

Readily Accessible Resources for Schools and Settings *(updated August 2025)*

The majority, if not all, of these resources are free and easy to access.

A Apps	C Celebrating and Teaching About Neurodiversity Communication
E EBSA (Emotionally Based School Avoidance) Emotional Literacy and Support for ELSAs Enhancing Pupil Voice Environments	I Identifying and Understanding Need Inclusive Policies
M Mental Health and Emotional Regulation	P Person-Centred Tools Practical Strategies, Activities and Interventions
S Sensory Needs Shropshire Information	T Transitions
W Webinars, Podcasts and Training Working with Parents and Carers	

Apps

A fantastic, easy-to-use app which is free to download with a Twinkl subscription: [Twinkl Symbols for AAC - Communication Pictures, Software & Resources](#)

Readily Accessible Resources for Schools and Settings *(updated August 2025)***Celebrating and Teaching About Neurodiversity**

The Learning About Neurodiversity at School (LEANS) resources are free to download and include all PowerPoints and resources for introducing neurodiversity to children aged 8-11. [Learning About Neurodiversity at School \(LEANS\) | Salvesen Mindroom Research Centre](#)

A free set of 5 short videos that can be used to initiate conversation around neurodiversity and difference. A quick sign up is needed in order to access the videos. The videos are aimed at Key Stage 2. [Future Minds video series for primary school children](#)

Neurodiversity Week is celebrated every March. The website has a wealth of resources for teaching staff, pupils and parents: [Neurodiversity Celebration Week](#)

The Autism Education Trust has produced a pack for schools containing lesson plans and an assembly, to help celebrate Autism Awareness Month. This is free to download at any time of year. [World Autism Acceptance Month 2025 | Autism Education Trust](#)

Communication

Information, books and resources, including suggestions for interventions. [Selective Mutism Information & Research Association \(SMIRA\)](#)

Free online training from NHS Kent for parents and professionals, with accompanying handouts. [Selective mutism | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](#)

A wealth of information and resources to promote communication and language in your setting. [Resource library for educators - Speech and Language UK: Changing young lives](#)

Readily Accessible Resources for Schools and Settings *(updated August 2025)***Emotionally Based School Avoidance (EBSA)**

[Steps to encourage inclusion and avoid exclusion | Online presentation with Andy Cutting \(youtube.com\)](#) - 25 minutes long, presented by the Autism Education Trust (AET).

Activities which can be used with pupils to explore their feelings around school and strengthening their sense of belonging. [Primary-Strategies-and-Toolkit-Final.pdf](#)

A free and comprehensive intervention for addressing school avoidance with pupils. [ebsa-guidance-strategy-toolkit](#)

Emotional Literacy and Support for ELSAs

This site has a wealth of printables, many of which are free: [Free Resources Archives - Elsa Support](#)

Further guidance on planning ELSA sessions: [ELSA Session Planning - Elsa Support \(elsa-support.co.uk\)](#)

Enhancing Pupil Voice

Guidance on strategies for engaging and empowering pupil voice. [Pupil voice : Mentally Healthy Schools](#)

Co-designed with a group of neurodivergent young people, these free materials support the setting up of a peer support group in secondary settings. [About NEST | Salvesen Mindroom Research Centre | Salvesen Mindroom Research Centre](#)

Environments

A free, printable environmental audit. [Sensory Audit for Schools and Classrooms](#)

Readily Accessible Resources for Schools and Settings *(updated August 2025)***Identifying and Understanding Need**

[Understanding the Strengths and Difficulties of Neurodivergent Children: a guide for teachers](#)

The Coventry Grid can help professionals to consider differences in presentations of behaviour for children with autism and those with attachment-related difficulties. [HANDOUT Coventry Grid Version 2 - Jan 2015.pdf \(oxfordshire.gov.uk\)](#)

Inclusive Policies

Materials to help reflect on, and revise, policies to help embed inclusive principles. [FREE Belonging in School resources \(cam.ac.uk\)](#)

Mental Health and Emotional Regulation

Guidance on supporting mental health in secondary school, including an evidence-based framework: [School and college resources | Anna Freud](#)

Information and links to resources, including lesson plans, videos and presentations. [Neurodiversity : Mentally Healthy Schools](#)

A wealth of trauma-informed resources, including booklets and activities. [Mental Health and Wellbeing Resources - Barnardos Education Hub](#)

Zones of Regulation explained: [The Zones of Regulation | A Curriculum For Emotional Regulation](#)

Explaining Zones of Regulation to children: [Zones Of Regulation and Autism: Animated Social Stories for Children With Autism](#)

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A whole school approach to Zones of Regulation: [Embedding Zones of Regulation: An... | Derby Research School](#)

This booklet includes advice on how to use a safe space to avoid a crisis: [How-to-create-and-use-a-Safe-Space-in-schools](#)

The Childline website has some short yoga videos, guide to different breathing techniques and games that children can play that promote calm and positivity [Calm zone | Childline](#)

Cosmic Kids have a range of short videos suitable for this age range, including the following calming activities: [Superpower Listening | Zen Den | Cosmic Kids](#) and [Candle of Concentration | Mindfulness for Kids | Cosmic Kids](#). No subscription is needed to access these videos.

