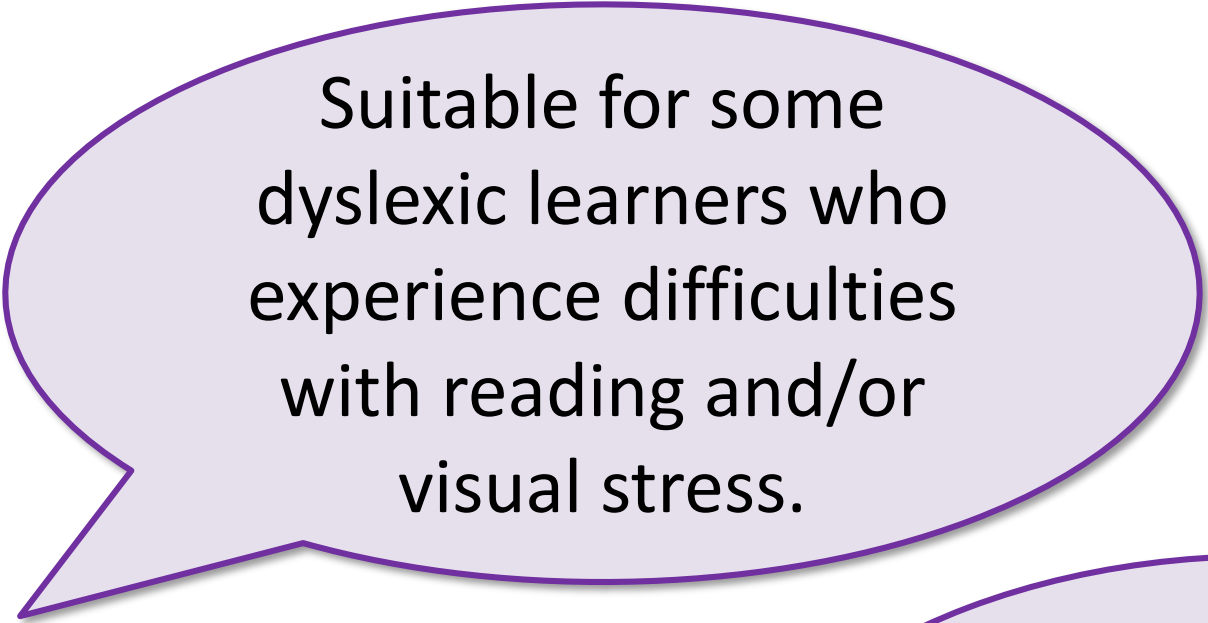


Overlays are a visual aid that can help people who may have difficulty reading text on white backgrounds.

Included in this toolbox are 2 coloured overlays (warm and cold colours) which can be placed over resources with text on them to help the learner focus their reading.

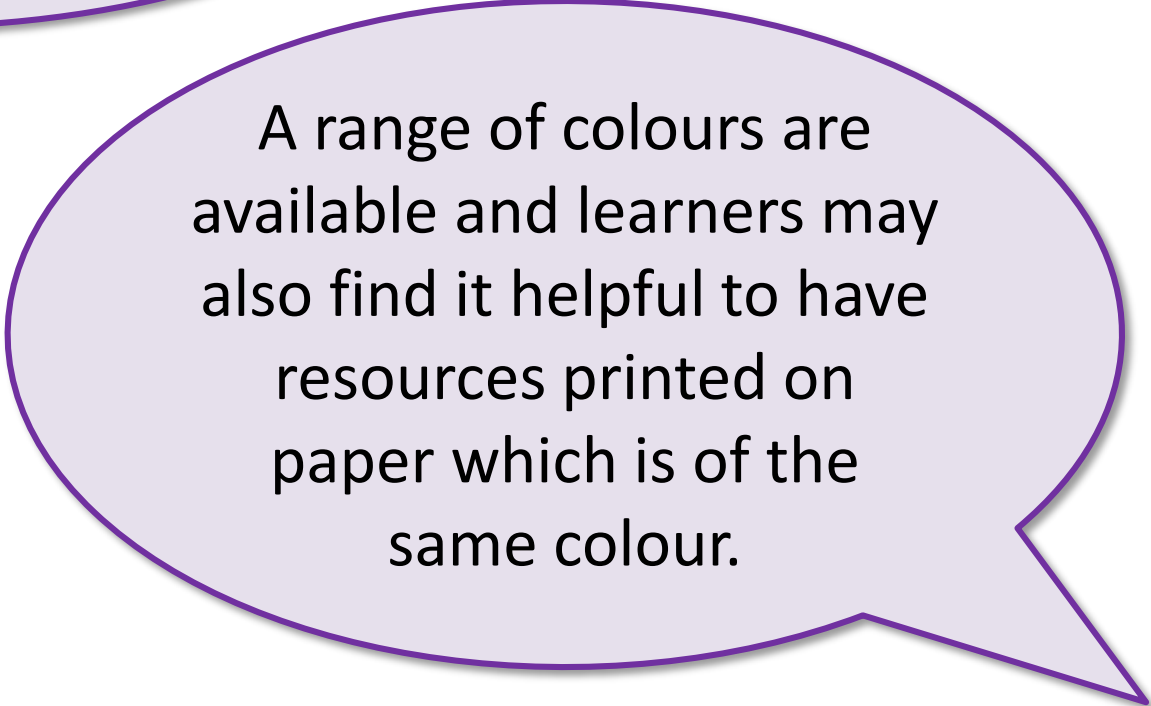
SEND
pathway





Suitable for some
dyslexic learners who
experience difficulties
with reading and/or
visual stress.

**How can I use
this in the
classroom?**



A range of colours are
available and learners may
also find it helpful to have
resources printed on
paper which is of the
same colour.

