

PREPARING FOR CHRISTMAS



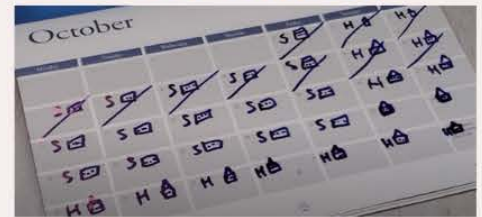
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It's the most wonderful time of the year... but can also be the most anxiety inducing for many.

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The run up to Christmas can be a stressful time for many students. So here's a few things you can do:

- Share routine changes (however small, preferably in advance)
- You may also need to share these with parents/carers or show them on a calendar
- Try to give information about what is going to happen, how long it will last and who will be there
- Have sensory regulation activities available if it becomes overwhelming e.g. ear defenders, an agreed way to request a break or a discrete calming material in their pocket e.g. blu tac



If you have a certain topic you would like tips on, email rebecca.duffus@cognus.org.uk