



QUALITY OF LIFE AND FAVOURITE THINGS

Quality of Life and Our Favourite Things

93 Items

Record of #SENexchange discussion 29th April 2020

**#SENexchange**
@SENexchange



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety?
[#SENexchange](#)

#SENexchange

**Q1 DO YOU OR YOUR CHILD
HAVE A FAVOURED OBJECT THAT
HOLD SIGNIFICANCE TO THEM
AND REDUCES ANXIETY?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 10 7:00 PM - Apr 29, 2020 

💬 23 people are talking about this >



Joe W
@jw_teach



A1 This little chap can be found on my desk. And been for years. Now lost his hook though. A good distraction for any unsettled pupils. [#SENexchange](#)



♡ 11 7:01 PM - Apr 29, 2020



[See Joe W's other Tweets](#)



#SENexchange
@SENexchange



Today's questions have been inspired by articles in the Spring 2020 issue of [@PMLDlink](#) [#SENexchange](#)

♡ 2 7:04 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange
@SENexchange



Q2 How can certain objects help people engage with the world? [#SENexchange](#)

#SENexchange

Q2 HOW CAN CERTAIN OBJECTS HELP PEOPLE ENGAGE WITH THE WORLD?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 3 7:05 PM - Apr 29, 2020



See [#SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

#SENexchange

Q1 DO YOU OR YOUR CHILD HAVE A FAVOURED OBJECT THAT HOLD SIGNIFICANCE TO THEM AND REDUCES ANXIETY?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Cherry Garden 🍒 **Branch Maps #SENDAtHome**
@MapsCherry

My little boy has plenty of cuddly toys with him in bed each night but one little rabbit in particular always comes when we stay away or go on holiday
[#SENexchange](#)

♡ 4 7:05 PM - Apr 29, 2020 · Byker, England



See [Cherry Garden 🍒 Branch Maps #SENDAtHome's other Tweets](#)





Joe W
@jw_teach



Do you work with anyone how relies on specific objects to reduce anxiety? #SENexchange
twitter.com/SENexchange/st...

#SENexchange @SENexchange

Q2 How can certain objects help people engage with the world? #SENexchange

#SENexchange

Q2 HOW CAN CERTAIN OBJECTS HELP PEOPLE ENGAGE WITH THE WORLD?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♥ 1 7:05 PM - Apr 29, 2020



[See Joe W's other Tweets](#)



Joe W
@jw_teach



A2 Favoured objects or transition objects can help people by providing a concrete link to their home or place of safety. #SENexchange

♥ 5 7:06 PM - Apr 29, 2020



[See Joe W's other Tweets](#)





nasen
@nasen_org



Why not keep the conversation going with
[#SENexchange](#) [#SEND](#) [@WholeSchoolSEND](#)
twitter.com/SENexchange/st...

#SENexchange @SENexchange

Welcome to tonight's #SENexchange. Just look out for the questions (every 5 minutes) and add the hashtag to your reply!

#SENexchange

QUALITY OF LIFE AND FAVOURITE THINGS

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 10 7:06 PM - Apr 29, 2020



[See nasen's other Tweets](#)



Cherry Garden **Branch Maps #SENDAtH...** · 11h

Replying to @SENexchange

My little boy has plenty of cuddly toys with him in bed each night but one little rabbit in particular always comes when we stay away or go on holiday [#SENexchange](#)



#SENexchange
@SENexchange

Yes mine too. That familiarity is reassuring. Why do you think they like these? [#SENexchange](#)

♡ 2 7:06 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

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Q1 DO YOU OR YOUR CHILD HAVE A FAVOURED OBJECT THAT HOLD SIGNIFICANCE TO THEM AND REDUCES ANXIETY?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ed Psych Insight
@EPIinsight

I worked with a child who had a favourite teddy bear. She was able to focus better by having him on the desk watching her work. She sometimes spoke through it and her speech was clearer & more expressive when she did so. It was an important way of connecting with her [#SENexchange](#)

♡ 13 7:07 PM - Apr 29, 2020



[See Ed Psych Insight's other Tweets](#)





#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

#SENexchange

Q1 DO YOU OR YOUR CHILD HAVE A FAVOURED OBJECT THAT HOLD SIGNIFICANCE TO THEM AND REDUCES ANXIETY?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



St Martins & St Andrew's Teaching Schools

@SMSAteaching

For me my rugby ball.....during lockdown I dread to think how many hrs I've spent in the garden throwing / catching by myself.....subconsciously I think it really calms / grounds me [#SENexchange](#)

♡ 8 7:07 PM - Apr 29, 2020



[See St Martins & St Andrew's Teaching Schools's other Tweets](#)





#SENexchange @SENexchange · 11h



Q2 How can certain objects help people engage with the world? [#SENexchange](#)

#SENexchange

Q2 HOW CAN CERTAIN OBJECTS HELP PEOPLE ENGAGE WITH THE WORLD?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Cherry Garden 🍒 **Branch Maps #SENDAtHome**
@MapsCherry

It's very hard to engage with anything if we don't feel safe and secure. This is why it's so vital when a child starts in nursery or school that this is the first priority. Certain objects can help children cope with uncertainty [#SENexchange](#)

♡ 6 7:07 PM - Apr 29, 2020 · North East, England



[See Cherry Garden 🍒 Branch Maps #SENDAtHome's other Tweets](#)



Ed Psych Insight @EPInsight · 11h



Replying to @SENexchange

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#SENexchange
@SENexchange

Do you think that is because they were more relaxed interacting with a familiar "friend"? [#SENexchange](#)

♡ 2 7:08 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





St Martins & St Andrew's Teaching Schools ... · 11h 

Replying to @SENexchange

For me my rugby ball.....during lockdown I dread to think how many hrs I've spent in the garden throwing / catching by myself.....subconsciously I think it really calms / grounds me [#SENexchange](#)