Ergonomic Stationery

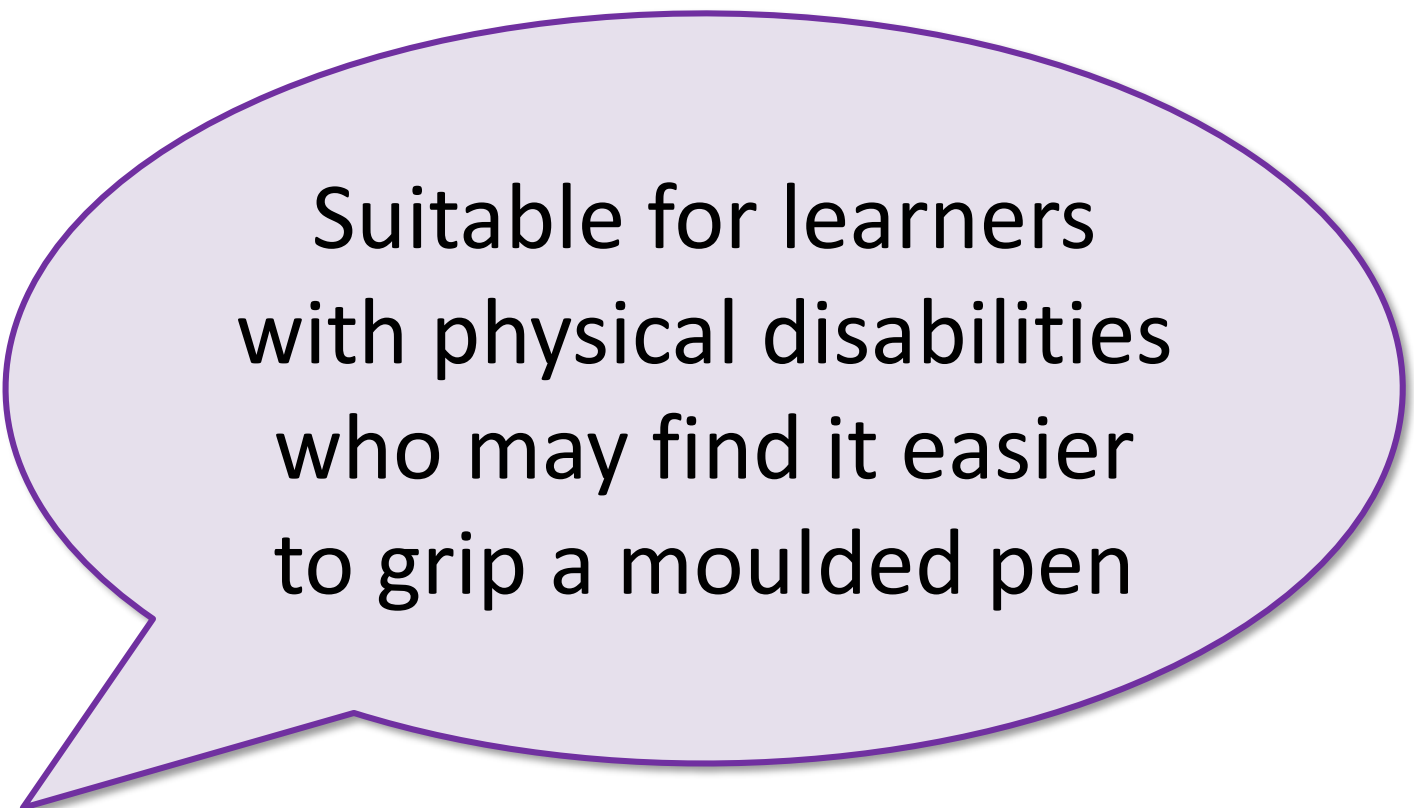


Ergonomic pens are moulded to the shape of your hand and can make writing easier and more comfortable for learners.

Included are pens for both right (blue) and left (green) handed learners. There are also 5 pencil grips which can be used with pens, pencils or crayons.

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pathway

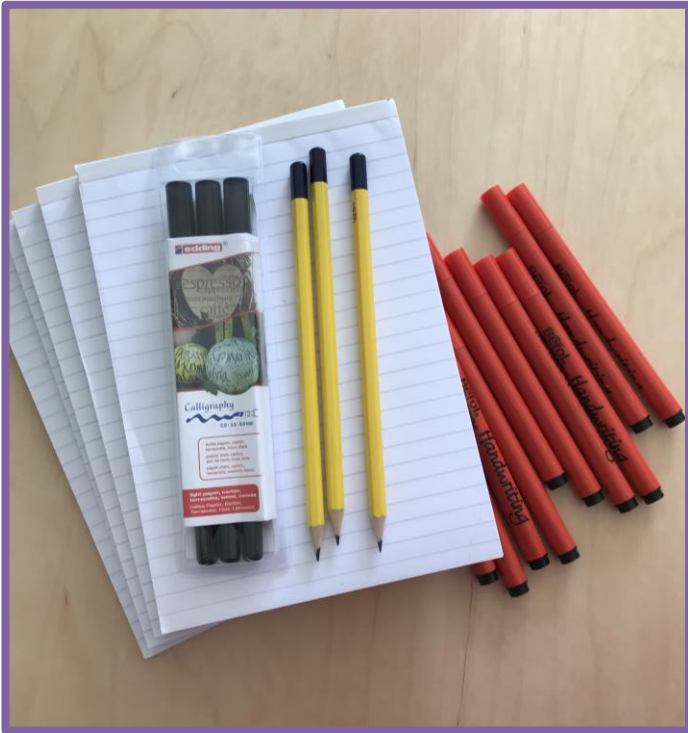




Suitable for learners
with physical disabilities
who may find it easier
to grip a moulded pen

**How can I use
this in the
classroom?**

Calligraphy Pens



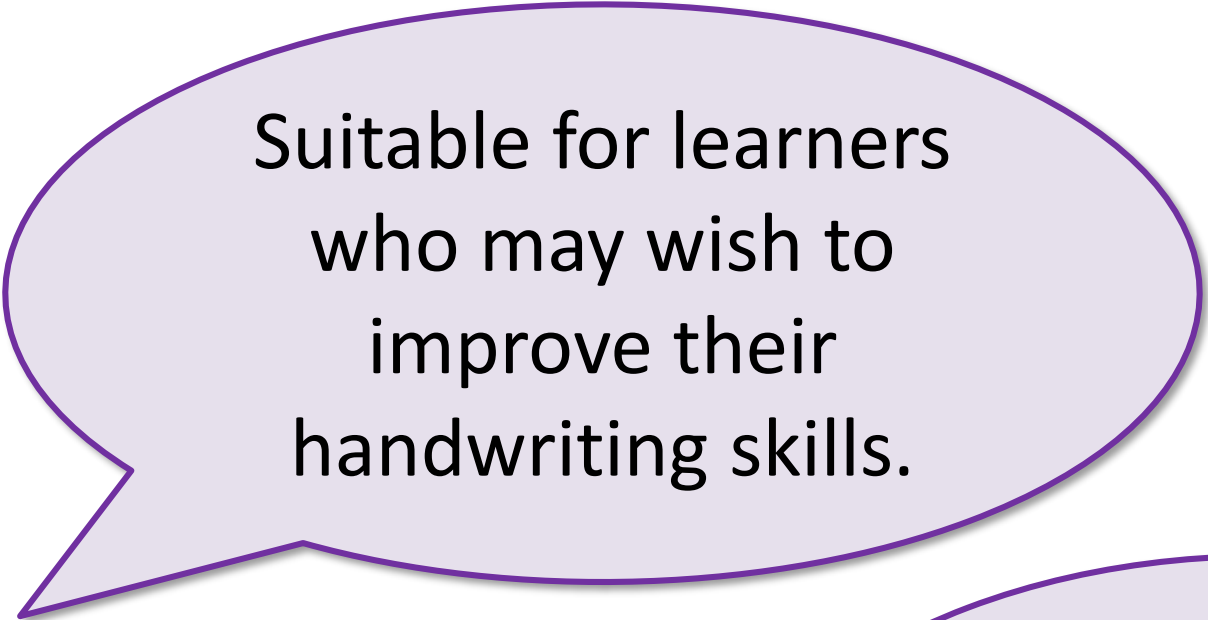
Calligraphy pens, pencils and handwriting pens can help learners with their handwriting skills.

You could download handwriting templates from the internet or you could write something yourself and ask the learner to copy.

Calligraphy skills can also be a creative mindfulness aid.

