

LEARNING SUPPORT RESOURCE (LSR)



SUPPORTING OUR YOUNG PEOPLE WITH ASN





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- We all have a role in shaping a child's future.
 - When we all work together as a team around the child anything is possible.
 - I am going to explore ways in which we can support your children and our pupils to achieve their goals.
 - We all want what's best for each individual child/teenager.

CHALLENGES

Many pupils with specific learning differences such as dyslexia, dyspraxia and ADHD find learning and exams a challenge.

Reading, writing and attention, remembering, organisation skills can be a challenge if you do not have effective learning strategies.

This can mean that everyday life is stressful and worrying. Anxiety potentially is a very real problem.



WHAT CAN WE DO?

We are supporting our pupils to develop a sense of self belief.

Scientists have proven that a success attitude or mindset can challenge your brain, which strengthens the neurons, leading to a smarter brain.

We tell them that mistakes are good and help you to learn.

If they say to themselves: 'I can't do this', we tell them to replace it with 'I can't do this YET'.

We are helping to develop a growth mindset in our pupils.

Self-esteem and self-belief go hand and hand. The message needs to be reinforced, particularly to our children.



WHAT IS ANXIETY?

Worry and anxiety help us cope with threatening situations by releasing adrenaline into our bodies. Adrenaline increases our heart-rate and pumps oxygen to our muscles to prepare us to either tackle the situation or escape from it – the fight or flight response.

This anxiety response is helpful in a range of situations such as in sport for boosting energy in preparation for a race.

EXAM ANXIETY

- Many students experience anxiety before an exam. This can be helpful in preparing you to approach the challenge of an exam. It can help improve focus and is your body's way of setting you up to deal with the challenge.
- Sometimes anxiety can become a problem. When anxiety builds it can be a barrier instead of a help.



MANAGING ANXIETY

- An important step in managing anxiety is being aware of how you are feeling.
- It is useful to recognise the first signs, so that you can start to deal with them before they overwhelm you.
- It is also helpful to have someone to talk to, so that they can support you.



REDUCING ANXIETY



Listen to music – experiments have shown that listening to music can help to change your mood and reduce feelings of stress and anxiety.



An app called 'Relax Melodies' has over 100 sounds to choose from. It can help with sleep too.



Go for a walk in the fresh air. Exercise has been shown to help reduce stress. A short 15-20minute burst of any exercise that increases your heart rate will do.



Try to build this into a daily routine for your young person.

MINDFULNESS

- Mindfulness is a way of calming your thoughts. You focus on your breathing and what is happening in this very moment – what you are seeing, hearing, touching, feeling and so on..
- There are lots of free apps that are good for teenagers such as: Calm, Smiling Mind and Dreamy Kid.



Anxiety can interfere with breathing leading to hyperventilation.



An easy way to tell your body to relax is to do some deep breathing.



Deep breathing sends messages to your brain to zap the chemicals causing anxiety symptoms.

PRACTICE SOME BREATHING EXERCISES

MULTI-SENSORY METHODS OF LEARNING



We can use our senses of hearing, vision and touch to help us learn. Information can be delivered through sound (auditory), sight (Visual) and Kinaesthetic (tactile or touch).



Many pupils with specific learning challenges can find it easier to learn by engaging all 3 of these senses. This can make learning more fun!

MULTI-SENSORY METHODS OF LEARNING

1

See – Using
flashCards, movies,
pictures, charts,
colours, mind-maps,
videos and diagrams.

2

Do – Dance, role
play, move,
demonstrate, games,
make something,
visit, quiz.

3

Hear – Music, songs,
explanations,
podcasts,
discussions, radio.

TO SUMMARISE

People with specific learning differences can develop effective study habits to make learning less stressful.

Multi-sensory activities can make it easier and faster to learn and remember.

Learning in an active way helps to keep focus and concentration.

Different tasks and problems may need different skills or strategies to help with learning and problem solving.

SUPPORTING YOUR CHILD.

- Set up a daily family routine, including sleeping and phone habits.
- Provide a place and time at home for homework.
- Support with organisation.
- Check on assignments, homework and projects.
- Talk each day with your child about his/her activities.
- Promote literacy by reading to your child and by reading yourself.

WORD ONLINE

- Accessibility features within Word Online.
- Allows text to speech and speech to text.
- Change of background
- Support in understanding words.

YOUTUBE LINK FOR WORD ONLINE

- <https://www.youtube.com/watch?v=IIKx-5vWTT8>