#SENexchange

@SENexchange

Reminds me of the scene from the great escape! You are much sportier than me but do you think it is the repetition or movement that helps? [#SENexchange](#)

♡ 1 7:09 PM - Apr 29, 2020



 [See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h 

Replying to @MapsCherry

Yes mine too. That familiarity is reassuring. Why do you think they like these?[#SENexchange](#)



Cherry Garden 🍒 **Branch Maps #SENDAtHome**

@MapsCherry

Maybe they associate them with cuddles and comfort in a very familiar and warm place - their beds
[#SENexchange](#)

♡ 2 7:09 PM - Apr 29, 2020 · Byker, England



 [See Cherry Garden 🍒 Branch Maps #SENDAtHome's other Tweets](#)





#SENexchange
@SENexchange



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

#SENexchange

Q3 WHAT NEEDS TO EXIST TO ENSURE EVERYONE HAS A "GOOD QUALITY OF LIFE"?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 6 7:10 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



Cherry Garden 🍒 **Branch Maps #SENDAtH...** · 11h

Replying to @SENexchange

It's very hard to engage with anything if we don't feel safe and secure. This is why it's so vital when a child starts in nursery or school that this is the first priority. Certain objects can help children cope with uncertainty [#SENexchange](#)



#SENexchange
@SENexchange

IS this part of a planned transition? [#SENexchange](#)

♡ 2 7:10 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Replying to @EPIInsight

Do you think that is because they were more relaxed interacting with a familiar "friend"? #SENexchange



Ed Psych Insight

@EPIInsight

Yes I think it was a source of comfort and less daunting to express her views in this way. She displayed characteristics of autism and found social interactions very demanding. It showed the importance of communicating within a safe and predictable context. #SENexchange

♡ 6 7:10 PM - Apr 29, 2020



See Ed Psych Insight's other Tweets



Cherry Garden 🍒 **Branch Maps #SENDAtH...** · 11h

Replying to @SENexchange

Maybe they associate them with cuddles and comfort in a very familiar and warm place - their beds #SENexchange



#SENexchange

@SENexchange

Do you think it positively impacts their learning? #SENexchange

♡ 1 7:10 PM - Apr 29, 2020



See #SENexchange's other Tweets



Joe W

@jw_teach



A3 To ensure everyone has a good quality of life (whilst at school) you ensure every basic need is met and they have choice, control and a feeling of safety. #SENexchange

♡ 4 7:11 PM - Apr 29, 2020



See Joe W's other Tweets





#SENexchange @SENexchange · 11h



Replying to @SMSAteaching

Reminds me of the scene from the great escape! You are much sportier than me but do you think it is the repetition or movement that helps? [#SENexchange](#)



St Martins & St Andrew's Teaching Schools

@SMSAteaching

I've never really thought about it but it is very rhythmic / repetitive (I've only my skills improved after it!!).....makes you realise how important these things are for our students [#SENexchange](#)

♡ 5 7:11 PM - Apr 29, 2020



[See St Martins & St Andrew's Teaching Schools's other Tweets](#)



Ed Psych Insight @EPInsight · 11h



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Yes I think it was a source of comfort and less daunting to express her views in this way. She displayed characteristics of autism and found social interactions very demanding. It showed the importance of communicating within a safe and predictable context. [#SENexchange](#)



#SENexchange

@SENexchange

That predictability must make it easier for the child to process the language? [#SENexchange](#)

♡ 2 7:11 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Replying to @MapsCherry

IS this part of a planned transition? [#SENexchange](#)



Cherry Garden 🍒 Branch Maps #SENDAtHome

@MapsCherry

Potentially but not necessarily. My son loves nursery but is still keen to take something with him each day to hold on the walk and then show his teacher, me or his mum then take it home, it obviously helps him with the transition from home to school [#SENexchange](#)

♡ 2 7:12 PM - Apr 29, 2020 · Byker, England



[See Cherry Garden 🍒 Branch Maps #SENDAtHome's other Tweets](#)





#SENexchange
@SENexchange



Brilliant! Do you favourite bears have names?
[#SENexchange](#) [twitter.com/mum2jsiandcx4/...](#)

mum2jsic @mum2jsiandcx4
Replying to @SENexchange

My four boys all have a special teddy that was bought by daddy when born. The teddy's names are Barney, Arthur, Bernard and Yogi.

♡ 1 7:12 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

#SENexchange

**Q1 DO YOU OR YOUR CHILD
HAVE A FAVOURED OBJECT THAT
HOLD SIGNIFICANCE TO THEM
AND REDUCES ANXIETY?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Susan Griffiths
@SusanGriffiths5

I worked with a child who carried a backpack filled with 5 of everything i.e. pens, notebook, snacks, etc. Without this, his anxiety is so high. I think it that feeling of control over his back back helps reduces his anxiety when he can't control the world [#SENexchange](#)

♡ 11 7:12 PM - Apr 29, 2020



[See Susan Griffiths's other Tweets](#)





Joe W @jw_teach · 11h



Do you work with anyone how relies on specific objects to reduce anxiety? #SENexchange
twitter.com/SENexchange/st...