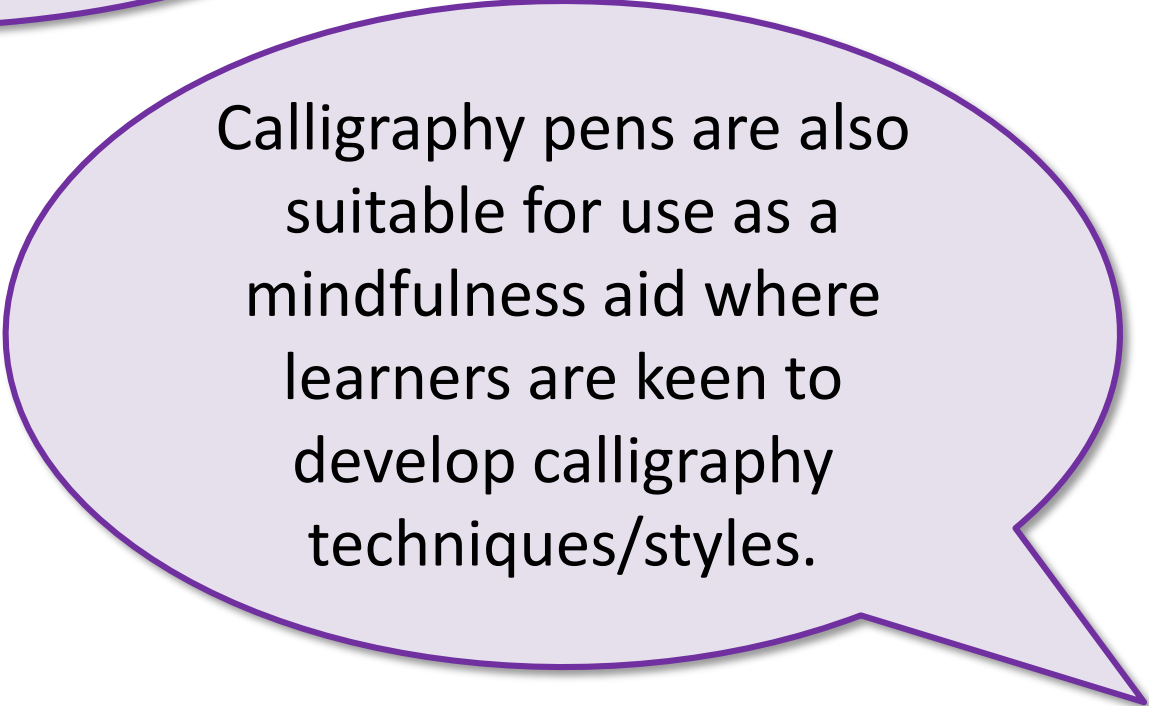
SEND
pathway





Suitable for learners
who may wish to
improve their
handwriting skills.

**How can I use
this in the
classroom?**



Calligraphy pens are also
suitable for use as a
mindfulness aid where
learners are keen to
develop calligraphy
techniques/styles.

