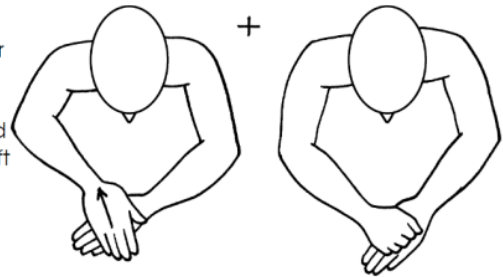


Below is the sign for 'Christmas'



Christmas

Slide right hand over
back of left hand
towards body, then
close right hand and
place on back of left
hand



While Christmas is an exciting time for many children, it can also bring lots of changes, unexpected routines and big feelings. Here are some helpful ways to support pupils during the festive period:

Help children understand what is happening and when

Use visual supports such as timetables, calendars, or simple picture sequences to show upcoming events. Reviewing these regularly helps reduce uncertainty and promotes a sense of control. Adding in countdowns can also help children have an understanding of how far into the future something is happening. For example, preparations for Christmas begin well in advance and this can cause anticipation leading to anxiety around what to expect and when.

Provide plenty of opportunities for movement

As the weather gets colder and outdoor access becomes trickier, build movement breaks into the school day. This could include indoor sensory circuits, stretching, action songs, or short structured movement activities to help children regulate.

Keep familiar routines in place where possible

With so many seasonal changes, consistency becomes even more important. Continue to refer to the visual timetable so learners know what to expect and the day remains predictable.

Prepare children for special events

Trips to visit Santa, Christmas assemblies, or nativity performances can be exciting but overwhelming. Support children with comic strip conversations, social stories, or a simple step-by-step preview of what will happen. Practise parts of the experience beforehand when you can.

Reduce sensory overload where necessary

Decorations, lights, music, smells and crowds can be stimulating. Consider creating calm zones or offering quieter spaces for pupils who may need a break from the festive bustle.

Give advance notice of changes

If staff will be wearing Christmas jumpers, classrooms will be rearranged, or a surprise activity is planned, let pupils know ahead of time so they can prepare.

These small adjustments can make a big difference in helping all children feel calm, supported, and included throughout the festive season.



We



wish



you



a



Merry



Christmas!