#SENexchange @SENexchange

Q2 How can certain objects help people engage with the world? #SENexchange

#SENexchange

Q2 HOW CAN CERTAIN OBJECTS HELP PEOPLE ENGAGE WITH THE WORLD?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Anne Heavey

@AnneHeavey321

personally I use a specific scent (bergamot) when I'm struggling with my anxiety - always have essential oil in my bag, and Earl Grey tea bags. It always helps me to focus on my breathing and feel safer. #SENexchange

♡ 6 7:13 PM - Apr 29, 2020



[See Anne Heavey's other Tweets](#)



St Martins & St Andrew's Teaching Schools ... · 11h

Replying to @SENexchange

I've never really thought about it but it is very rhythmic / repetitive (I've only my skills improved after it!!).....makes you realise how important these things are for our students
#SENexchange



#SENexchange

@SENexchange

Maybe this loss of control is helping us focus on how our children may feel at times. #SENexchange

♡ 2 7:13 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





Susan Griffiths @SusanGriffiths5 · 11h



Replying to @SENexchange

I worked with a child who carried a backpack filled with 5 of everything i.e. pens, notebook, snacks, etc. Without this, his anxiety is so high. I think it that feeling of control over his back back helps reduces his anxiety when he can't control the world [#SENexchange](#)



#SENexchange

@SENexchange

Did he check in on the items throughout the day?

[#SENexchange](#)

♡ 1 7:14 PM - Apr 29, 2020



 [See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

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**Q1 DO YOU OR YOUR CHILD
HAVE A FAVOURED OBJECT THAT
HOLD SIGNIFICANCE TO THEM
AND REDUCES ANXIETY?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ms Barnsley

@devschsenco

We have many children that have favourite items, little figures or construction toy made into a certain shape ect [#SENexchange](#)

♡ 3 7:14 PM - Apr 29, 2020



 [See Ms Barnsley's other Tweets](#)





Cherry Garden Branch Maps #SENDAtH... · 11h 

Replying to @SENexchange

Potentially but not necessarily. My son loves nursery but is still keen to take something with him each day to hold on the walk and then show his teacher, me or his mum then take it home, it obviously helps him with the transition from home to school [#SENexchange](#)



#SENexchange

@SENexchange

My boy likes to locate and make sure his bag, lunch box and cup are ready to take home. Even though the bag and cup can stay at nursery. [#SENexchange](#)

♡ 3 7:15 PM - Apr 29, 2020



 [See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h 

Replying to @SusanGriffiths5

Did he check in on the items throughout the day?
[#SENexchange](#)



Susan Griffiths

@SusanGriffiths5

He did, especially at times when he needed more reassurance. [#SENexchange](#)

♡ 3 7:16 PM - Apr 29, 2020



 [See Susan Griffiths's other Tweets](#)





#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

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Q1 DO YOU OR YOUR CHILD HAVE A FAVOURED OBJECT THAT HOLD SIGNIFICANCE TO THEM AND REDUCES ANXIETY?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Kirsty Walsh

@KirstyWalsh16

My son takes a teddy into school with him as a transitional object. He also sleeps with this same teddy and has a weighted blanket. They reduce his anxiety.

[#SENexchange](#)

♡ 3 7:16 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)



Anne Heavey @AnneHeavey321 · 11h



Replying to @jw_teach

personally I use a specific scent (bergamot) when I'm struggling with my anxiety - always have essential oil in my bag, and Earl Grey tea bags. It always helps me to focus on my breathing and feel safer. [#SENexchange](#)



#SENexchange

@SENexchange

That is interesting. Have you ever worked with anyone else that uses scents like this? I suppose people could but it may not be obvious. [#SENexchange](#)

♡ 1 7:16 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





Ms Barnsley @devschsenco · 11h



Replying to @SENexchange

We have many children that have favourite items, little figures or construction toy made into a certain shape ect
[#SENexchange](#)



#SENexchange

@SENexchange

any blu-tack fans? [#SENexchange](#)

♡ 2 7:17 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

#SENexchange

**Q3 WHAT NEEDS TO EXIST TO
ENSURE EVERYONE HAS A
"GOOD QUALITY OF LIFE"?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Karin Crimmins

@CrimminsKM

Taking the time to get to know what a child needs.
[#SENexchange](#) Whether that be through conversations or by reading the pupils paperwork. Look to meet those needs and if you can't ask for help. If pupils have a good day, staff are more likely too as well .

♡ 7 7:17 PM - Apr 29, 2020



[See Karin Crimmins's other Tweets](#)





#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

#SENexchange

Q3 WHAT NEEDS TO EXIST TO ENSURE EVERYONE HAS A "GOOD QUALITY OF LIFE"?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ms Barnsley
@devschsenco

Happiness, good physical and mental health, choice, control, positive relationships and experience, sense of belonging (such a vast question) [#SENexchange](#)

♡ 4 7:17 PM - Apr 29, 2020



[See Ms Barnsley's other Tweets](#)



Kirsty Walsh @KirstyWalsh16 · 11h



Replying to @SENexchange

My son takes a teddy into school with him as a transitional object. He also sleeps with this same teddy and has a weighted blanket. They reduce his anxiety. [#SENexchange](#)



#SENexchange
@SENexchange

that's great. Have school ever tried to remove this - I think things like this should be encouraged if they work but some settings seem to think otherwise.

[#SENexchange](#)

♡ 1 7:18 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Replying to @devschsenco
any blu-tack fans? [#SENexchange](#)



Kirsty Walsh

@KirstyWalsh16

My son loves blu tack. He is 6 years old and suffers with anxiety, PTSD and concentration. He uses it as fiddle toy. [#SENexchange](#)

♡ 3 7:18 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)



Karin Crimmins @CrimminsKM · 11h



Replying to @SENexchange
Taking the time to get to know what a child needs.
[#SENexchange](#) Whether that be through conversations or by reading the pupils paperwork. Look to meet those needs and if you can't ask for help. If pupils have a good day, staff are more likely too as well .



