



Autism Explorers

Home education



AUTISM EXPLORERS

LEARNING THROUGH PLAY

HOME EDUCATION

Are you looking for a child-led, autism-specific learning approach?

Welcome to Autism Explorers! We're here to provide a nurturing, sensory-rich learning experience for your child.

💎 WHY AUTISM EXPLORERS HOME ED

- ✓ Builds confidence in learning at each child's pace
- ✓ Encourages emotional literacy & self-expression
- ✓ Uses sensory play to engage all learning styles
- ✓ Affordable, accessible & autism-specific

🌿 LEARNING THROUGH PLAY

🦘 SENSORY EXPLORATION

👥 INCLUSIVE & NURTURING

SIGN UP TODAY!





What can we offer?

At Autism Explorers, we believe curiosity leads and learning follows. Our home education sessions are autism-specific, sensory-rich, and inclusive. Each session is designed to be child-led, with no pressure or demands, giving every Explorer the chance to learn in their own way.

Sensory play at home packs

Workshops and activity days

Life skill learning



★ Benefits for Families

- Builds sensory regulation & fine motor skills.
- Supports social interaction & peer learning in small, safe groups.
- Encourages parents to try sensory learning at home.
- Affordable, autism-specific provision for home ed communities.

At Autism Explorers Norwich, we believe every child is capable of thriving when their individuality, interests, and strengths are nurtured. For many autistic children, traditional school environments can feel overwhelming, rigid, or mismatched with their unique ways of learning. Home education offers families the flexibility to create safe, supportive, and meaningful learning experiences, with the freedom to put the child's wellbeing at the centre.

One of the most effective approaches for autistic children is child-led learning, sometimes called interest-based or autonomous education. This approach recognises that children learn best when they are curious, engaged, and in control of their own learning journey.

This document is designed to introduce families to the principles of home education and child-led play, highlight their benefits, and provide practical examples of how they can be implemented—particularly with autistic learners in mind.

Home education (sometimes called elective home education) is when parents or carers take responsibility for their child's learning outside the school system. It does not need to follow the National Curriculum, and it can be adapted to the child's pace, needs, and interests.

Key features of home education:

Flexible—learning can happen anytime, anywhere.

Personalised—education is tailored to the child's strengths, needs, and sensory profile.

Holistic—covers not only academic learning but also life skills, social experiences, and emotional wellbeing.

Inclusive—removes pressures of conformity, allowing autistic children to explore and learn in ways that feel safe.

Benefits of Home Education

Sensory-friendly learning environment: Children can learn in spaces adapted to their sensory needs (quiet rooms, weighted blankets, movement breaks, or outdoor settings).

Reduced anxiety and burnout: Without the constant pressures of school routines, social demands, and overstimulation, children can feel calmer and more secure.

Individual pace: Children are not rushed or left behind—they can revisit skills as often as needed or progress quickly in areas of strength.

Strength-based learning: Focus shifts from “deficits” to celebrating abilities, talents, and special interests.

Family connection: Strengthens bonds as parents and children learn together.

Why Child-Led Play is Essential

For autistic children, play is not just fun—it is a gateway to learning. Child-led play allows children to explore what fascinates them, practice problem-solving, develop creativity, and learn social-emotional skills in a safe way.

Builds intrinsic motivation (children learn because they want to).

Encourages self-regulation and confidence.

Allows exploration of special interests, which can later connect to academic and career skills.

Respects autonomy, which is especially important for autistic children who often feel a lack of control in traditional systems.

