Spring 2026

Therapy Newsletter

Meet the SALT team

Katy Bourne

Lead Speech and Language Therapy Assistant

Beth Gentry-Hobson

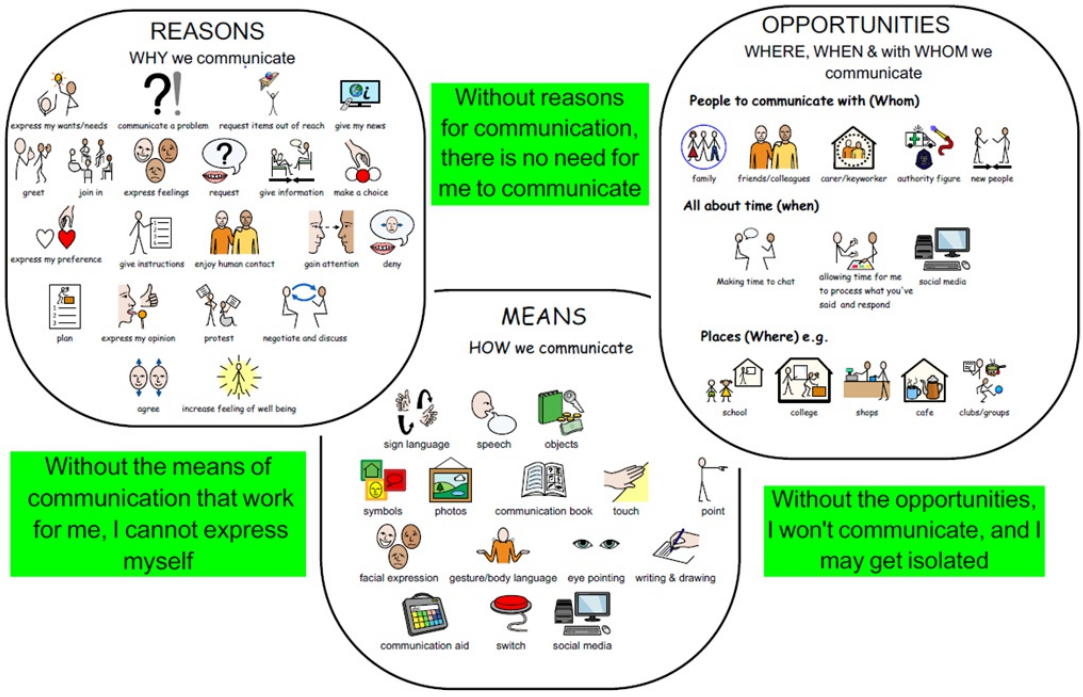
Highly Specialist Speech and Language Therapist and Team Lead