#SENexchange

@SENexchange

So true - our lives are interlinked and dependent on each other. Especially important if that member of staff is the child's "safe space" at school etc. [#SENexchange](#)

♡ 3 7:19 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Replying to @AnneHeavey321 @jw_teach
That is interesting. Have you ever worked with anyone else that uses scents like this? I suppose people could but it may not be obvious. [#SENexchange](#)



Susan Griffiths

@SusanGriffiths5

I often recommend this as a coping strategy for the children SI work with. We used fruity lip balms, scented rubbers, mum's perfume, etc. [#SENexchange](#)

♡ 7 7:19 PM - Apr 29, 2020



[See Susan Griffiths's other Tweets](#)





Anne Heavey @AnneHeavey321 · 11h



Replying to @jw_teach

personally I use a specific scent (bergamot) when I'm struggling with my anxiety - always have essential oil in my bag, and Earl Grey tea bags. It always helps me to focus on my breathing and feel safer. [#SENexchange](#)



St Martins & St Andrew's Teaching Schools

@SMSAteaching

Specific smells can be so powerful can't they.....this is something I feel is underused and often missed out when people look at classroom environments (nice choice of sent Anne!) [#SENexchange](#)

♡ 4 7:19 PM - Apr 29, 2020



[See St Martins & St Andrew's Teaching Schools's other Tweets](#)



StartToTalk

@starttotalkuk



Hello everyone. A lot of things need to exist to ensure good quality of life but the main ones are feeling safe & secure, good pain management, sense of worth, love, care & kindness, connections, choices, not feeling trapped & helpless, support. [#SENexchange](#)
twitter.com/SENexchange/st...

#SENexchange @SENexchange

Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

#SENexchange

Q3 WHAT NEEDS TO EXIST TO ENSURE EVERYONE HAS A "GOOD QUALITY OF LIFE"?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 6 7:19 PM - Apr 29, 2020



[See StartToTalk's other Tweets](#)





StartToTalk @starttotalkuk · 11h



Hello everyone. A lot of things need to exist to ensure good quality of life but the main ones are feeling safe & secure, good pain management, sense of worth, love, care & kindness, connections, choices, not feeling trapped & helpless, support. #SENexchange
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Q3 What needs to exist to ensure everyone has a "good Quality of Life"? #SENexchange

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Q3 WHAT NEEDS TO EXIST TO ENSURE EVERYONE HAS A "GOOD QUALITY OF LIFE"?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



StartToTalk
@starttotalkuk

Feeling part of a community, being loved for who you are, financial resources to meet practical needs.
#SENexchange

♡ 6 7:19 PM - Apr 29, 2020



 [See StartToTalk's other Tweets](#)



Susan Griffiths @SusanGriffiths5 · 11h



Replying to @SENexchange and 2 others

I often recommend this as a coping strategy for the children SI work with. We used fruity lip balms, scented rubbers, mum's perfume, etc. #SENexchange



#SENexchange
@SENexchange

Lovely ideas. #SENexchange

♡ 1 7:19 PM - Apr 29, 2020



 [See #SENexchange's other Tweets](#)





#SENexchange
@SENexchange



Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful? [#SENexchange](#)

#SENexchange

Q4 WHAT OPPORTUNITIES FOR MAKING CHOICES CAN BE BUILT INTO A PERSONS DAY? HOW CAN WE MAKE SURE THIS IS MEANINGFUL?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 6 7:20 PM - Apr 29, 2020



See [#SENexchange's other Tweets](#)



Kirsty Walsh @KirstyWalsh16 · 11h



Replying to @SENexchange @devschsenco

My son loves blu tack. He is 6 years old and suffers with anxiety, PTSD and concentration. He uses it as fiddle toy. [#SENexchange](#)



#SENexchange
@SENexchange

A highly accessible coping strategy. [#SENexchange](#)

♡ 3 7:20 PM - Apr 29, 2020



See [#SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

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#SENexchange - Quality of Life and Favourite Things 29/4/2020



Cherry Garden 🍒 **Branch Maps** **#SENDAtHome**
@MapsCherry

I think a level of contentment. We all have times when we don't necessarily feel this but I think if it can feature the majority of the time then our quality of life is probably pretty good [#SENexchange](#)

♡ 6 7:20 PM - Apr 29, 2020 · North East, England



[See Cherry Garden 🍒 Branch Maps #SENDAtHome's other Tweets](#)





StartToTalk @starttotalkuk · 11h



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Q3 What needs to exist to ensure everyone has a "good Quality of Life"? #SENexchange

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#SENexchange - Quality of Life and Favourite Things 29/4/2020



#SENexchange
@SENexchange

Good evening. Thank you for mentioning pain management. An important element that can be overlooked. #SENexchange

♡ 4 7:21 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

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Susan Griffiths

@SusanGriffiths5

I think it important to identify what a good quality of life means for the child as this may be very different to what we think is a good quality of life [#SENexchange](#)

♡ 3 7:21 PM - Apr 29, 2020



[See Susan Griffiths's other Tweets](#)



StartToTalk @starttotalkuk · 11h



Replying to @starttotalkuk

Feeling part of a community, being loved for who you are, financial resources to meet practical needs.

[#SENexchange](#)



#SENexchange

@SENexchange

Yes having a role within that community and value. [#SENexchange](#)

♡ 2 7:21 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

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#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ed Psych Insight
@EPIinsight

Being able to understand and regulate emotions - fundamental for having positive relationships, taking risks with learning and developing resilience when faced with difficult situations [#SENexchange](#)

♡ 10 7:22 PM - Apr 29, 2020



[See Ed Psych Insight's other Tweets](#)



Cherry Garden 🍒 **Branch Maps** **#SENDAtH...** · 11h

Replying to @SENexchange

I think a level of contentment. We all have times when we don't necessarily feel this but I think if it can feature the majority of the time then our quality of life is probably pretty good [#SENexchange](#)



#SENexchange
@SENexchange

That's great - I think sometimes we aim for happiness but contentment is a realistic and aspirational aim.
[#SENexchange](#)

♡ 3 7:22 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





Susan Griffiths @SusanGriffiths5 · 11h



Replying to @SENexchange

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#SENexchange

@SENexchange

I went to a talk by Sarah Hendrixx *I think and she talked about how feeling of safety for autistic people differs. [#SENexchange](#)

♡ 2 7:23 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



Whole School SEND

@WholeSchoolSEND



Continuing to share ideas on [#SEND](#) with [#SENexchange](#) twitter.com/SENexchange/st...