Person-Centred Tools

A range of free tools and templates for exploring strengths, challenges and preferences. [Person-Centered Thinking Tools - Helen Sanderson Associates](#)

A lovely, interactive virtual sand tray to help facilitate conversation with children and young people. [Free Online Sand Tray](#)

This free activity allows children and young people to click and drag images to make their own house, encouraging discussion. [Free Online Dollhouse by Dr Karen Fried](#)

Add puppets to different backgrounds to help elicit discussion. Free. [Online Puppets](#)

A free drawing programme which allows children and young people to portray themselves and consider their emotions. [Online MindBody](#)

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A therapeutic and relaxing painting tool. As you brush onto the screen, your strokes evaporate away moments later.
[Mindful Draw | Home](#)

Guidance on creating purposeful One Page Profiles: hsa-one-page-profiles-guide.pdf (shropshire.gov.uk)

Practical Strategies, Activities and Interventions

These two booklets from the University of Edinburgh have been designed to facilitate understanding of neurodivergent needs and strategies to support outcomes for pupils. There are also guides for parents/carers to support consistency.

[The EPIC Strategy Booklet: a guide for teachers](#)

[Understanding the Strengths and Difficulties of Neurodivergent Children: a guide for teachers](#)

Free printables to aid communication and social skills [SEN Teacher : Home Page](#)

A free spelling scheme for learners with dyslexia: [SNIP - Downloads](#)

A free, practical resource for teachers: [NAPLIC | Pre-Teaching Vocabulary \(PTV\)](#)

Sensory Needs

Luke Beardon's sensory checklist: [Sensory Framework | Luke Beardon: Perspectives on Autism](#)

A resource for school staff on developing sensory spaces in and around school: [NCSE - Sensory Spaces in Schools](#)

Advice and ideas for supporting autistic children with sensory processing differences: [Middletown Centre for Autism](#)

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Healthier Together' website is an invaluable source of advice to families and to professionals looking for further support. [Neurodiversity \(stw-healthiertogether.nhs.uk\)](https://www.stw-healthiertogether.nhs.uk)

Specialist services and organisations to support SEND needs. [Education services | Shropshire Council](#)

Shropshire Speech and Language Therapy have practical advice for supporting communication needs, including a section on assisted technology and selective mutism. There is also advice on restricted eating. [Speech & language therapy](#)

The Children's Occupational Therapy website has videos around sensory processing and practical tips for school. [Children's OT Sensory Information](#)

Transitions

A useful article and links to a transition toolkit from the Education Endowment Foundation. [EEF Blog: Supporting pupils through transitions](#)

A transition toolkit from the Autism Education Trust. [aet-transition-toolkit.pdf](#)

Useful transition booklets that can be adapted to suit your setting:

Primary to secondary [Transition Booklet](#) and [teacher guidance - Staffordshire County Council](#)

Primary to secondary transition. [Reachout ASC transition to Secondary school booklet.docx](#)

Webinars, Podcasts and Training

Free webinars on topics related to SEND needs, including ADHD and autism: [SEN Events and Webinars - Witherslack Group](#)

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Free podcasts from Beacon School Support on a range of topics, including neurodiversity and the needs of pupils who are neurodivergent: [School Behaviour Secrets Podcast](#)

Free online CPD and resources. Membership (free) is needed. [Whole School SEND Home Page | Whole School SEND](#)

Tourette's Action can provide whole staff training via video conferencing. There is also a free online course available: [Advice for education professionals \(tourettes-action.org.uk\)](https://www.tourettes-action.org.uk/advice-for-education-professionals)

[Working with Parents and Carers](#)

Guidance on developing the voice of parents and carers: [For Schools | Parentkind](#)

These two booklets from the University of Edinburgh have been designed to facilitate understanding of neurodivergent needs and strategies to support outcomes for pupils, and can help with consistency between home and school.

[The EPIC Strategy Booklet: a guide for parents](#)

[Understanding the Strengths and Difficulties of Neurodivergent Children: a guide for parents](#)