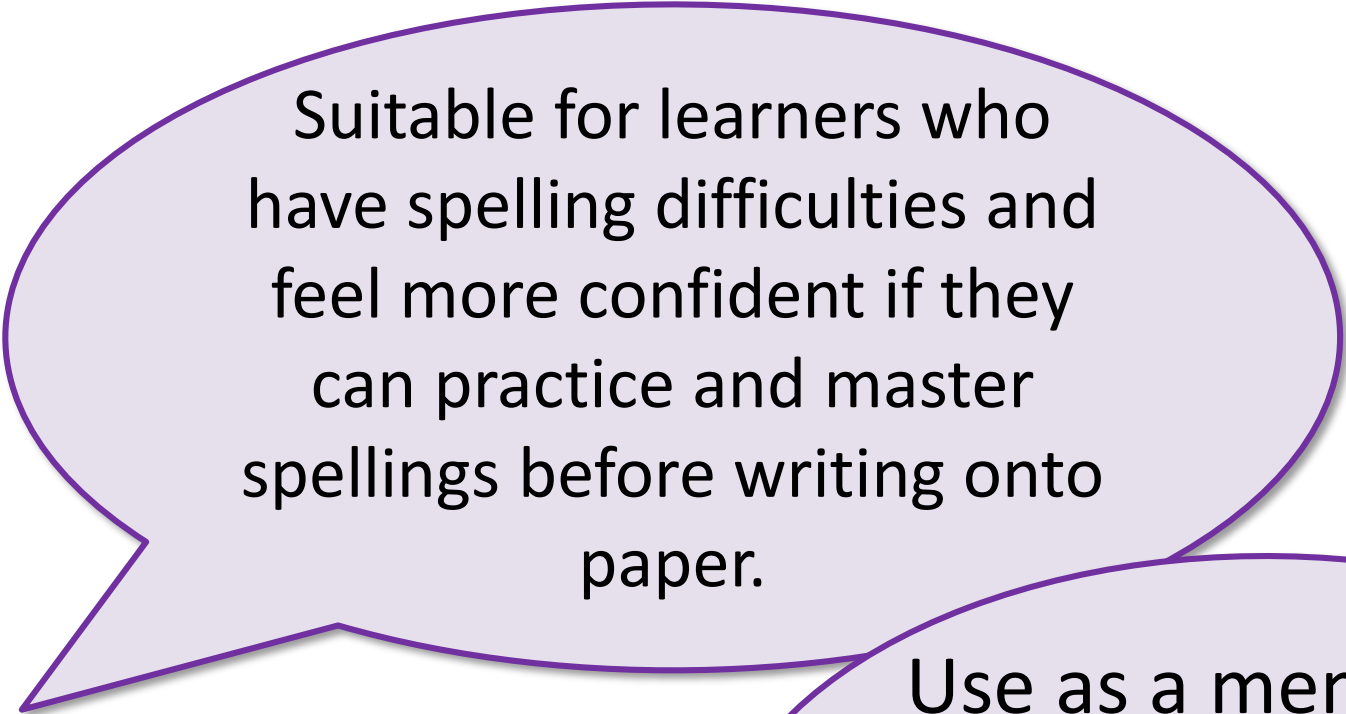
Mini Whiteboards



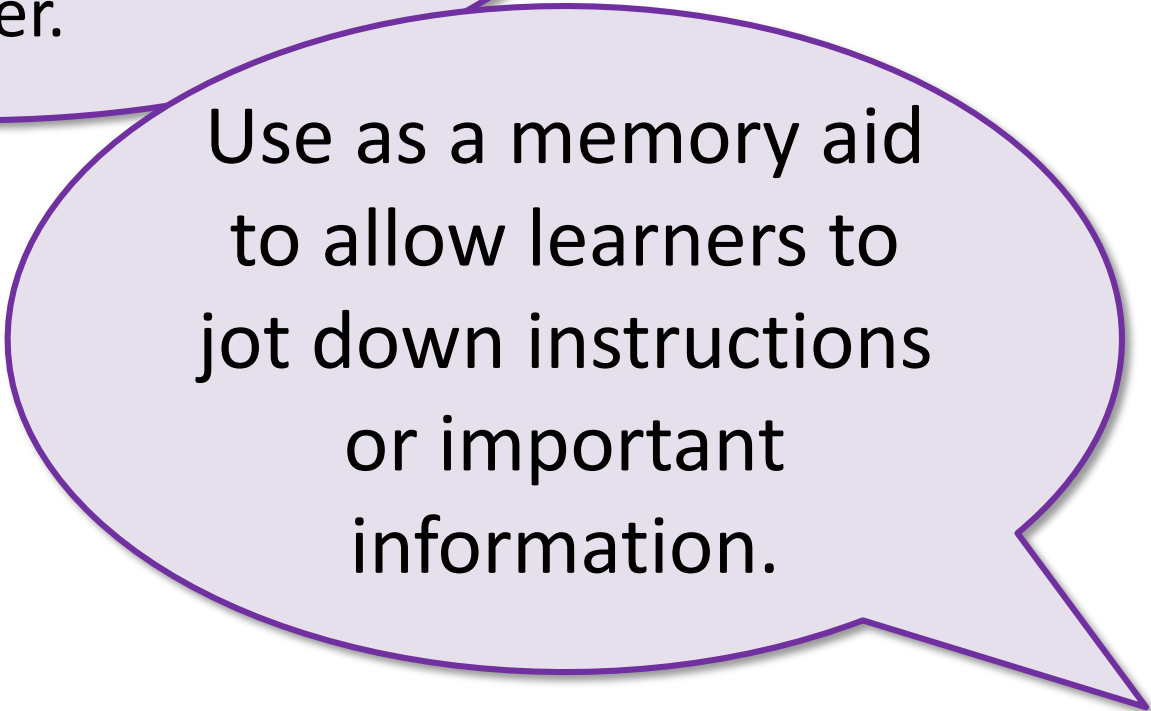
Mini whiteboards, mini board erasers and whiteboard pens can be used for a variety of tasks that are intended to be temporary.

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pathway





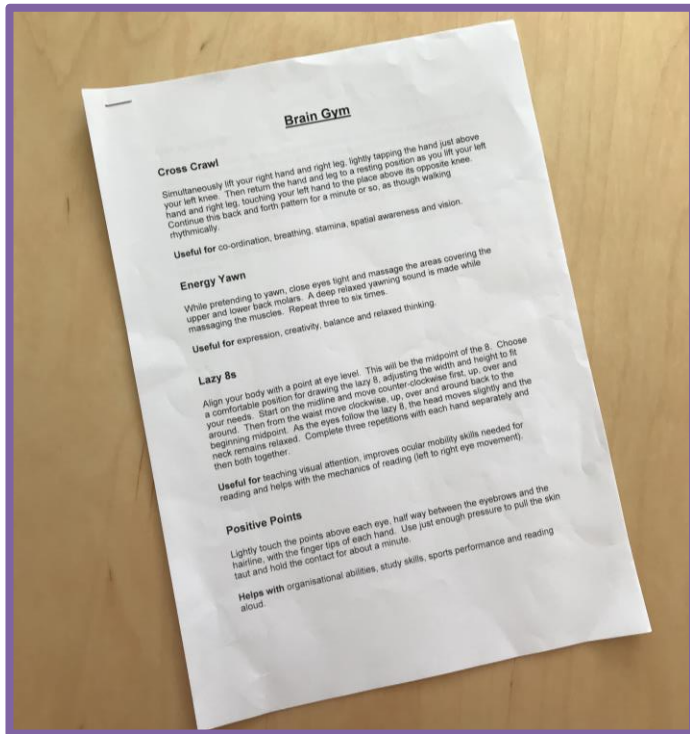
Suitable for learners who have spelling difficulties and feel more confident if they can practice and master spellings before writing onto paper.



Use as a memory aid to allow learners to jot down instructions or important information.

**How can I use
this in the
classroom?**

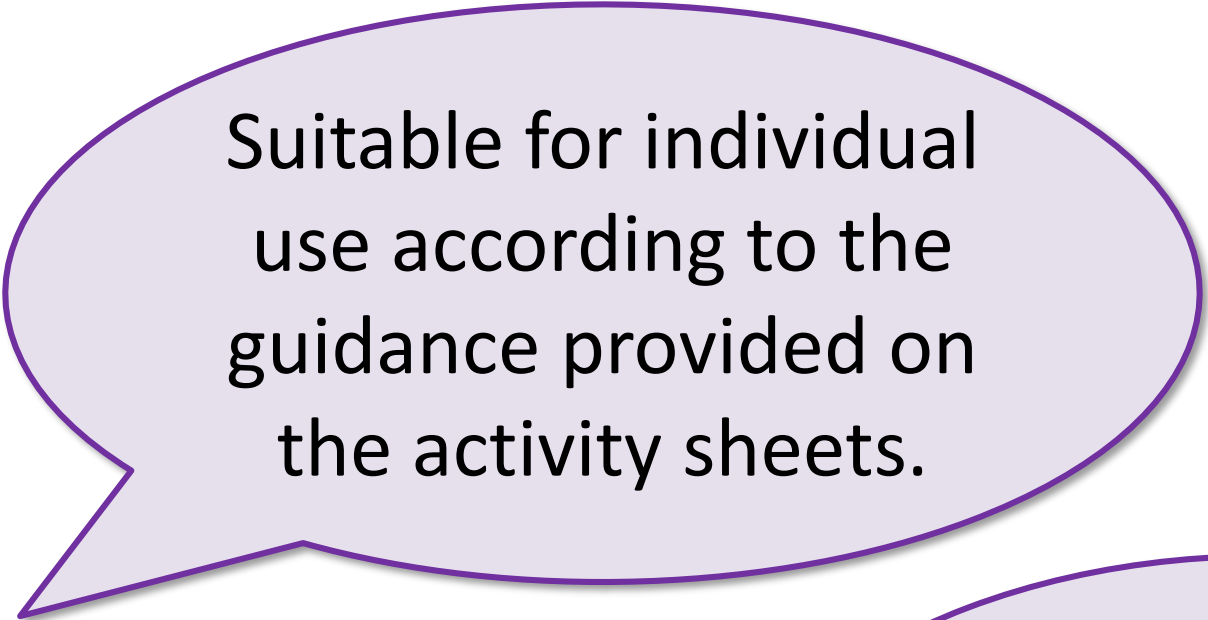
Brain Gym



A range of exercises and activities to help with organisation abilities, study skills, sports performance and reading aloud.