#SENexchange @SENexchange

Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful? [#SENexchange](#)

[#SENexchange](#)

Q4 WHAT OPPORTUNITIES FOR MAKING CHOICES CAN BE BUILT INTO A PERSONS DAY? HOW CAN WE MAKE SURE THIS IS MEANINGFUL?

[#SENexchange](#) - Quality of Life and Favourite Things 29/4/2020

♡ 3 7:24 PM - Apr 29, 2020



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#SENexchange @SENexchange · 11h



Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful?
[#SENexchange](#)

#SENexchange

Q4 WHAT OPPORTUNITIES FOR MAKING CHOICES CAN BE BUILT INTO A PERSONS DAY? HOW CAN WE MAKE SURE THIS IS MEANINGFUL?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ms Barnsley
@devschsenco

Choice of activity, food, leisure, clothes, social activities, friends [#SENexchange](#)

♡ 3 7:24 PM - Apr 29, 2020



[See Ms Barnsley's other Tweets](#)



#SENexchange
@SENexchange



Q5 What does safety look like for you or your child and how can this be continued outside of the home (School, FE or Supported living)? [#SENexchange](#)

#SENexchange

Q5 WHAT DOES SAFETY LOOK LIKE FOR YOU OR YOUR CHILD AND HOW CAN THIS BE CONTINUED OUTSIDE OF THE HOME (SCHOOL, FE OR SUPPORTED LIVING)?

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 7 7:25 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange
@SENexchange



This is a great strategy that works and is transferable.
[#SENexchange](#) [twitter.com/KirstyWalsh16/...](#)

Kirsty Walsh @KirstyWalsh16
Replying to @SENexchange

They have a basket within nurture group where they put their teddy's but then after a short period of time they can have them back. Within mainstream I think it sits on his knee .
School gave him the toy to get him into school as he refuses.
He will be going into year 2 in Sept.

♡ 3 7:25 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



Ms Barnsley @devschsenco · 11h
Replying to @SENexchange



Choice of activity, food, leisure, clothes, social activities, friends [#SENexchange](#)



#SENexchange
@SENexchange

And trickier at school - but when to eat is a big one. We don't all feel hungry just because it's lunchtime.
[#SENexchange](#)

♡ 3 7:26 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful?
[#SENexchange](#)

#SENexchange

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#SENexchange - Quality of Life and Favourite Things 29/4/2020



Kirsty Walsh
@KirstyWalsh16

How they want to spend their relax time. What to they want to communicate about. Choice of transport. Choice of whom to visit and what route to take. [#SENexchange](#)

♡ 2 7:26 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)



Susan Griffiths @SusanGriffiths5 · 11h



Replying to @SENexchange

I would agree with this. Eating is a classic one. The autistic child feels happy and safe when they are able to eat the food they like even if it the same food every time. Well meaning adults tries to pressure the child to eat new food, causing the child to feel anxious & unsafe



Susan Griffiths
@SusanGriffiths5

[#SENexchange](#)

♡ 2 7:27 PM - Apr 29, 2020



[See Susan Griffiths's other Tweets](#)





#SENexchange @SENexchange · 11h



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Kirsty Walsh @KirstyWalsh16

Replying to @SENexchange

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Kirsty Walsh

@KirstyWalsh16

We love nurture group! Every school should have one! The nurture teacher is amazing, I want to bring her home with me! [#SENexchange](#) shame no resources for Elsa and nurture have been provided by the school during lockdown however.

♡ 2 7:27 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)



PMLD Link

@PMLDlink



Thank you so much to [@SENexchange](#) [#SENexchange](#) for focusing tonight's questions on topics from our most recent edition [pmlldlink.org.uk](#) we are looking forward to reading through people's answers.



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[pmlldlink.org.uk](#)

♡ 3 7:27 PM - Apr 29, 2020



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#SENexchange @SENexchange · 11h



Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful?
[#SENexchange](#)

#SENexchange

Q4 WHAT OPPORTUNITIES FOR MAKING CHOICES CAN BE BUILT INTO A PERSONS DAY? HOW CAN WE MAKE SURE THIS IS MEANINGFUL?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ed Psych Insight
@EPIinsight

Make it visual and provide choices which are motivating and stimulating. This is a nice example from [@autismcentre](#) - the "Bored Board" middletownautism.com/covid19/bored-... [#SENexchange](#)

♡ 6 7:27 PM - Apr 29, 2020



[See Ed Psych Insight's other Tweets](#)



Kirsty Walsh @KirstyWalsh16 · 11h



Replying to @SENexchange

How they want to spend their relax time. What to they want to communicate about. Choice of transport. Choice of whom to visit and what route to take. [#SENexchange](#)



#SENexchange
@SENexchange

Relax time is so important I always said that is their time not time for staff to enforce what they thought would be time filling "busy work" [#SENexchange](#)

♡ 4 7:28 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Q4 What opportunities for making choices can be built into a persons day? How can we make sure this is meaningful?
[#SENexchange](#)

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Q4 WHAT OPPORTUNITIES FOR MAKING CHOICES CAN BE BUILT INTO A PERSONS DAY? HOW CAN WE MAKE SURE THIS IS MEANINGFUL?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Susan Griffiths
@SusanGriffiths5

Anything and everything is an opportunity to provide choices [#SENexchange](#)

♡ 3 7:28 PM - Apr 29, 2020



[See Susan Griffiths's other Tweets](#)



Kirsty Walsh @KirstyWalsh16 · 11h
Replying to @SENexchange



We love nurture group! Every school should have one! The nurture teacher is amazing, I want to bring her home with me! [#SENexchange](#) shame no resources for Elsa and nurture have been provided by the school during lockdown however.



