

Physical difficulties

Web links:

OT activities <https://theottoolbox.com/hand-strenghtening-activities/>

Touch Typing Skills <https://www.dancemattypingguide.com>

Yoga activities and resources <https://yogawithadriene.com/yoga-for-teens/>

https://www.momjunction.com/articles/benefits-of-yoga-for-your-teenager_0094957/

Regulation resources <https://beaconhouse.org.uk/?section=welcome-to-beacon-house>