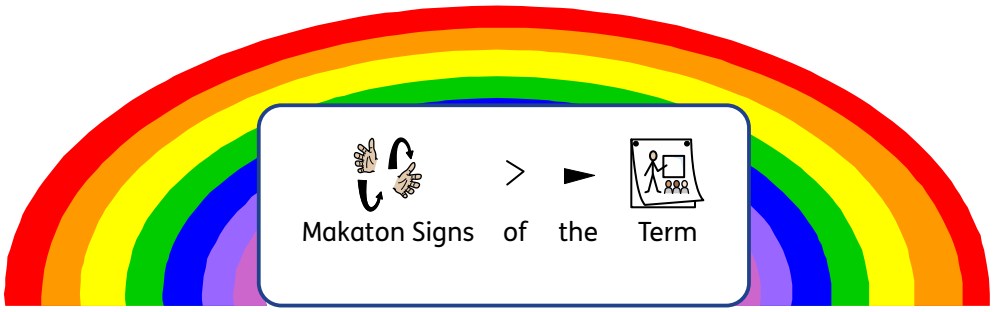
Muna Yusuf

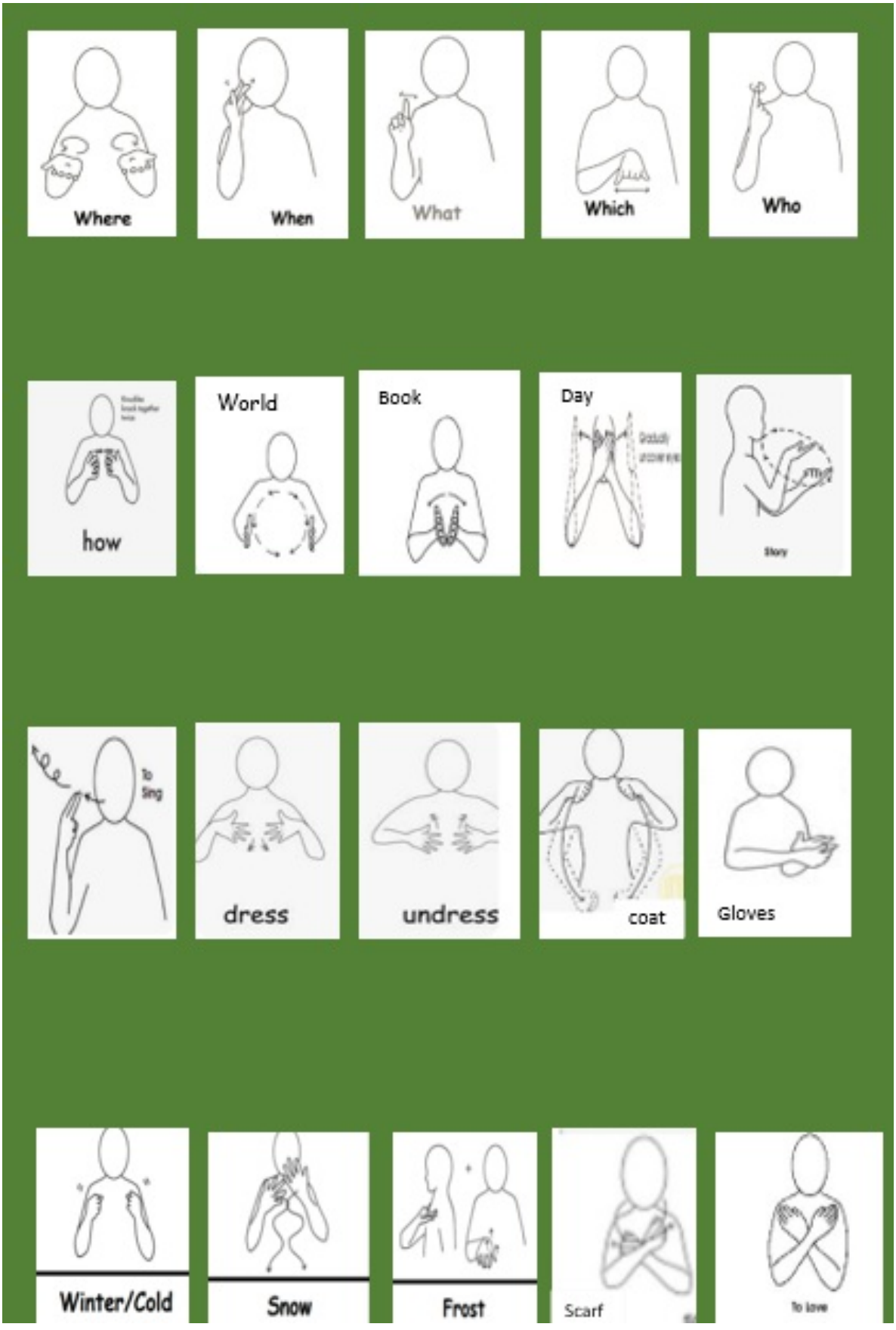
Specialist Speech and language Therapist