#SENexchange
@SENexchange

What kind of things would be useful? [#SENexchange](#)

♡ 7:29 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



Kirsty Walsh
@KirstyWalsh16



Who else child is thriving being at home compared to what they were in school! 👍👍 [#wellbeingwednesday](#) [#SENexchange](#) [#edutwitter](#) [#SENDTwitterCommunity](#) [#SEND](#) [#TinyVoiceTuesday](#) [#COVID—19](#) [#hometasking](#) [#nurture](#)

♡ 7:29 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)





#SENexchange
@SENexchange



That's all for tonight. Thank you to everyone who took part. [#SENexchange](#)

♥ 5 7:30 PM - Apr 29, 2020



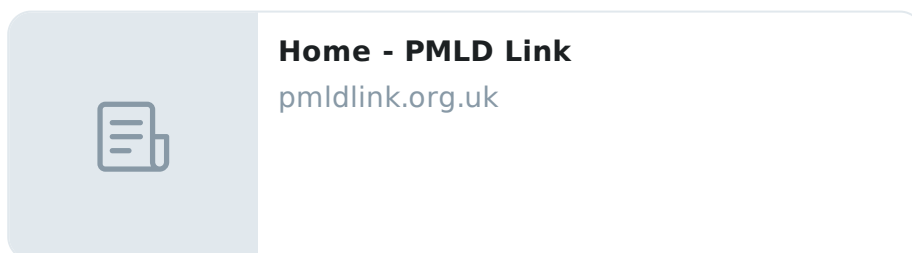
[See #SENexchange's other Tweets](#)



PMLD Link
@PMLDlink



Tonight's @SENexchange was based around our latest issue. Search [#SENexchange](#) to add your insights and see other people's ideas. pmlldlink.org.uk



♥ 7:30 PM - Apr 29, 2020



[See PMLD Link's other Tweets](#)



#SENexchange @SENexchange · 11h



Replying to @KirstyWalsh16

What kind of things would be useful? [#SENexchange](#)



Kirsty Walsh
@KirstyWalsh16

Any Elsa work, anything around supporting bereavement/ trauma. [#SENexchange](#)

♥ 1 7:30 PM - Apr 29, 2020



[See Kirsty Walsh's other Tweets](#)





#SENexchange @SENexchange · 11h



Q5 What does safety look like for you or your child and how can this be continued outside of the home (School, FE or Supported living)? [#SENexchange](#)

#SENexchange

**Q5 WHAT DOES SAFETY LOOK LIKE
FOR YOU OR YOUR CHILD AND HOW
CAN THIS BE CONTINUED OUTSIDE
OF THE HOME (SCHOOL, FE OR
SUPPORTED LIVING)?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Ms Barnsley
@devschsenco

Key trusted adult that understands and uses communication methods, sensory needs and anxiety strategies. Some to advocate for them. [#SENexchange](#)

♡ 5 7:30 PM - Apr 29, 2020



[See Ms Barnsley's other Tweets](#)





StartToTalk
@starttotalkuk



#SENexchange fav objs help sum kids 2 reduce anxiety b/c they can distract them frm diff situations. It can take them in2 another wrld. It can feel like takin a piece of home w/ them which can giv safety. Objs can sooth & calm. Objs we take w/ us are known as transitional objects twitter.com/SENexchange/st...

#SENexchange @SENexchange

Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? #SENexchange

#SENexchange

**Q1 DO YOU OR YOUR CHILD
HAVE A FAVOURED OBJECT THAT
HOLD SIGNIFICANCE TO THEM
AND REDUCES ANXIETY?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020

♡ 3 7:30 PM - Apr 29, 2020



[See StartToTalk's other Tweets](#)



PMLD Link @PMLDlink · 11h



Thank you so much to @SENexchange #SENexchange for focusing tonight's questions on topics from our most recent edition pmlmlink.org.uk we are looking forward to reading through people's answers.



Home - PMLD Link

pmlmlink.org.uk



#SENexchange
@SENexchange

I was reading it for work and I thought Anne Laney's article (amongst others) was really insightful)

#SENexchange

♡ 2 7:30 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



That's all for tonight. Thank you to everyone who took part. [#SENexchange](#)



St Martins & St Andrew's Teaching Schools
@SMSAteaching

Thanks [@jw_teach](#) [@SENexchange](#) a great chat and as always lovely to connect [#TakeCare](#) [#SENexchange](#)

