

Educating and raising awareness of Sensory Processing Disorder through immersive learning in schools



Supporting people with SPD

Training | Insights | Resources

www.sensoryspectacle.co.uk

Our Services



We are passionate about raising awareness and educating about Sensory Processing Disorder. Through immersive learning combined with theoretical knowledge, we provide a deeper level of understanding and support.

Workshops



Online Training



Immersive Learning



Resources



Education

- These run **workshops** across the UK and further afield in a variety of settings
- We deliver **online training** worldwide
- We include **immersive experiences** in our workshops and training and take our installations around the country to events and exhibitions
- We travel far and wide to raise awareness and share our knowledge at **conferences**, **exhibitions** and other **events**

Community

- We have built an online **community** of people with an interest in and / or with a variety of sensory processing difficulties
- We have a team of sensory specialists who provide their **personal insights** to help inform our research and training and make it more impactful

Support

- We support people with SPD and those in their lives by supplying a wealth of **resources** including videos, downloads, podcasts, books, sensory support items, insights and much more
- We share news and insights through our social media channels, website and **newsletter**



The experiential side makes the theory easier to understand



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Workshops

We run **open workshops** regularly throughout the year in various places across the UK. However, if you have a group of 15 or more we can arrange an **in-house workshop** or **inset day** in your school. This offers the opportunity to tailor the workshop to meet your needs.

SPD can be highly complex and individual. **Bespoke workshops** can therefore be arranged on a wide variety of topics or we can build a workshop based on your specific SPD needs. For further information visit www.sensoryspectacle.co.uk or email us.

FEEL IT

This workshop is the first in a series of 3 workshops. It will give you a sound understanding of how SPD can impact individual lives and the terminology to be able to communicate effectively with an adult or child with sensory needs.



Overview:

- This 1 day workshop is suitable for anyone who is interested in learning more about SPD, particularly education professionals, and support staff
- It offers the opportunity to experience our 'Being Ben', 'Lola's World' and 'Mehdiosmia' installations
- We run this regularly across the UK. For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate

You will learn:

- Why our senses are important to our development
- What sensory integration is
- What Sensory Processing Disorder is
- How to identify characteristics of SPD
- How it might feel to experience SPD using our experiential learning tools
- How to support sensory development

“ This course had a lot of both theoretical and practical information, guidance and support which was very helpful. The mechanisms and advice are embedded with sound research so it was really engaging and meaningful. ”



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DO IT



This workshop follows on from FEEL IT.

Having gained the confidence to identify a child or adults 'over-riding' sensory needs, this workshop gives you the confidence and strategies to support sensory needs in all environments.

Overview:

- This 1 day workshop is suitable for anyone who is interested in learning more about SPD, particularly education professionals and support staff
- We run this regularly across the UK as an open workshop. For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate



It delivered so many thought-provoking ideas from observing a child, identifying their sensory needs and supporting them. I learnt a lot and thoroughly enjoyed it.



You will learn:

- How we can focus on personalising sensory support
- Why we need to provide opportunities to support self-regulation
- Practical and fun strategies to support all 8 sensory systems
- How to create a plan to support someone you care for
- The importance of being flexible in providing SPD care



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KNOW IT



This **NEW** workshop builds on what you learnt on our **FEEL IT** and **DO IT** workshops to focus on our 3 internal senses; proprioceptive (body-awareness), vestibular (movement and gravity) and interoceptive (feeling of needing the toilet, tiredness, hunger or thirst).

Overview:

- This **NEW** 1 day workshop is suitable for anyone who is interested in learning more about SPD, particularly education professionals and support staff
- We run this regularly across the UK as an open workshop. For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate

You will learn:

- How each of these sensory systems function and why they are important
- How we recognise the characteristics of sensory needs from these senses
- The importance of understanding emotional regulation in regards to these internal messages
- Strategies to use to support these senses

You may also be interested in:



'We have a range of books and sensory items available to purchase at our online shop to help you to understand and best support your pupils.



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Immersive Learning

The Sensory Dining Room

This immersive experience offers you the opportunity to understand what it feels like to experience sensory processing difficulties during mealtimes.



Overview:

Meal times are a really important part of our day, but for people with SPD it can be really stressful for lots of reasons. To support someone with their sensory needs effectively at mealtimes it is important that we are able to identify and empathise with their experience.

- This in-house training is great for team building or inset days
- It can be run in a variety of settings for up to 30 dinners per sitting
- It is suitable for education professionals, support and kitchen staff, plus anyone else who is interested in learning more about SPD
- The training last approximately 2.5 hours per sitting (plus set up time) and we normally run this twice in one day
- Please note that we need access to a kitchen and dining space, enough crockery for your staff team, a separate training space and onsite parking. We also need onsite access 2 hours prior to the first sitting as preparation time
- On completion staff will be awarded with a certificate
- If you would like to run this in-house, please contact us with your requirements

You will learn:

- A first hand experience of how you might cope in a busy dining environment with SPD
- To recognise how the SPD impacts your experience of food and the dining environment
- Through self-reflection you will learn to empathise with students and develop strategies to support people during mealtimes through your own personal experience

“

I thought this was brilliant!

Experiential learning is always best. Although we know the theory and science, and see the childrens reactions, there is nothing so confirming as experiencing for ourselves tastes and textures that are unappetising or even repugnant.

”



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The Sensory Classroom

This immersive experience offers you the opportunity to understand what it feels like to experience sensory processing difficulties in a classroom environment.



Overview:

Classrooms can be really overwhelming environments. When we are supporting someone with sensory needs in the classroom, it is important that we are able to identify and empathise with their experience.