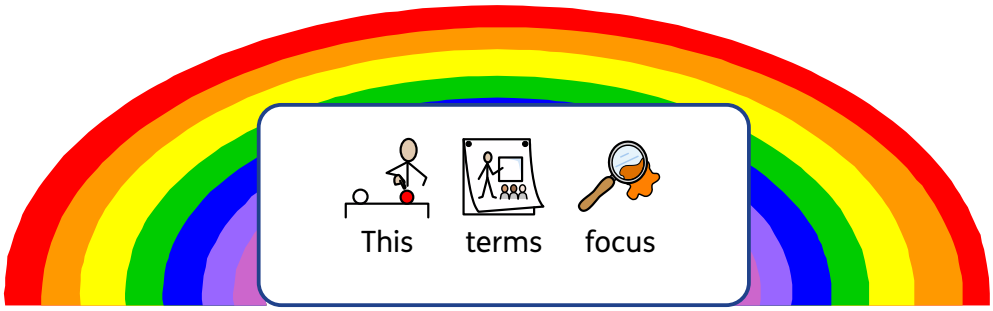
Speech and Language Therapy Assistants

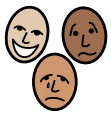
MEANS, REASONS AND OPPORTUNITIES FOR COMMUNICATION




Makaton Signs of the Term

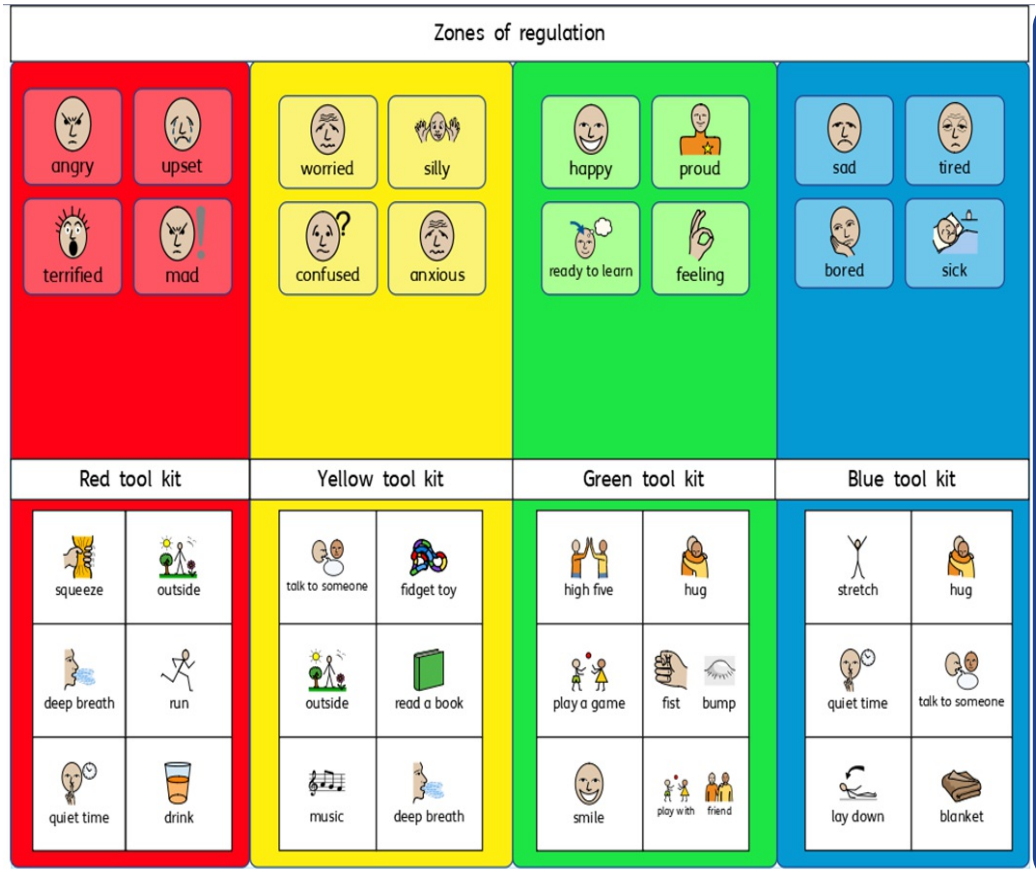

Where
When
What
Which
Who
how
World
Book
Day
To Sing
dress
undress
coat
Gloves
Winter/Cold
Snow
Frost
Scarf
To love





