

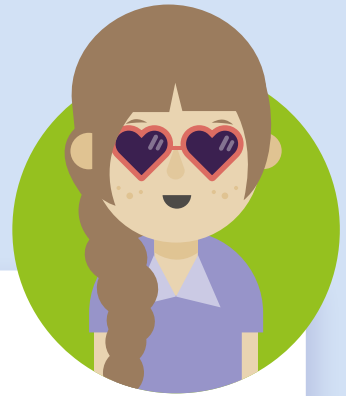
# Surviving the Summer



Witherslack  
Group



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# Easing into Summer

Any kind of change can be daunting.

Holidays from school can be a cause of anxiety due to break from usual and predictable routine.



We can start  
preparing  
now!

# Countdown Calendar



A visual countdown allows processing time and helps young people to visualise transitions i.e. when changes are going to take place, when the holidays will be over and when they will be returning to school.

It may be useful to map key events happening in the summer onto the calendar to help with countdown e.g. a plane trip, theme park visit etc.

Some young people may prefer using their own calendar - that's okay! Use highlighters or stickers to support them to visualise transitions.



# Life Skills

The summer holidays can be a great time to explore and develop life skills such as cooking, self-care and independence whilst at home.



## Daily Routine

A predictable and consistent routine can help maintain feelings of security and safety and lessen anxiety around being out of the school routine.

Time	Activity
8am	Get up
9am	Have Breakfast
10am	Get dressed



# Keeping a routine



## My daily routine

### Morning

Wash up



Breakfast



Get dressed



Quiet time



### Afternoon

Go outside



Wash hands



Lunch



Arts and crafts



### Evening

Set table



Dinner

Screen time



Bath time



Bedtime



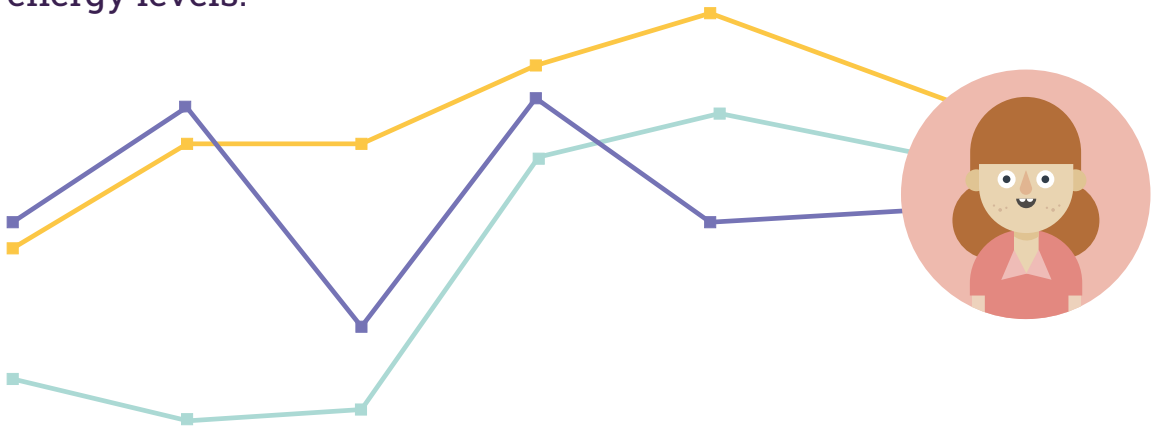
- Keep as much consistency and predictability as possible
- Talk about the plan i.e. what is happening now and what is happening next
- Create an activity planner to support processing and transitions
- Create a daily timetable including mealtimes & bedtimes
- Write plans/rules together if possible

Create a daily timetable including mealtimes & bedtimes. Scan here to download a daily timetable.



# Regulating energy

Our energy levels can fluctuate from day to day, or even hour to hour. This is affected by environment, health, mood, behaviour or amount of sleep. Young people may need some help to regulate energy levels.



# Sensory Circuits

A great way to keep children regulated (and entertained) is using a Sensory Circuit such as an obstacle course. They can plan their own, write it down, test it, change it, explain and instruct you how to complete it but, most importantly, have fun with it!



# Going on holiday

Holidays, day trips, etc can be exciting but may become too much! Here are some tips that may help you to plan and overcome obstacles:

- Prepare in advance
- Decide how much sensory input your child can tolerate
- Block out times for breaks and decide on a quiet spot
- Allow transition time
- Pack favourite toys that soothe for example, headphones, music, fidgets, colouring books
- Be vigilant for signs of distress as a meltdown might be approaching
- Consider times of day for trips, outings, etc.
- If your child has a limited diet pack foods that you know they will enjoy







Have a wonderful

Summer



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