- This in-house training is great for team building or inset days
- It can be run in a variety of settings for 30 people at a time
- It is suitable for education professionals and anyone else who is interested in learning more about SPD
- We have 2 versions of our Sensory Classroom; one for primary years and a different one for secondary years
- The training last approximately 2.5 hours (plus set up time) and can be run twice in one day
- It includes a workshop introducing how to recognise SPD in the classroom and experiential learning to understand how SPD can impact some students
- On completion staff will be awarded with a certificate
- If you would like to run this in-house, please contact us with your requirements

You will learn:

- A first hand experience of how you might cope in a classroom environment with SPD
- To recognise how the SPD impacts your concentration and interaction in the class and how well you do at following the teachers instructions
- Through self-reflection you will learn to empathise with students and develop strategies to support people in the classroom through your own personal experience

“

*This was extremely enlightening, so distracting.
I actually started to feel quite anxious that I was not keeping up.
A great opportunity which I will utilise in my work.*

”



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Online Training

Becoming a Sensory Detective



This course aims to build your confidence in understanding and recognising characteristics of SPD in children or adults.

Overview:

- This training takes approximately 7 hours
- It also includes the contents from our 'Understanding Our 8 Senses' course for FREE
- It is suitable for anyone who is interested in learning more about SPD, particularly education professionals and support staff
- On completion you will be awarded with a certificate and 7 CPD points



100% of attendees would recommend this training to a colleague

You will learn:

- The importance of why our senses need to work together
- What sensory processing difficulties are, what it means and who experiences it
- Detective skills to recognise what certain sensory characteristics mean
- How to identify over-riding sensory needs
- How SPD can impact on daily life and what to consider
- How to consider sensory needs versus behaviours
- Frequently used terminology



Jam-packed with helpful and practical information, with relatable examples.



97% of attendees said they felt equipped to use what they had learnt from the training immediately



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Classroom Sensory Profiles

This course teaches you how to assess and respond to sensory difficulties in the classroom, including strategies and learning styles to suit student's differing needs.



Overview:

- This training takes approximately 7 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals and support staff
- On completion you will be awarded with a certificate and 7 CPD points



100% of attendees would recommend this training to a colleague

You will learn:

- To engage all senses in your teaching programmes
- What specific sensory characteristics mean in the classroom, eg fidgeting, noisy or continuously moving students
- How to approach teaching children with sensory difficulties and learning styles and strategies to suit them
- How to complete a sensory profile of your students

100% of attendees said they felt equipped to use what they had learnt from the training immediately



Informative course and very thought-provoking. For each section I could relate to at least one student and how I can support them better in class.



Where to Begin Supporting Students with SPD



This course teaches you how to assess and respond to sensory difficulties in the classroom, including strategies and learning styles to suit student's differing needs.

Overview:

- This training takes approximately 7 hours
- It is designed to be delivered as an inset day, either as a whole team together or for staff to go away and complete in their own time
- It also includes the contents from our 'Understanding Our 8 Senses' course for FREE
- It is suitable for anyone who is interested in learning more about SPD, particularly education professionals, carers and support staff
- On completion you will be awarded with a certificate

100% of attendees said they felt equipped to use what they had learnt from the training immediately

You will learn:

- The importance of our senses for learning and development
- What Sensory Processing Disorder is
- How to understand and recognise sensory characteristics and misunderstood behaviours
- Insight into some student profiles
- Strategies and ideas to support students



100% of attendees would recommend this training to a colleague

“

This course was fantastic, very clearly delivered and it helped me to make sense of when the children I work with have certain behaviours.

”



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It's All on the Inside



This **NEW** aims to give a deeper understanding of the internal senses, why these are important for our ability to regulate and respond to our emotions, and what this can mean for children and adults with SPD.

Overview:

- This **NEW** training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers and support staff
- On completion you will be awarded with a certificate

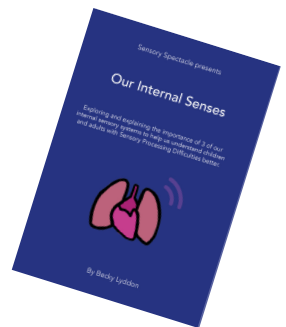
You will learn:

- What interoception is
- The importance of our internal signals in daily life
- The role of self-regulation and how you can support someone to develop these skills
- The impact of interoceptive awareness and how this relates to body awareness, emotional awareness and regulation
- Recognising interceptive messages and how this can impact quality of life
- How to identify characteristics specific to processing internal messages
- Strategies to support someone with interoceptive processing difficulties at work or in the home

You may also be interested in:



'Our Internal Senses' guide is available to purchase at our online shop. This covers some of the key points from the course for you to share with your colleagues.



'You will also find a range of other books and sensory items to help support your pupils.'



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Resources

We have loads of **FREE** resources for you, including videos, downloads, webinars and podcasts. We also have books and sensory support items available to purchase at our online shop.

Videos



We have hundreds of videos on our YouTube channel to help enhance your understanding and give you the tools you need to support adults and children with SPD.

Podcast



Join Becky for our 'Living a Sensory Life' podcast as she chats to other professionals about SPD, as well as gaining insights from adults and children with SPD themselves.

Useful Downloads



We have a variety of information sheets for you to print off or download, all to help build your understanding of SPD and the services we offer.

Shop



We have a variety of books and our sensory sacks which include a range of sensory items all available to purchase online. Our sensory starter cards offer lots of sensory play ideas and sensory regulation inspiration to use as a starting point.



For all of our resources visit our website, where you can also sign up to our newsletter and find links to our social media channels.



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