Zones of regulation

This terms focus is Zones of regulation, this teaches children to understand and manage their emotions and sensory needs. It consists of 4 colour zones as a visual link to emotions.



BLUE ZONES- Your body is running slow such as you are tired, fed up, exhausted, sick, sad or bored.

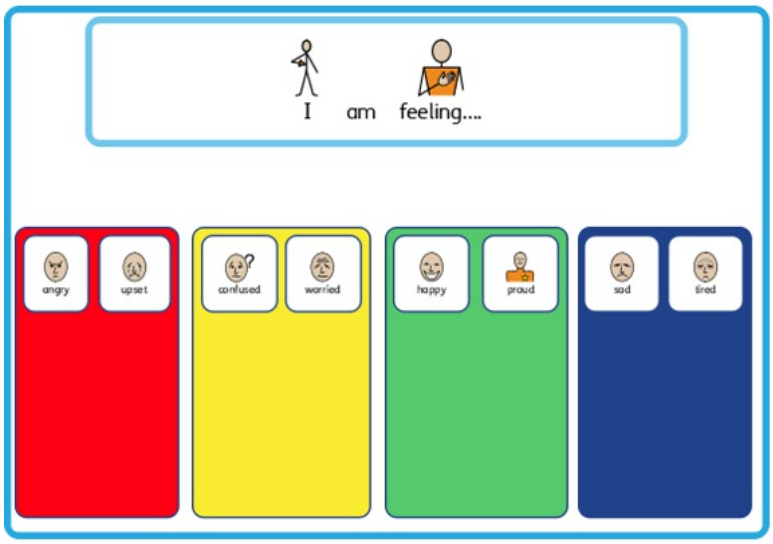
GREEN ZONE- You are good to go, relaxed, content, happy, focussed, good and proud.

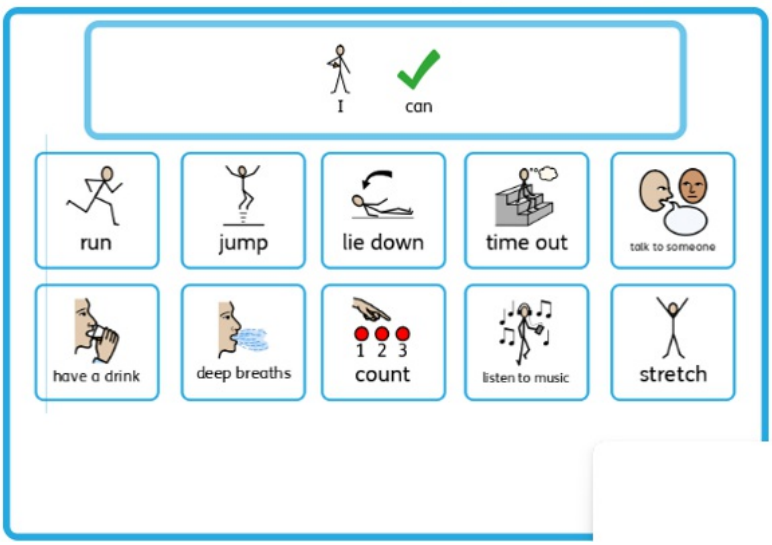
YELLOW ZONE- This zone is when you start to lose control, such as when you are frustrated, anxious, worried, feeling silly or surprised. Use caution when you are in this zone.

RED ZONE- This zone is for extreme emotions such as anger, devastated, terror and aggression. When you are in this zone you can be out of control and have trouble making good decisions.

