

# Facilitator Guide

The School of Play:  
Special Education Curriculum

*30 Weeks of Play-Based SEL, Respectful Relationships, Literacy & Numeracy*



# Welcome to The School of Play Special Education Curriculum

**Dear Teachers,**

This facilitator guide has been designed to help you confidently deliver The School of Play 30-week Special Education Curriculum for learners across Levels A & B, Levels C & D, and Levels F-3.

Just like our primary curriculum, this program integrates physical activity, social-emotional learning, cognitive challenges, emotional regulation, Respectful Relationships themes, and supported social interaction into one plug-and-play experience.

Every activity is designed to be:

- 1. Fun**
- 2. Engaging**
- 3. Accessible & inclusive**
- 4. Low-cognitive load for teachers**
- 5. Backed by structured video tutorials and lesson plans**

The goal is to foster emotional growth, connection, confidence, communication, self-regulation, early literacy, and early numeracy through hands-on learning and joyful play.

**Warm regards,**



**Dale Sidebottom & Paul Campbell**  
Directors, The School of Play



# Resources Provided

# Resources Provided



## ONE Activity Plans

Thirty weekly, level-adapted activities designed for developmental progression across A–B, C–D, and F–3.

---



## TWO Video Tutorials

Every activity includes a short video demonstrating the setup, delivery, adjustments, and extension ideas.

---



## THREE Curriculum Alignment

Mapped to the Victorian Special Education Curriculum (Levels A–F), including:

1. Personal & Social Capability
2. Health & PE (Movement & Physical Literacy)
3. Critical & Creative Thinking
4. Respectful Relationships domains
5. Early Literacy & Numeracy links embedded naturally in play

---



## FOUR Learning Intentions & Success Criteria

Clear, accessible, developmentally-appropriate goals for each level range.

---



# Unpacking the Curriculum



# Unpacking the Curriculum

Each week's activities are crafted to meet learners where they are developmentally, while scaffolding growth gently through predictable structure, repetition, sensory-friendly routines, and joyful engagement.

Here's how the curriculum supports students:

## Physical Development

Activities build movement confidence, motor planning, balance, coordination, and sensory integration.

## Emotional Regulation

Guided routines and reflective prompts help children connect with their feelings, build calm-down strategies, and expand their emotional vocabulary.

## Cognitive Skills

Games promote turn-taking, matching, sorting, sequencing, pattern recognition, memory, and problem-solving.

## Communication & Social Skills

Students practise sharing, teamwork, waiting, interaction, listening, and expressing their ideas in developmentally appropriate ways.

## Respectful Relationships

Simple, repeated concepts such as:

1. Kind hands
2. Safe bodies
3. Using our voices kindly
4. Including others
5. Understanding feelings
6. Asking for help

## Literacy & Numeracy Links

Each activity incorporates one or more of:

1. Counting, grouping, ordering, comparing
2. Recognising numbers, colours, symbols
3. Using descriptive language
4. Sequencing actions
5. Naming emotions
6. Understanding simple instructions



# Why Schools Love This Program

# Why Schools Love This Program

Schools can deliver the program in flexible ways to suit students' needs:



## 01 Short-Burst Model (Perfect for Levels A-D)

5–15 minute micro-sessions, repeated across the week.



## 02 Standard Weekly Session (F-3)

30–40 minute structured lesson.



## 03 Long-Term Model

30 activities delivered across the year, at your pace.

The predictability, repetition, and visual supports built into each week make this curriculum easy to deliver, sensory-appropriate, and immediately engaging.



# Activity Delivery Overview

# Activity Delivery Overview

Each week follows a consistent routine, so students feel safe, supported, and ready to participate:

## 01 Start With the Video Tutorial

A quick demonstration of:

1. How to set up
2. How to model the activity
3. Key language to use
4. Adaptations for each level

## 02 Warm-Up Movement

Simple, energising, sensory-supportive movements:

1. Marching
2. Stretching
3. Tapping
4. Animal walks
5. Gentle aerobic play

## 03 Main Play Activity

A fun challenge tailored to your level range.

Examples:

1. Colour and shape scavenger hunts
2. Soft-ball rolling games
3. Emotion-matching dice
4. Partner kindness missions
5. Cooperative mini-challenges

## 04 Emotional Reflection

Short and simple:

1. "Show me: happy, sad, calm..."
2. "Point to how you feel."
3. Visual cards for Levels A–D
4. Sentence starters for F–3

## 05 Cognitive Challenge

A small final task:

1. Sort
2. Match
3. Solve
4. Predict
5. Count
6. Sequence

## 06 Debrief & Reward Moment

Students share:

1. What they enjoyed
2. What they found tricky
3. How they helped someone
4. How someone helped them



# Key Activities & Themes (30 Weeks)



## Weeks 11–20: Building Social Confidence & Communication

### Weeks 1–10: Foundations for Connection, Regulation, & Safe Relationships

#### Focus:

1. Routines
2. Turn-taking
3. Using kind hands
4. Listening
5. Noticing emotions
6. Simple physical activities
7. Early literacy (naming, matching)
8. Early numeracy (counting, grouping)

#### Focus:

1. Peer interaction
2. Team micro-challenges
3. Emotional language
4. Asking for help
5. Cooperative play
6. Sequencing & problem-solving

## Weeks 21–30: Independence, Agency & Well-Being

#### Focus:

1. Setting personal play goals
2. Sharing success
3. Managing emotions
4. Reflecting on growth
5. Respectful Relationships scenarios
6. Celebrating strengths



# Facilitator Tips for Success



## Engage Enthusiastically



## Use Consistent Language



## Keep Prompts Simple & Visual



## Monitor & Celebrate



Your presence sets the tone. Warmth, encouragement, and playfulness create a sense of safety.

Especially for Levels A–D:

1. "Safe hands"
2. "Kind voices"
3. "My turn, your turn"

All activities include communication cards and simplified scripts.

1. Small wins
2. Attempts
3. Engagement
4. Effort

This builds trust and motivates participation.



# Going Further and Reflection & Assessment



## Going Further

Schools can integrate:

1. Sensory circuits
2. Calm-down corners
3. Emotion check-in boards
4. Visual timetables
5. Mini reflection books

These pair beautifully with weekly activities.



## Reflection & Assessment

Not designed as a summative assessment.  
Instead, use:

1. Visual emotion check-ins
2. Simple "show me" responses
3. Teacher observation
4. Success criteria at each level

Track progress in SEL, communication, confidence, and physical literacy.



# Closing Thoughts



# Let's Play, Connect & Grow Together!



## The School of Play Special Education Curriculum

brings joy, structure, connection, and meaningful growth to every learner, no matter their level, confidence, or communication style.

It's plug-and-play, highly inclusive, and backed by years of research, design, and lived classroom experience. Your students will move, laugh, connect, share, and grow.



# The School of Play

Play today,  
thrive tomorrow

[www.theschoolofplay.co](http://www.theschoolofplay.co)  
team@theschoolofplay.co