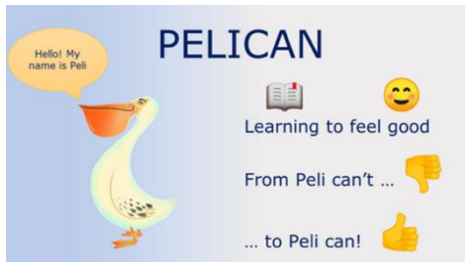




PELICAN - LITE

Promoting Emotional Literacy in Children with Additional Needs¹



“We are all riding the same storm, but we are in different boats”

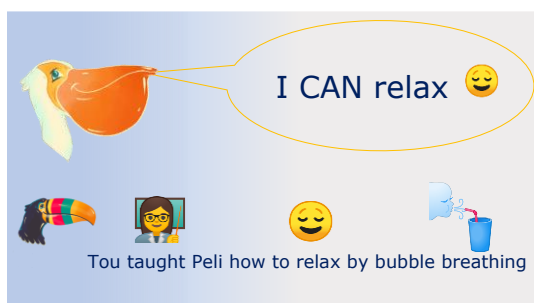
The Covid-19 pandemic has increased uncertainties, stress and loss for us all, especially children and young people with additional needs, their parents/carers and others who support them.

Whilst some may find being at home and/or reduced demands easier, and some may have sufficient coping skills, many will feel confused, upset, worried and angry. Our bodies and brains can go into ‘fight’, ‘flight’ or ‘freeze’ modes.

PELICAN is developed to promote resilience and well-being through learning to notice and develop skills to cope with anxiety and other feelings which may be experienced as difficult. With the current uncertainties and change, learning about and delivering PELICAN across its 4 ‘I CAN’s’ may seem too much, so this **PELICAN-Lite** guidance aims to help.

PELICAN-Lite highlights activities, resources and skills that are helpful for all of us experiencing difficult feelings with continued change, uncertainties and loss. It focuses on ‘I CAN **Relax**’, from the PELICAN story and Guidance (pages 32-37) and highlights key helpful activities and resources, and the need for fun

The full PELICAN Guidance shows how to set up and structure PELICAN (see p 11). Introduce PELICAN in a fun way using the PELICAN story - the story is in the I CAN Begin folder, tips in Guidance p 18-19. Usually, PELICAN would be used in sessions. ‘PELICAN-lite’ focuses on ‘I CAN **Relax**’ using sensory and soothing activities throughout the day, to help to connect to the present moment, and reduce the body signs of feelings such as worry, sadness or anger.




Learning relaxation to settle body and mind is really important and helps us:

- to enjoy ourselves
- do more things
- learn about and manage feelings
- notice sensory experiences of our physical, social and personal worlds.

¹ To be used alongside the PELICAN framework, Guidance, storybook, and resources

Calming our sensory systems and meeting our sensory needs (sight, hearing, touch, taste, smell and movement) to help us connect and feel pleasure is so important now. We may need to reduce expectations. The resources below can be used to work out valued sensory activities for children and adults. Creativity is needed to find ways to do these in lockdown. Look at videos from NELFT, PAMIS and CBF for ideas (weblinks at end). The importance of structure, predictability, communication and connection, and looking after selves is emphasised.


**WAYS TO RELAX
USING THE "5 SENSES"
(SEE / HEAR / TASTE / TOUCH / SMELL)**



Animals
 America
 TV (comedy)
 Picture book
 Art
 Outside
THINK ABOUT WHAT YOU SEE




Relaxing music
 TV and radio
 Someone's voice (a friend)
 Nature (birds, wind, trees)
THINK ABOUT THE SOUND



Bacon and egg, salt
 Tuna and sweetcorn pizza
 Bourbon (brown) biscuits, tea
 Hotdog, ketchup and mustard (the yellow stuff)
 Chew gum
THINK ABOUT HOW IT TASTES



Bath and bubbles
 Animals
 Toys with fur
 Bed covers around you
 A cosy chair
 Someone's hand
THINK ABOUT HOW IT FEELS



Perfume
 Bacon cooking
 A warm bath
 Outside smells - bonfires, flowers, leaves
THINK ABOUT HOW IT SMELLS

Template 5 senses

When I am scared or upset, I can try:



Write a story



Practice drama



Computer games



Do something nice for someone



Think about the GOOD things I have



Push away bad thoughts



Hold an ice cube to distract your thoughts



Listen to nice music (not metal music!)



Think of the beach

Example 5 senses



The HospiChill app offers a number of short, engaging, evidence-based relaxation and visualisation activities. Developed to help prepare for health procedures or hospital, the activities are helpful more widely. You access the relaxation activities by going straight to activities on the app. Given sensitivities around hospitals and illness at the moment, care may be needed in introducing the app and language around hospital and checking activities before use.

PELICAN activities and COVID-safety – adaptations may be needed to some interactive and physical activities that would involve touch and/or sharing. Some activities can be done independently or well-spaced out e.g., muscle relaxation skills, mindful jumping, or hand massage.



For more information, look at the full PELICAN Guidance. Information on the Recovery Curriculum and some Covid-19 resources are on Pg47

Useful Resources:

Video from NELFT: *Supporting Neurodiverse Children In Challenging Times Such As During Self-Isolation* at <https://www.youtube.com/watch?v=dXPtqmHKNoE>

- Also, translated versions of the video at <https://tinyurl.com/yb9vxyho>

Challenging Behaviour Foundation: Coronavirus resources includes info, FAQ re law, templates, returning to school etc.-

<https://www.challengingbehaviour.org.uk/information/all-our-resources.html>

PAMIS Promoting a more Inclusive Society, focus on PMLD: Virtual activity programme for COVID times <http://pamis.org.uk/services/virtual-activity-programme/>

Talking Mats: Easy read information on coronavirus with Talking Mat designed symbols -<https://www.talkingmats.com/wp-content/uploads/2013/09/20200319-coronavirus-easy-read-pdf.pdf>

Talking Mats Set to support Reflecting on Lockdown -

<https://www.talkingmats.com/wp-content/uploads/2020/07/Lockdown-Set.pdf>



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