Top tips:

- Model how you as an adult are feeling e.g. 'I am feelings very tired and in the blue zone'
- Model examples of how you think children are feeling e.g. 'I think you feeling a bit annoyed and in the yellow zone'
- Remember no zones are bad/ naughty we are not trying to get back to the green zone
- We can use tools to regulate in each zone e.g. 'I am in the green zone I would like high five' 'I can see your in the red zone, shall we do some deep breathing/ squeezes?'.
- We can simplify our visuals if there are too many choices for children (e.g. just blue and green zones)
- As children progress we can help them to make their own tool kits and identify what tool they need in each zone.


I am feeling....
angry
upset
confused
worried
happy
proud
sad
tired

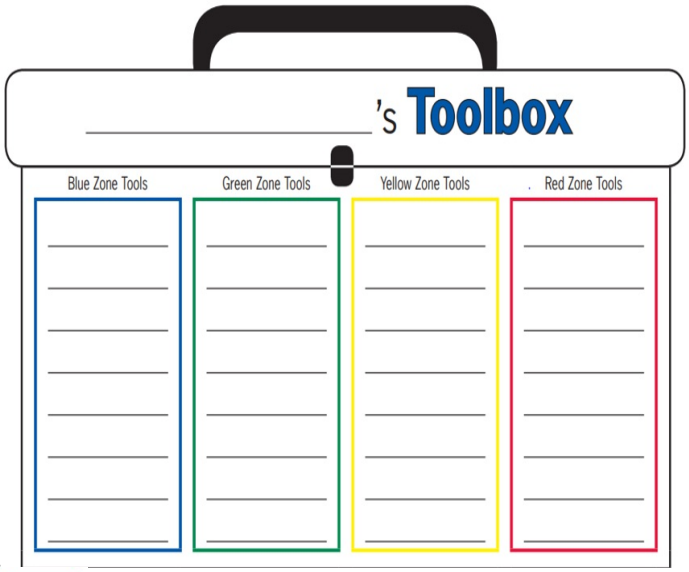

I can
run
jump
lie down
time out
talk to someone
have a drink
deep breaths
1 2 3
count
listen to music
stretch

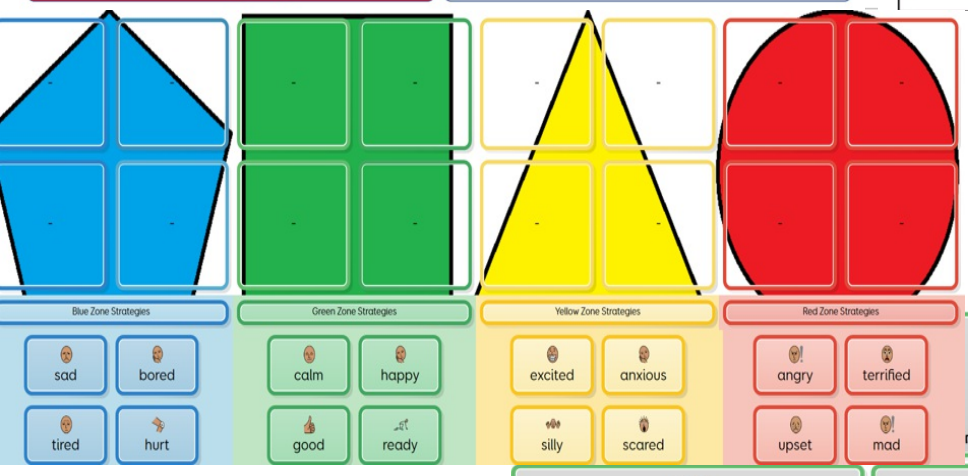

sad

happy


angry


pain


's Toolbox
Blue Zone Tools
Green Zone Tools
Yellow Zone Tools
Red Zone Tools


Blue Zone Strategies
sad
bored
tired
hurt
Green Zone Strategies
calm
happy
good
ready
Yellow Zone Strategies
excited
anxious
silly
scared
Red Zone Strategies
angry
terrified
upset
mad


m in the green zone I can


wave
fist bump
spin
clap
hug
smile
jump
play
wiggle

Therapy Newsletter

Meet the OT team

Aiste Sasnauskaite

Occupational therapy Assistant

Tayler James

Occupational therapist

Zaudi Morgan

Occupational therapist

The Eight Senses

Sight

Eyes can help us to see nature, objects, people, animals, movies, and more.

