Riverside Special School

Sports and Sensory Sanctuaries: creating safe, calm, nurturing spaces

June 2022
Who are we?
Wellbeing

Sports and Sensory Sanctuaries

Therapy Based Provision

Stakeholder Voice

Trauma Informed Practice

Principles of Nurture

Relationships
Sports and Sensory Sanctuaries

Sports and Sensory Sanctuaries at Riverside

**What do sanctuaries mean to us?**

- Tranquil
- Safe
- Nurture
- Calm
- Individual
What is your sanctuary?
The Rainbow Pass

- Lying flat on your back, start with the ball in your hands above your head.
- Lift the ball over your head while lifting your feet to the ball.
- Place the ball in your feet and bring the ball down to the floor. Move your feet back up to pass the ball to your hands.
- Continue to pass the ball between your hands and feet to create a "rainbow" shape.
Co-creation and co-production

- Vision Board
- Happiness Audits
- Use of the Evidence for Learning App
- Sensory checklists
- Pupil choice informing ongoing practice
Inquiry based Research
“When you have a child with severe sensory needs you can end up very lost. You can buy all the sensory equipment in the world ... it’s pretty useless if you don’t know what is important for your child and what your child needs. And that is even more difficult when your child doesn’t know what they need. Sensory sanctuaries have been really beneficial for us in that aspect; to get ideas from teachers, to seeing her enjoying taking part in activities. It means so much.”
What is your sanctuary?
Useful links and resources

Youth Sport Trust
https://www.youthsporttrust.org/

Podcast with Vikki Wells

A Guide to Sensory Sanctuaries

Middletown Centre for Autism – Outdoor Learning
https://outdoor-play.middletownautism.com/practical-strategies/top-tips/

Evidence for Learning Podcast