

Oaklands Family Newsletter



This half term's Family Newsletter is focusing on Emotional Regulation and Wellbeing. This is a key area of our curriculum across all of the pathways and is embedded in all of our learning opportunities.

Our Interoception Curriculum

This year at Oaklands we have introduced our new interoception curriculum for many of our learners. Here is some information to help you understand what that is and what the lessons look like for your child. Interoception is one of our 8 senses.

Interoception is our body's way of telling us what is happening inside.

We have tiny sensors all through our body (in our organs, muscles and skin) that send messages to the brain. These messages help us understand how we feel inside our body.

Interoceptive awareness means noticing and understanding these body signals, such as:

- Feeling hungry
- Needing the toilet
- Feeling too hot or too cold
- Changes in energy (like feeling shaky when blood sugar is low)
- Heart beating faster
- Changes in breathing



Resources that we use in class via YouTube:

Calm Body Calm mind

Cosmic kids Yoga

Peace out

ASMR videos

Relaxation music

Useful websites and links

[National Autistic Society](#)

The Reason I jump trailer:
[The Reason I Jump – Official U.S. Trailer](#)

[Autism Central | Anna Freud](#)

[Autism Space | Leicestershire Partnership NHS Trust](#)

[Autistic Parents UK | Autistic parent support](#)

It also means knowing what to do next (for example, eating when hungry, or using the toilet when needed).

The Interoceptive Curriculum helps children learn how to manage their feelings and body in an independent way.

It focuses on three key steps:

- **Body** – noticing what is happening inside their body (e.g. feeling tense, tired, or hungry)
- **Emotion** – understanding what those body signals might mean (e.g. “my tight chest means I feel worried”)
- **Action** – choosing helpful strategies to feel better (e.g. taking deep breaths, having a break, or moving their body)

It teaches children to **notice, understand, and respond to how they feel**.

Emotional Regulation Resources

Emotional regulation resources (like visuals, tools, or activities) are designed to help children understand and manage their feelings. Speak to a member of your child's class team to ask about what emotional regulation resources they use in school.



Prepare for changes:

Many children find regular routines and familiar environments help them to manage their anxiety and keep calm.

Holidays can be exciting because they are different to our everyday lives. But because so many things are different on holiday and they happen all at once, this can cause a lot of stress for your child.

To make things more predictable, it's a good idea to understand what the changes will be and prepare for them in advance.

You can:

Create a schedule. Plan what is going to happen on each day of the holiday, so you or your autistic family member know what to expect. You could use a calendar or create your own schedule document. Some people will benefit from a visual schedule with pictures.

Avoid over-scheduling. Try to leave room in your schedule for time out. You or your child may need time away from sensory inputs or to do relaxing activities to help you keep calm and happy.

Preview the environment. Look at pictures, videos or maps of the places you are going. This could include bus and train stations, airports, hotels, campsites, restaurants and other places you plan to visit. Travel providers often have helpful guides.

Create a countdown. Some children may need extra help to understand when things are going to happen. You can use a countdown to help them mentally prepare for the holiday.