Taste

Taste sense help us to react positively or negatively with foods and drinks.

Touch

Hands and body help us to feel pressure, textures, temperature and pain.

Auditory

Ears help us to hear music and sound at a long or short distance.

Smell

Nose help us to smell things like flowers, perfumes and more!

Balance

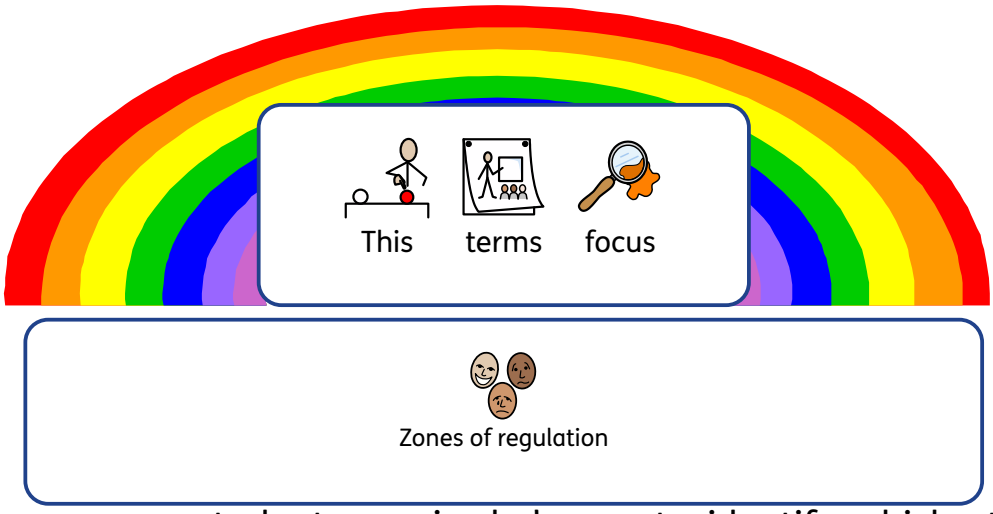
Internal ear help us to keep balance, direction and coordination.

Movement

Nervous system help us to feel grounded and know where we are.

Internal

Internal feelings help us to know what is happening inside ourselves.



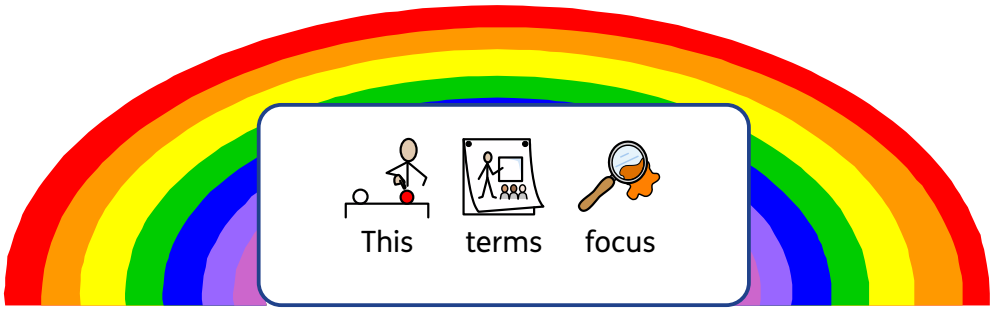
Knowing which zone our students are in, helps us to identify which strategies will be useful to help them regulate. Below are a few ideas for sensory strategies for each zone.

