

Family Guide

The School of Play:
Special Education Curriculum



Welcome to The School of Play Special Education Curriculum

Dear Families,

*Your child is about to begin an exciting new journey with
The School of Play Special Education Curriculum!*

Your child's class will soon take part in a unique, play-based well-being program created specifically for learners working within Levels A–B, C–D, and F–3. This program is designed to support your child's emotional, physical, social, and communication development in a joyful and engaging way.

Below, you'll find everything you need to know about the program and how you can support your child as they learn, grow, and play.

Warm regards,



Dale Sidebottom & Paul Campbell
Directors, The School of Play



What's the Program About?



The Program

The School of Play Special Education Curriculum is a global, research-backed, play-based program designed to promote student well-being, emotional regulation, confidence, and connection.

Over 30 weeks, students take part in hands-on activities that help them build:

1. Coordination and movement confidence
2. Emotional understanding & vocabulary
3. Social interaction skills
4. Communication skills
5. Early literacy & numeracy
6. Kindness, cooperation & safe relationships

The program is inclusive, developmentally aligned, and delivered in small, predictable routines that help students feel safe, supported, and ready to learn.



How Long Does It Run?



Duration

The program runs for 30 weeks, with one themed activity delivered each week.

Your child's teacher or support staff will guide them through activities that are:

1. Flexible
2. Structured and predictable
3. Supported by videos and visual instructions
4. Engaging, sensory-friendly, and play-based

This makes learning accessible and enjoyable for all students, regardless of their level or needs.



What Will My Child Experience?

The curriculum has been crafted to help students:



ONE **Develop Positive Emotions**

Activities promote joy, pride, confidence, gratitude, and empathy.



TWO **Enhance Physical Development**

Students build coordination, balance, gross motor skills, and sensory awareness through fun, movement-based play.



THREE **Strengthen Social Skills**

Students practise turn-taking, cooperation, listening, and playing safely with peers.



FOUR **Build Emotional Understanding**

Students learn to name feelings, recognise emotions in others, and explore calming strategies.



FIVE **Celebrate Their Achievements**

Each session includes reflection routines that help students notice their successes and personal growth. These experiences help students develop critical life skills in a safe, fun, and supportive environment.



What Are the Long-Term Benefits?



Benefits

Well-being and play-based learning programs like this one are linked to:

1. Improved emotional regulation
2. Increased confidence and independence
3. Better school engagement and attendance
4. Lower anxiety and stress levels
5. Stronger communication skills
6. Enhanced relationships between families, students, and teachers

Most importantly, students learn to feel proud of themselves, connected to others, and confident in new situations.



How Can You Support Your Child?

Family involvement plays a powerful role in helping students get the most out of this program. Here are simple ways to stay connected to their learning:



Ask your child about their activities

Even if their verbal communication is limited, small prompts like, *"What did you enjoy today?"* or *"Show me the game you played!"* can build confidence and connection.

Celebrate their successes

Notice the small things, effort, participation, trying something new, or working with others.

Play together as a family

Many activities can be adapted at home. Simple movement games, dice challenges, or emotion cards build joyful routines and strengthen relationships.

Learning Focus (Story or Skill Introduction)

Use the same language students hear at school:

1. "Kind hands."
2. "Safe bodies."
3. "My turn, your turn."
4. "Big feelings are okay."

Stay connected with your child's teacher

Your child's teacher can share weekly themes and suggestions to help you continue to play and connect at home.



A Shared Journey



**We're honoured
to be part of your
child's learning
and well-being
journey.**



The School of Play Special Education Curriculum

has been created to help your child feel safe, supported, confident, and joyful at school and at home. If you'd like more information or support in using any of the at-home ideas, please reach out to your child's teacher. We love working together with families.

We look forward to an incredible year of play, connection, and growth!



The School of Play

Play today,
thrive tomorrow

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