♡ 3 7:30 PM - Apr 29, 2020



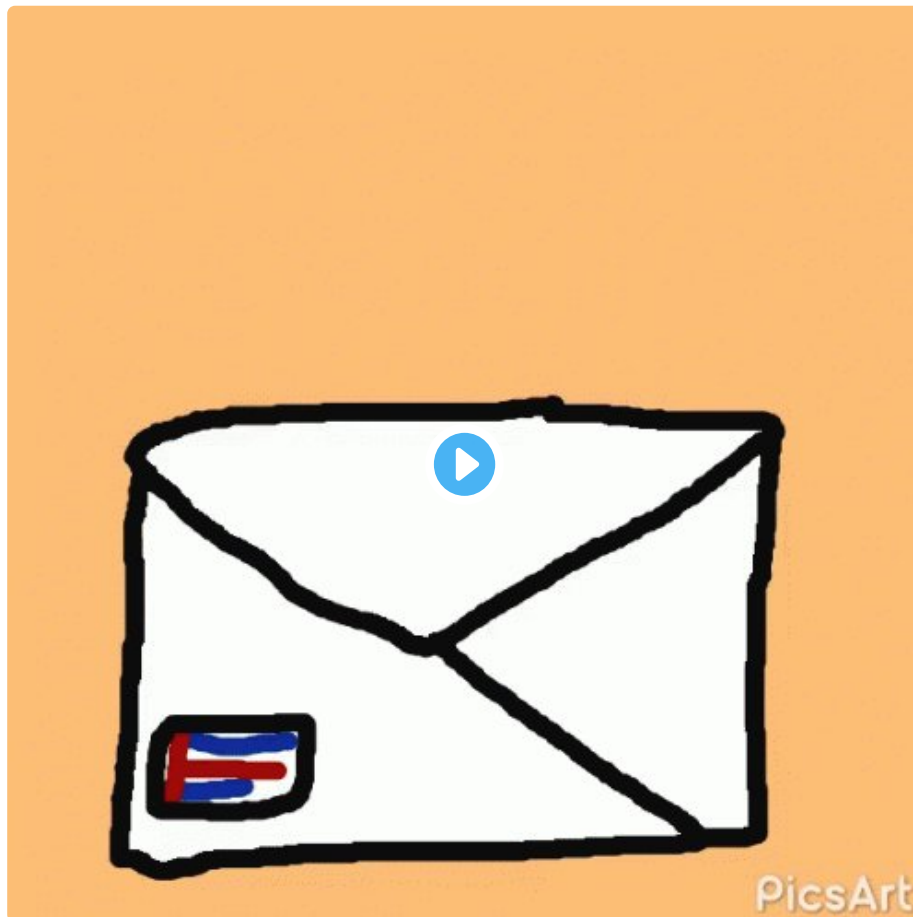
See St Martins & St Andrew's Teaching Schools's other Tweets



PMLD Link
@PMLDlink



We are in the post! pmlmlink.org.uk (if you were a part of tonight's [#SENexchange](#) and are not currently a subscriber, check us out!)



♡ 7:31 PM - Apr 29, 2020



See PMLD Link's other Tweets





Susan Griffiths @SusanGriffiths5 · 11h



Replying to @SENexchange

Anything and everything is an opportunity to provide choices [#SENexchange](#)



#SENexchange

@SENexchange

Yes!! An allow time for that to not fit in with your immediate plans! [#SENexchange](#)

♡ 2 7:31 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange

@SENexchange



Can anyone help Kirsty with resources in this area?
[#SENexchange](#) [twitter.com/KirstyWalsh16/...](#)

Kirsty Walsh @KirstyWalsh16

Replying to @SENexchange

Any Elsa work, anything around supporting bereavement/trauma. [#SENexchange](#)

♡ 1 7:32 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



Ms Barnsley @devschsenco · 11h



Replying to @SENexchange

Key trusted adult that understands and uses communication methods, sensory needs and anxiety strategies. Some to advocate for them. [#SENexchange](#)



#SENexchange

@SENexchange

Yes and knows how to use those communication resources to allow the child to advocate for themselves.
[#SENexchange](#)

♡ 1 7:33 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)





#SENexchange @SENexchange · 11h



Replying to @starttotalkuk

Yes having a role within that community and value.

[#SENexchange](#)



StartToTalk

@starttotalkuk

It does make a huge difference especially if they've got additional needs. [#SENexchange](#)

♡ 1 7:33 PM - Apr 29, 2020



[See StartToTalk's other Tweets](#)



St Martins & St Andrew's Teaching Schools ... · 11h

Replying to @SENexchange

Thanks [@jw_teach](#) [@SENexchange](#) a great chat and as always lovely to connect [#TakeCare](#) [#SENexchange](#)



#SENexchange

@SENexchange

Thanks to all who took part - I struggled to take part!
[#SENexchange](#)

♡ 1 7:33 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q1 Do you or your child have a favoured object that hold significance to them and reduces anxiety? [#SENexchange](#)

[#SENexchange](#)

**Q1 DO YOU OR YOUR CHILD
HAVE A FAVOURED OBJECT THAT
HOLD SIGNIFICANCE TO THEM
AND REDUCES ANXIETY?**

[#SENexchange](#) - Quality of Life and Favourite Things 29/4/2020



Callum

@Callum_SEND

He has quite a few and often different ones in different households.. usually a teddy or a football/wrestling related item [#SENexchange](#)

♡ 3 7:34 PM - Apr 29, 2020



[See Callum 's other Tweets](#)





Callum 🏳️‍🌈 @Callum_SEND · 11h



Replying to @SENexchange

He has quite a few and often different ones in different households.. usually a teddy or a football/wrestling related item [#SENexchange](#)



#SENexchange

@SENexchange

Does what he chooses depend on environment or mood/current interest? [#SENexchange](#)

♡ 1 7:35 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



St Martins & St Andrew's Teaching Schools ... · 11h

Replying to @SENexchange

For me my rugby ball.....during lockdown I dread to think how many hrs I've spent in the garden throwing / catching by myself.....subconsciously I think it really calms / grounds me [#SENexchange](#)



Callum 🏳️‍🌈

@Callum_SEND

Unfortunately my phone sometimes becomes my safety net and I have to work hard to find something else [#SENexchange](#)

♡ 1 7:37 PM - Apr 29, 2020



[See Callum 🏳️‍🌈's other Tweets](#)



#SENexchange @SENexchange · 11h



Replying to @starttotalkuk

Good evening. Thank you for mentioning pain management. An important element that can be overlooked. [#SENexchange](#)



StartToTalk

@starttotalkuk

[#SENexchange](#) Your're welcome. People with disabilities often live with a lot of pain & some can be very debilitating this pain does have a massive impact on their self worth, quality of life & sense of purpose. It can also have an impact on their mental health too.