Red Sensory Strategies

- Reduce audience
- Reduce instructions / demands
- Remove triggers
- Offer a quiet space with
- Model deep breathing

Yellow Sensory Strategies

- Deep pressure
- Weighted items
- Warm compress
- Lights off, sensory lights on
- Low rhythmic music



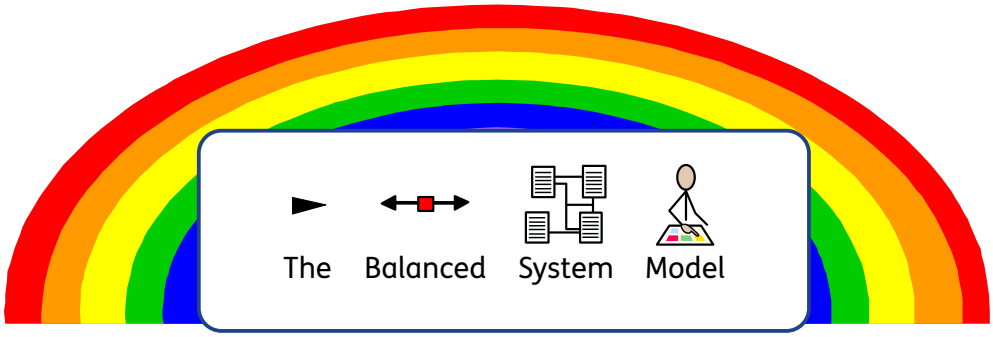
Zones of regulation

Green Sensory Strategies

- Predictable routines
- Creative activties
- Organised workspace
- Movement breaks
- Slow stretching