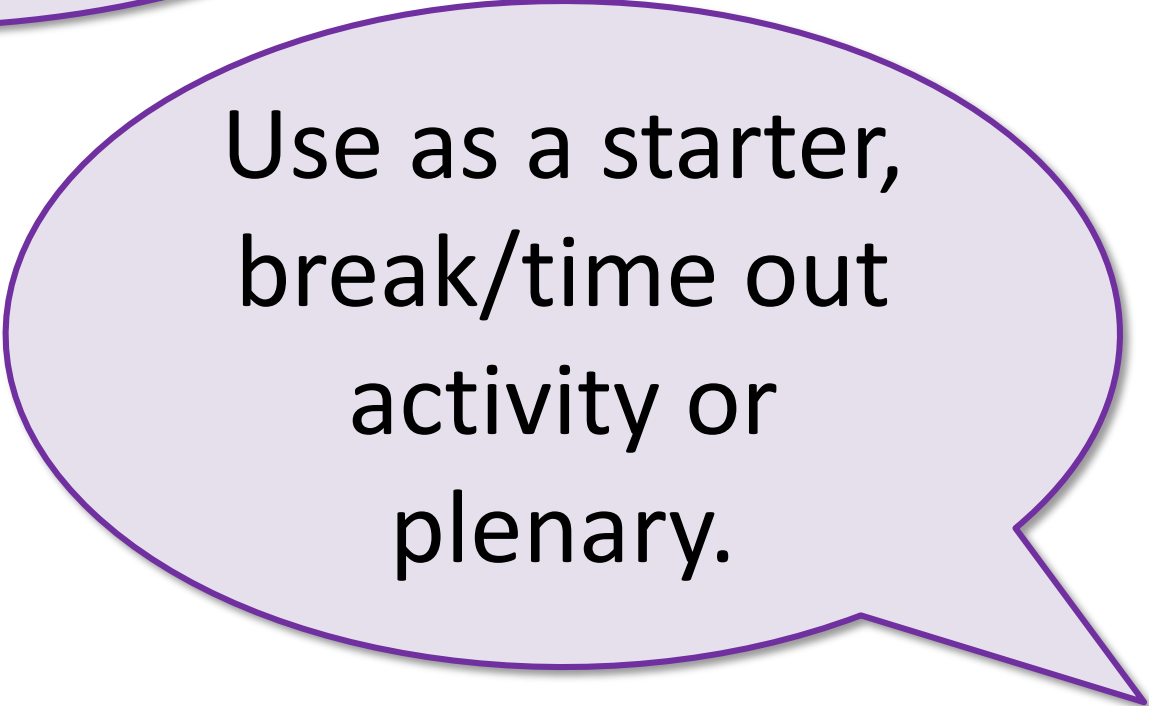
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pathway





Suitable for individual use according to the guidance provided on the activity sheets.

How can I use this in the classroom?



Use as a starter, break/time out activity or plenary.

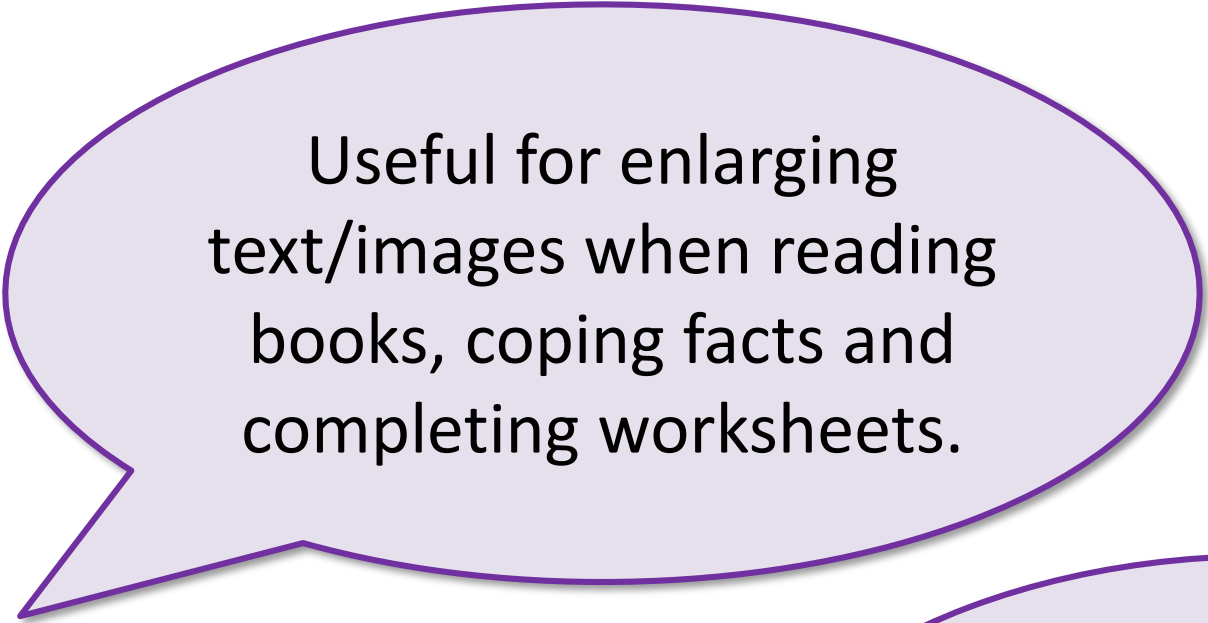
Magnifying Glass



A credit card sized plastic magnifying glass which can help learners who have difficulty reading texts for varying reasons.

