

**Acorns “Readiness to Learn” Programme**

Universal (all pupils can access this)	Intensive	Specialist
<p>Sensory regulation PP (used in KS2 classes successfully) Fidget boxes/resources Sensory ‘snack’ boxes – personalised Disco dough Brain breaks – wake up &amp; shake up Wobble cushions Chew Buddies Deep pressure opportunities – massage, use of weighted balls Chair bandz Heavy work activities incorporated in routines in the classroom/playtimes – carrying books, tidy up time etc Body brushing Movement breaks – use of trampettes, trim trail, bikes, swings, active lessons, outside time – balancing equipment/use of balls/scooter boards</p>	<p>Sensory Circuits (3 variations available) Sensory integration – Let’s listen &amp; move Oral Motor Box Use of weighted vests Use of weighted blankets Rucksacks for weighted walks throughout the day Heavy work session – drop in &amp; timetabled through the day Bounce sessions Regular use of Trampoline Area Specific sensory input based on need – use of bikes/swimming/walks Trim trail Vestibular session Specialist chairs – zuma, wobble seats, bounce seat Sensory regulation walk daily Climbing session – Fridays Flip Out Sessions – Wednesday am Sensory diets outlining what input individual is getting.</p>	<p>Referral needed Personal timetables Sensory diets written</p>