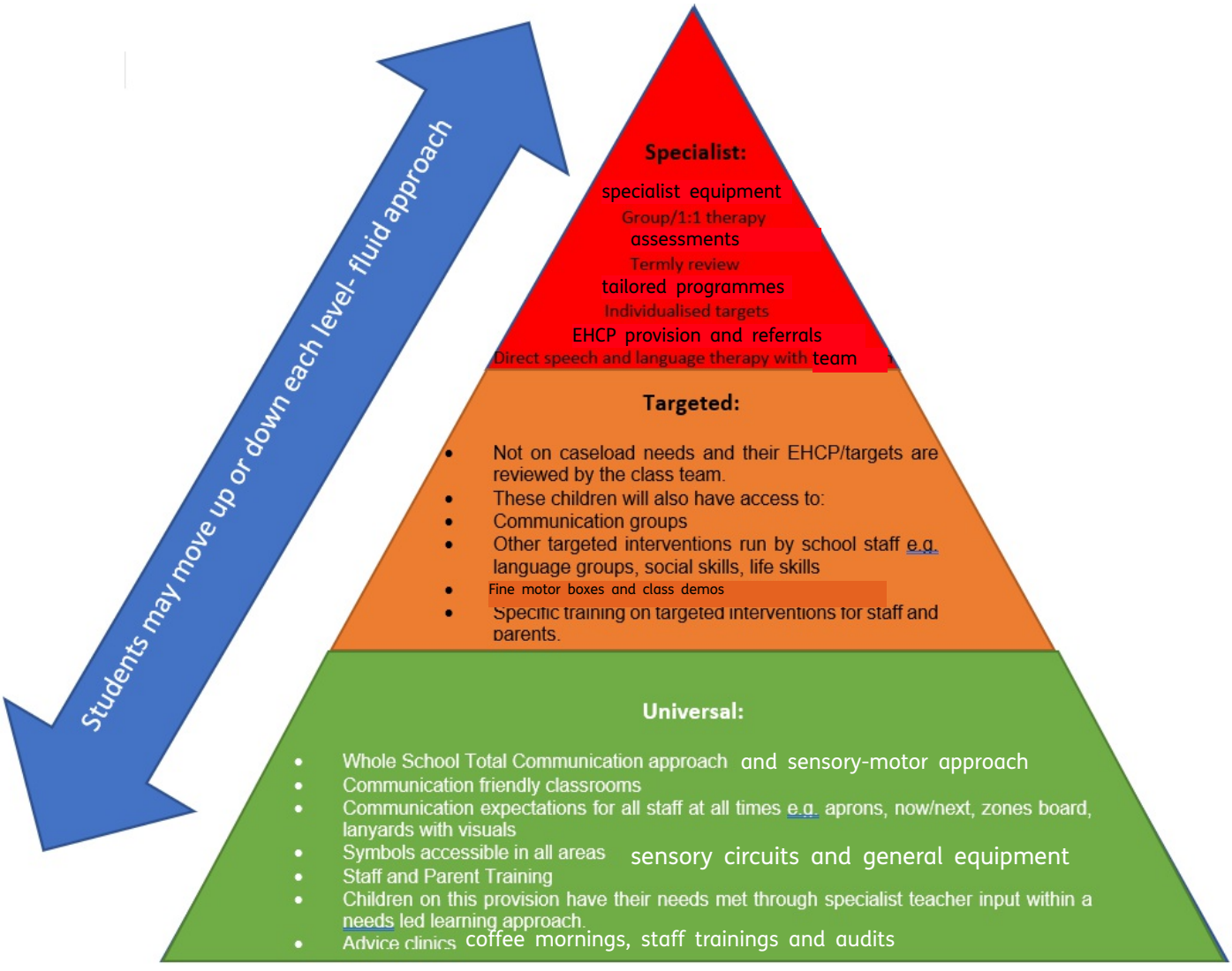
Blue Sensory Strategies

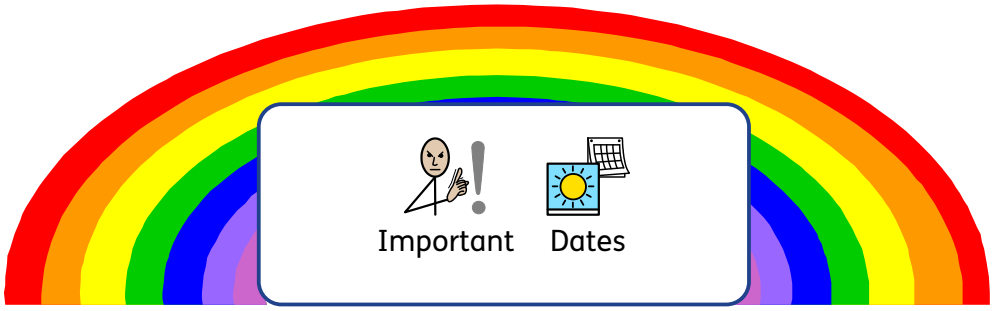
- Trampette
- Fidget toys
- Star jumps
- Dancing
- Skipping



Children at St Nicholas school are supported through advice, training, parent advice clinics, a total communication environment and a Sensory Supportive Classroom

as well as specialist sessions and groups. Childrens' communication and regulation is supported by the 'Balanced System Model'. The different levels of support are outlined in the model below. Moving from specialist to targeted and/or universal is not about discharging a child; it is about looking at how their needs are best met, specialist level interventions cannot and should not happen in isolation - it is not in the best interests of the child.





Staff after school trainings-Thursdays 3:00-3:30 LRC

Salta intro and expectations
Zones
PECS
Grid
Intensive interaction
Receptive language/ ICWs
Play and people games
Communication boards
Social stories
Makaton

Monthly parent coffee mornings- with the SALT team

19th- January Grid users workshop- INVITE ONLY

9th February- complex feeding

16th March- low tech AAC workshop- INVITE ONLY



Come and chat to a Speech and Language Therapist

Our next SALT advice clinic will be the week of the 2nd of March

This is a chance to come and speak to one our our speech and language therapists.

Bookings will be sent out soon, please reply to the message to secure your place.