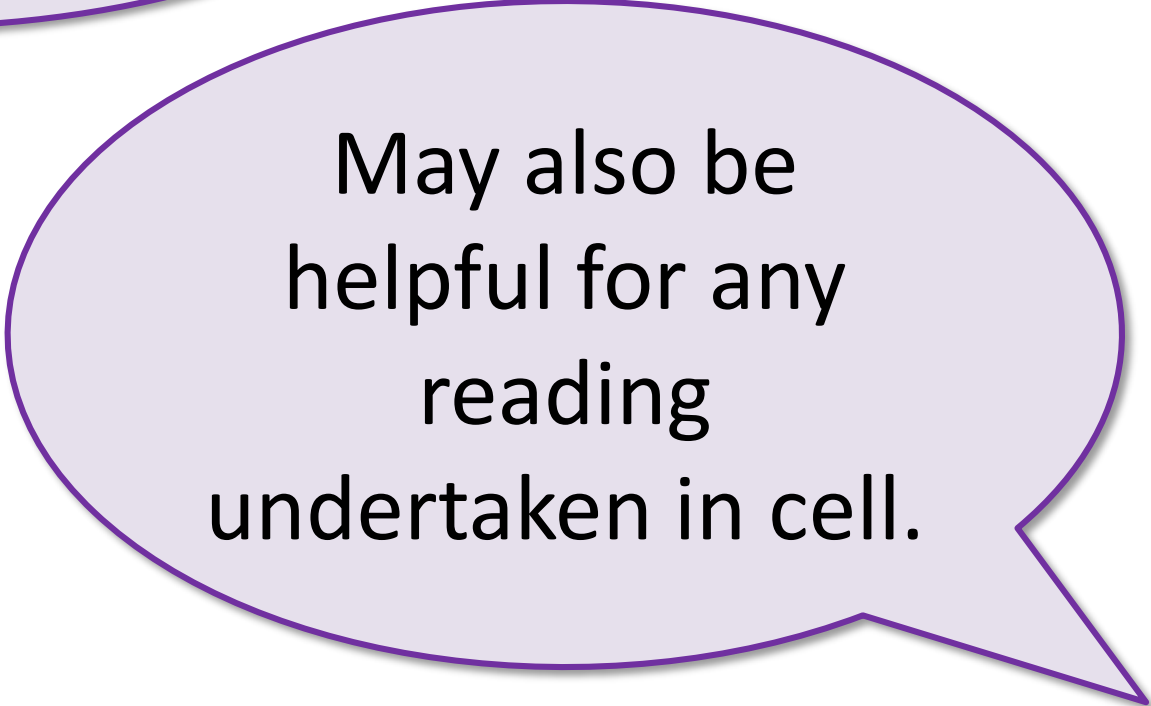
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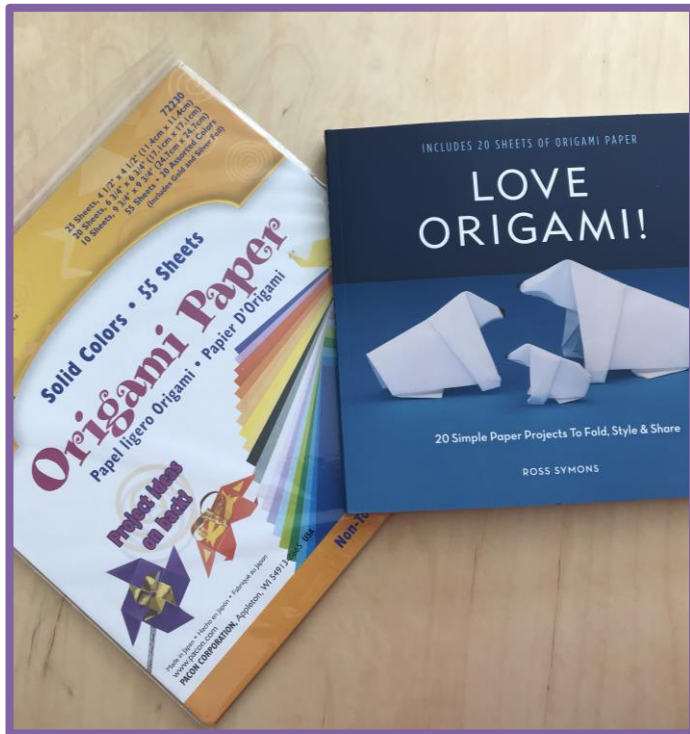
Useful for enlarging
text/images when reading
books, coping facts and
completing worksheets.

**How can I use
this in the
classroom?**



May also be
helpful for any
reading
undertaken in cell.

Origami

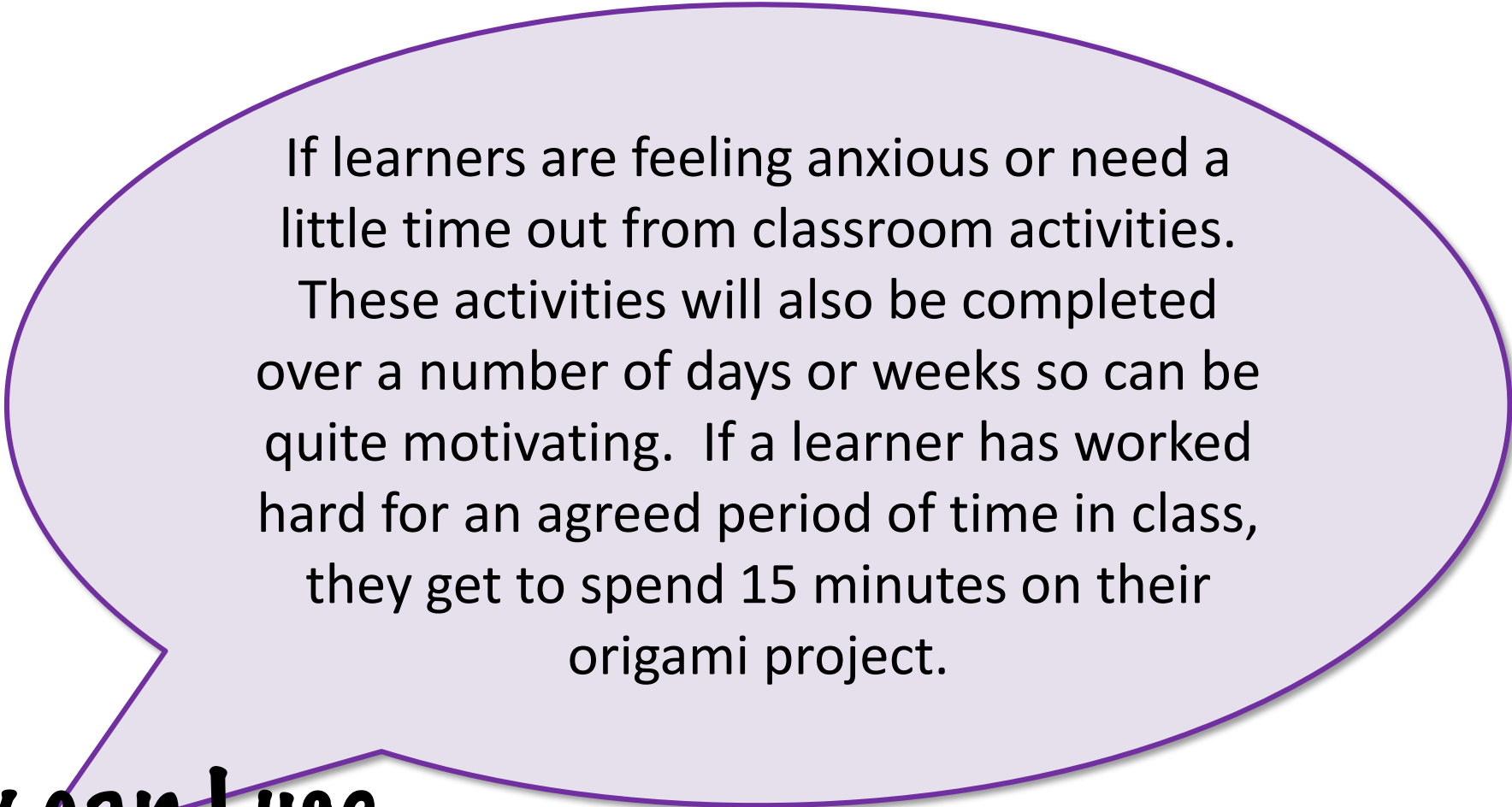


"Some therapists have found that origami helps those with low self esteem, anxiety, ADHD, autism, mental retardation, and other psychological conditions. People who have been diagnosed with depression have found that origami gives them hope. The act of folding paper allows some of the inmates to decrease their level of anxiety. Some prison inmates fold origami models to give to their partners. What better way to encourage a healthful mindset."