♡ 7:37 PM - Apr 29, 2020



[See StartToTalk's other Tweets](#)





#SENexchange
@SENexchange



[#SENexchange](#) [twitter.com/STEMlovingmum/...](#)

JourneysintoHomeEd @STEMlovingmum

Replying to @SENexchange

Yes my son takes his Balou bear with him to appointments and new places, in the car etc. Sadly teachers putting Balou bear in a cupboard didn't help my sons anxieties - transitional objects must stay with the child

♡ 2 7:37 PM - Apr 29, 2020



[See #SENexchange's other Tweets](#)



#SENexchange @SENexchange · 11h



Q3 What needs to exist to ensure everyone has a "good Quality of Life"? [#SENexchange](#)

#SENexchange

**Q3 WHAT NEEDS TO EXIST TO
ENSURE EVERYONE HAS A
"GOOD QUALITY OF LIFE"?**

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Callum
@Callum_SEND

Can't beat a bit of Maslow! I think the sense of belonging is so important [#SENexchange](#)

♡ 4 7:38 PM - Apr 29, 2020



[See Callum 's other Tweets](#)





#SENexchange @SENexchange · 11h



Replying to @starttotalkuk

Good evening. Thank you for mentioning pain management. An important element that can be overlooked. [#SENexchange](#)



StartToTalk

@starttotalkuk

It seems people are sometimes expected to just live their lives with pain & this is unacceptable. People should be able to live a pain free life. [#SENexchange](#)

♡ 1 7:38 PM - Apr 29, 2020



[See StartToTalk's other Tweets](#)



StartToTalk

@starttotalkuk



Yes the hierarchy of needs. [#SENexchange](#)
[twitter.com/Callum_SEND/st...](https://twitter.com/Callum_SEND/status/1255111111111111111)

Callum @Callum_SEND
Replying to @SENexchange

Can't beat a bit of Maslow! I think the sense of belonging is so important [#SENexchange](#)

♡ 1 7:41 PM - Apr 29, 2020



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#SENexchange @SENexchange · 11h



Q5 What does safety look like for you or your child and how can this be continued outside of the home (School, FE or Supported living)? [#SENexchange](#)

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Q5 WHAT DOES SAFETY LOOK LIKE FOR YOU OR YOUR CHILD AND HOW CAN THIS BE CONTINUED OUTSIDE OF THE HOME (SCHOOL, FE OR SUPPORTED LIVING)?

#SENexchange - Quality of Life and Favourite Things 29/4/2020



Karin Crimmins
@CrimminsKM

Being listened too, this is the big one I often hear.
[#SENExchange](#) and then showing that they really were heard.

♡ 1 7:44 PM - Apr 29, 2020



[See Karin Crimmins's other Tweets](#)



#SENexchange @SENexchange · 11h



Can anyone help Kirsty with resources in this area?
[#SENexchange](#) [twitter.com/KirstyWalsh16/...](#)

Kirsty Walsh @KirstyWalsh16
Replying to @SENexchange

Any Elsa work, anything around supporting bereavement/ trauma. [#SENexchange](#)



Joanna Grace
@jo3grace

I have a sensory story for sharing after a death
[thesensoryprojects.co.uk/sensory-stories](#) [#SENexchange](#)

♡ 1 7:46 PM - Apr 29, 2020



[See Joanna Grace's other Tweets](#)



**StartToTalk**

@starttotalkuk



Oh yes the big C communication is the bane of most SEN parents & adults. You find yourself banging your head against the wall trying to get simple message across, this can leave people drained & exhausted both physically & mentally. [#SENexchange](#) [twitter.com/CrimminsKM/sta...](https://twitter.com/CrimminsKM/status/1255111111111111111)

Karin Crimmins @CrimminsKM

Replying to @SENexchange

Being listened too, this is the big one I often hear.

#SENExchange and then showing that they really were heard.

♥ 1 7:50 PM - Apr 29, 2020

[See StartToTalk's other Tweets](#)**StartToTalk**

@starttotalkuk



Hi fiona, so sorry this has happened 2u. So oft we here abt parents who r told that they'r not experts on their child & the professionals no better. This couldn't be further frm the truth. U are living w/ ur child everyday & have journeyed w/ them frm the beginning. [#SENexchange](#) [twitter.com/fionacozens1/s...](https://twitter.com/fionacozens1/status/1255111111111111111)

fiona cozens @fionacozens1

When tagged as the 'difficult' parent for protecting & trying to enhance a precious child's quality of life, the 'Professionals' step in, for they deem they know better. Safeguarding & pain invisible to those under LA so called Care. Devastating 🇮🇪 #LeDeR mortality [twitter.com/starttotalkuk/...](https://twitter.com/starttotalkuk/status/1255111111111111111)

♥ 8:19 PM - Apr 29, 2020

[See StartToTalk's other Tweets](#)



StartToTalk @starttotalkuk · 10h



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twitter.com/fionacozens1/s...

fiona cozens @fionacozens1

When tagged as the 'difficult' parent for protecting & trying to enhance a precious child's quality of life, the 'Professionals' step in, for they deem they know better. Safeguarding & pain invisible to those under LA so called Care. Devastating 🇬🇧 #LeDeR mortality
twitter.com/starttotalkuk/...



StartToTalk

@starttotalkuk

U know ur child better than any1 else, u r w/ ur child every day & every hour u know their struggles, know their pain & know ur struggles & pain too. This is awful treatment, u need 2b heard & understood, not be pushed aside & ignored. So sorry this has happened 2u.
#SENexchange

♡ 8:19 PM - Apr 29, 2020



 [See StartToTalk's other Tweets](#)