SEND
pathway



Retrieved from <https://www.origami-resource-center.com/health-benefits.html>

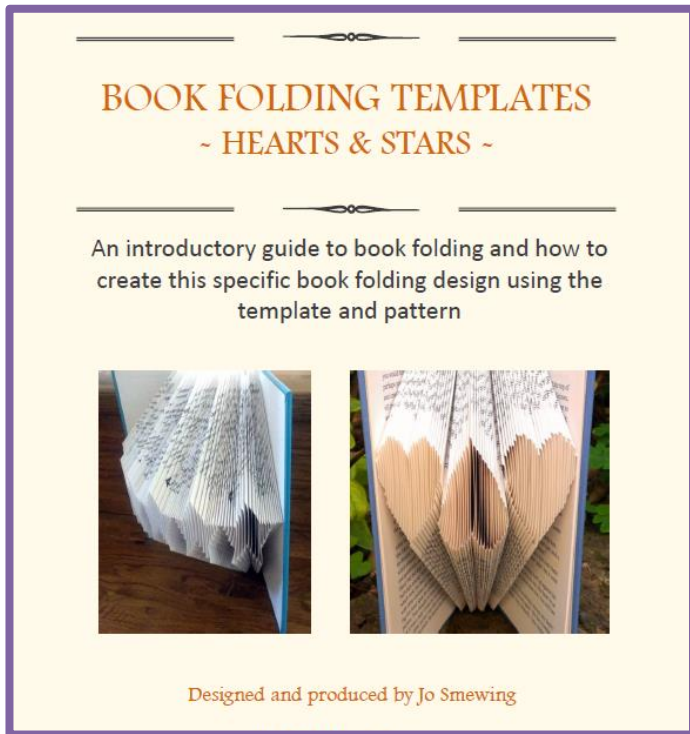


If learners are feeling anxious or need a little time out from classroom activities.

These activities will also be completed over a number of days or weeks so can be quite motivating. If a learner has worked hard for an agreed period of time in class, they get to spend 15 minutes on their origami project.

**How can I use
this in the
classroom?**

Book Folding



This guide shows you how to make two different folds (hearts and stars). The learners use a ruler like template in order to make the folds and then follow a numerical pattern to create their desired shape.

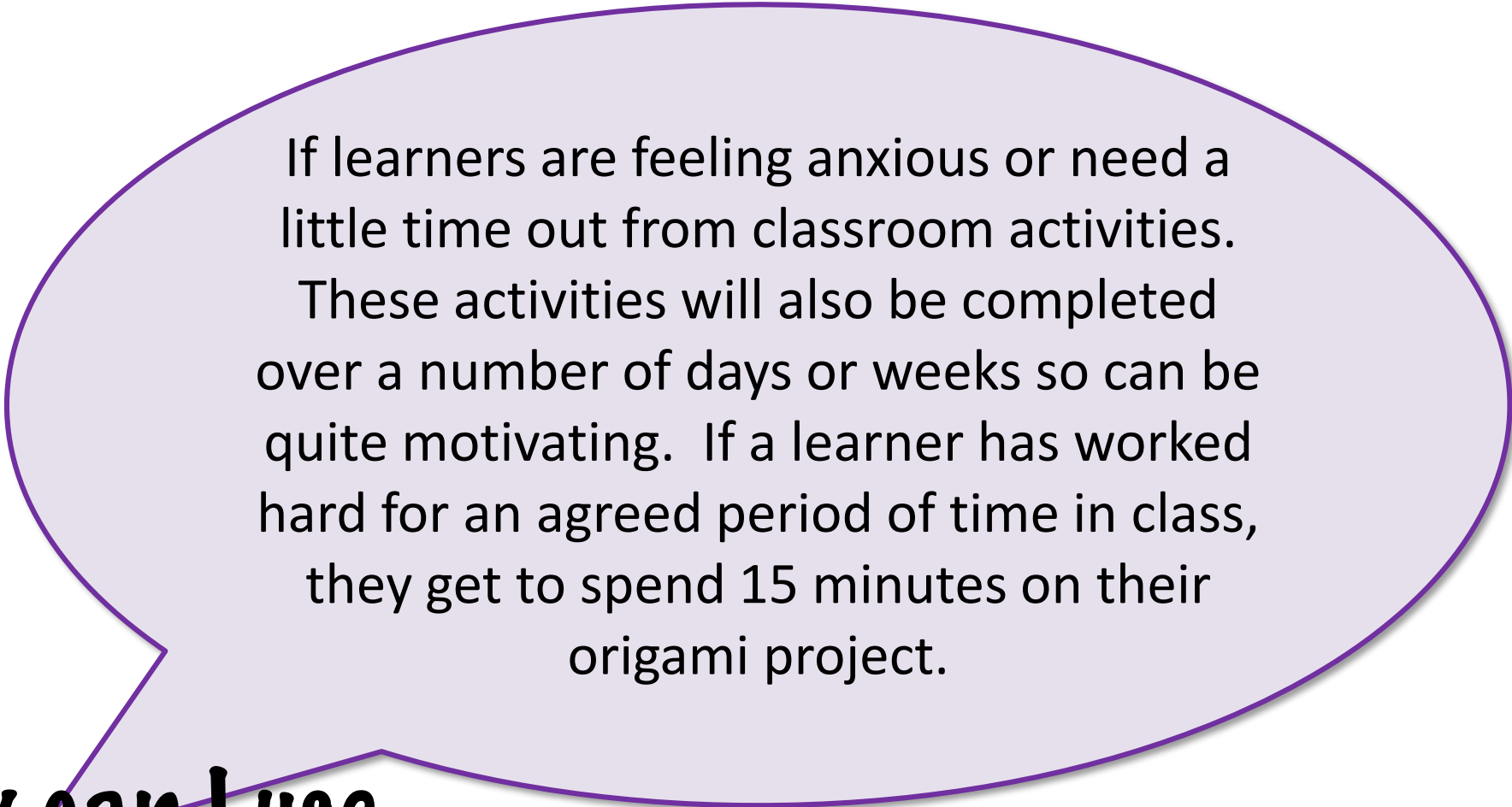
You will need an old book for the learner to use.

It is a good distraction activity and gives time out from lesson.

Great for embedding maths.

SEND
pathway





If learners are feeling anxious or need a little time out from classroom activities.

These activities will also be completed over a number of days or weeks so can be quite motivating. If a learner has worked hard for an agreed period of time in class, they get to spend 15 minutes on their origami project.

**How can I use
this in the
classroom?**

Magazines

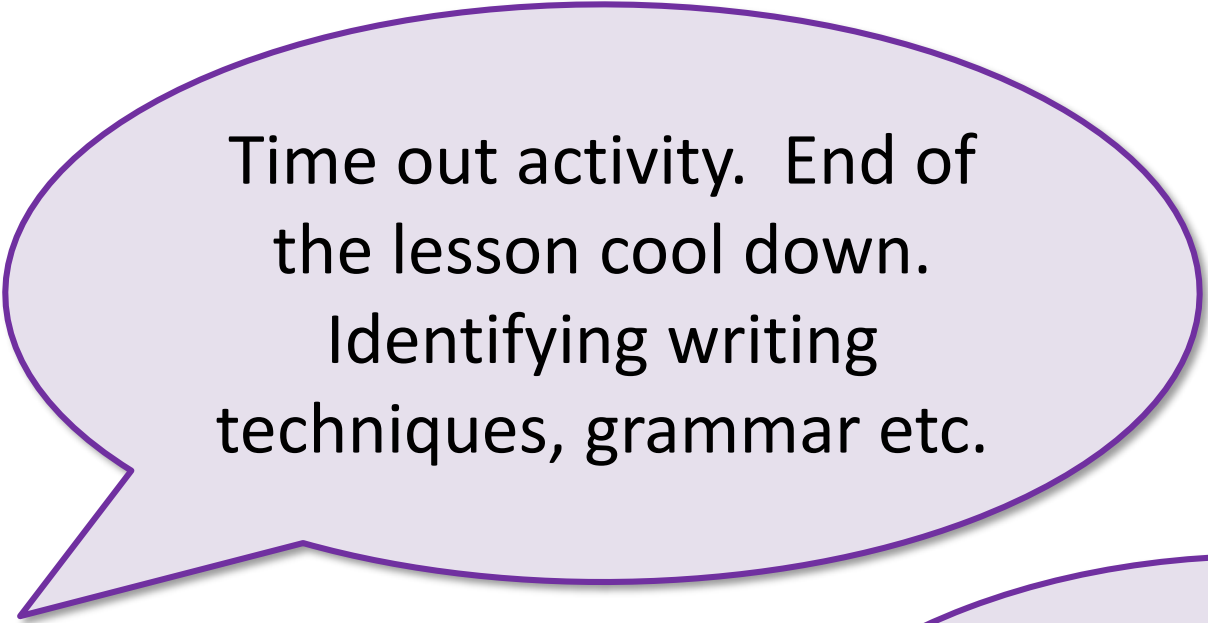


A variety of old magazines of different themes. Consider the topic of the magazines and level of appropriateness for your particular learner.

This is a good distraction activity and can provide time out from the lesson.

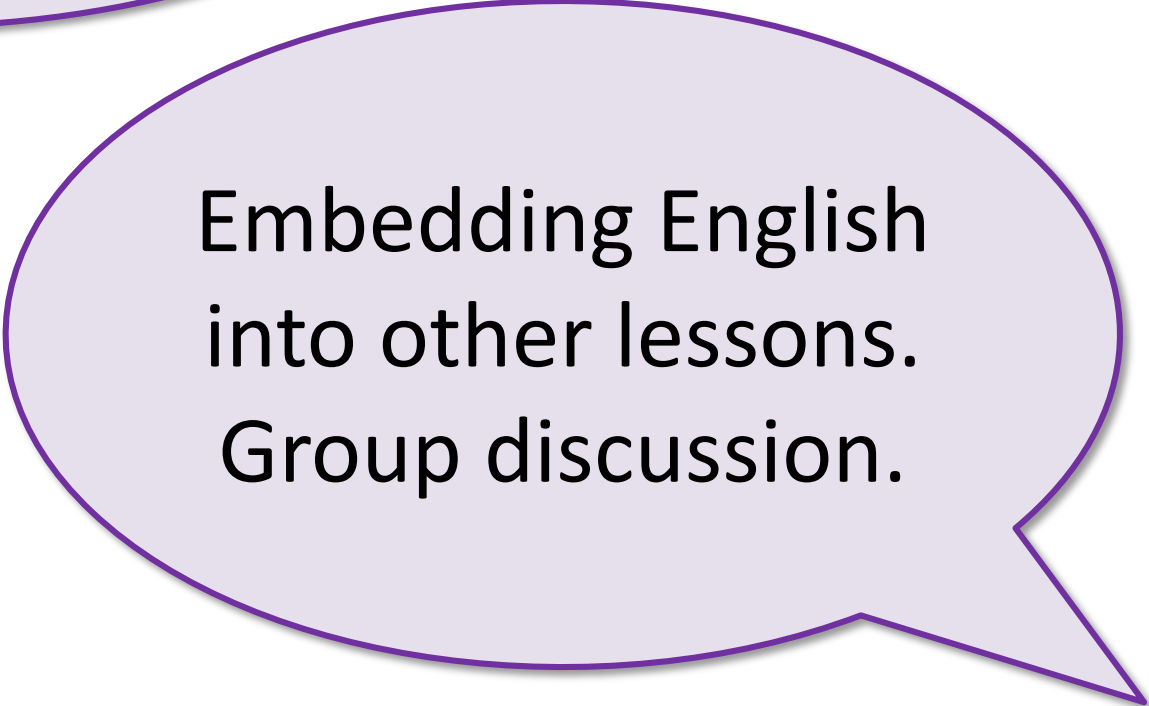
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pathway





Time out activity. End of
the lesson cool down.
Identifying writing
techniques, grammar etc.

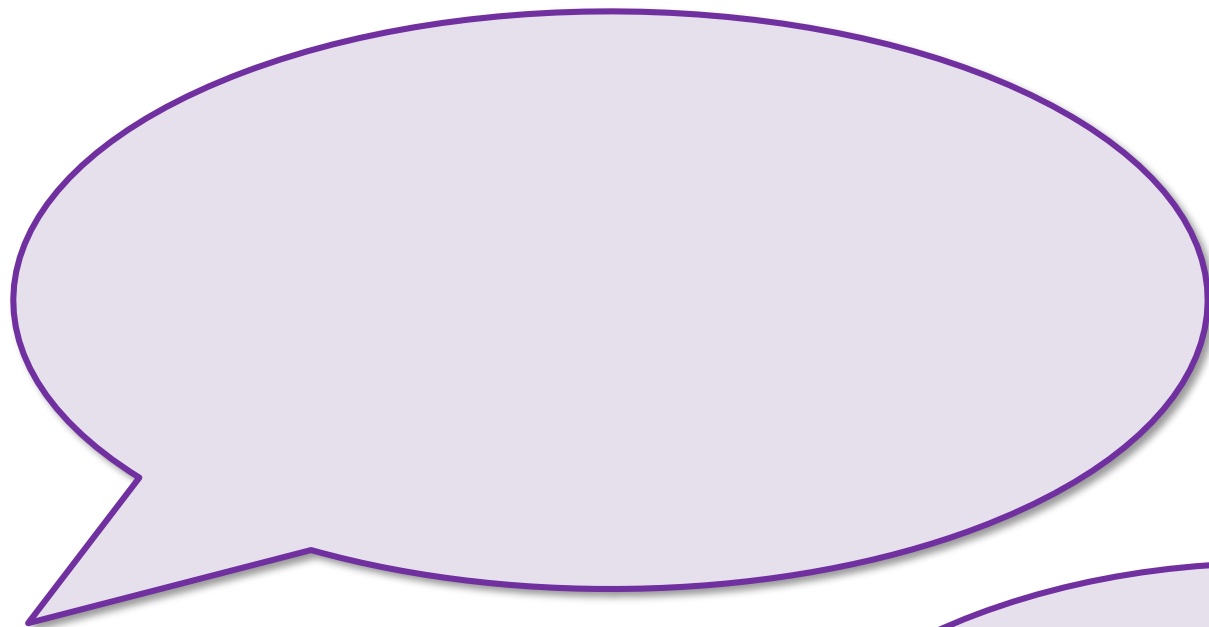
**How can I use
this in the
classroom?**



Embedding English
into other lessons.
Group discussion.

SEND
pathway





**How can I use
this in the
classroom?**

