



Highwood Primary School

Social, Emotional & Mental Health

Strategies to Support at Home		
General	Social Skills	Emotional Regulation
<p>Remember to visit and use the resources on our school's website: Mental Health & Emotional Wellbeing</p> <p>Visit youngminds.org for further support</p> <p>The Twinkl website has a fantastic resource bank to help support children's learning:</p> <p>For further information about the 5-point scale and examples of the scales and information around the principles of this: The Incredible 5-Point Scale: Review and Tools - Autism Classroom Resources</p> <p>Carol Gray developed Social Stories to help support children in a variety of social contexts. For further information around social stories, follow this link below: carol gray social stories</p> <p>www.minded.org.uk This is an online resource for families with specific support in how to talk to your child about key worries.</p> <p>If you are looking to develop relaxation for your child, have a look at this website: www.relaxkids.com</p> <p>For support and advice around building and maintaining an healthy lifestyle, visit the Change4Life website:</p>	<p>Use the principles from Lego therapy to develop social skills through Lego play. Resources, including a basic introduction to Lego play can be found here: 1,449 Top Lego Therapy Teaching Resources</p> <p>Have a go at applying these principles using other manipulatives such as making a necklace using beads, K'nex, a marble run, puzzle etc.</p> <p>Play a selection of games with the family, which promote interaction and team building. This could be through board games, sporting activities or a shared hobby.</p> <p>Have a go at activities that require turn taking such as cooking, painting, playing.</p> <p>Use reading as a way of prompting discussions around social situations. Use the pictures to ask questions; 'What should He do? What could Jane do to help? What would you do if...?' This would also work using text for older children.</p> <p>Social stories are a great way of promoting and supporting different social situations for many children. Whilst initially set up to support children with autism, they have proven successful for all children.</p>	<p>Introduce and use the 5-point scale to help children recognise emotions. These scales can be personalised to help children understand how their body feels at each stage teaching them to recognise these and to be able to self-regulate using the prompts. The 5-point scale is also a great tool for helping children with anxiety. This helps them 'measure' their worry and gives suggestions around how to manage this.</p> <p>For children who are anxious or worried, set up and make a 'Worry box' or 'Worry jar' where they can write down their worries and place them in the box. Each evening, the adult reads their worries and discusses these with them. Once they feel this worry has been addresses/ discussed, encourage the child to physically throw the worry away.</p> <p>Try to create a quiet space/nook for when your child needs some</p>

<p>https://www.nhs.uk/change4life</p> <p>For advice and support for concerns around bullying, cyberbullying, depression, anxiety and many more, please visit the NSPCC website: Signs That a Child Is Suffering From Mental Health Issues NSPCC</p> <p>For further information and support, around mental health, please visit: Every Mind Matters - NHS</p>	<p>'time-out'. This does not need to be a large space but somewhere where they can go to 'escape' and calm down independently. Sometimes, the smallest of spaces provides the greatest sense of calm.</p> <p>For children who struggle to 'read' emotions use the facial expression cards as discussion points. What emotion is this person feeling? Why might they be feeling this way? When do you feel this way? Be open and honest about emotions and teach your child that these are ok and are all normal feelings. Emotions cards can be found here:</p>
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Well being	Mental Health
<p>Carry out a random act of kindness – leave messages for people to read, make cakes and deliver them to neighbours, write a letter to a neighbour or friend</p> <p>Go on a Gratitude scavenger hunt finding things that make them happy and grateful. Create an 'I am thankful for...' collage/art piece.</p> <p>Try yoga to help with self-regulation and well-being. Cosmic kids:</p> <p>Or if you are looking for something a little bit different, have a go at Laughter yoga:</p>	<p>Create a 'Positive' jar where notes are put in there each time your child does something you are proud of i.e. trying something new, being kind and helpful, talking about their feelings etc. Schedule a time each day where they take out one of the notes and read it to remind them of this.</p> <p>Create a 'Scrap book of Success'. Encourage your child to make a scrapbook of all the things they are successful in. This should be a mixture of academic and well-being successes. Use this as a celebration of their achievements.</p> <p>Create a 'Me tree' celebrating what they like about themselves by writing on a leaf. Ask your child to add leaves to the tree each time they think of something they like about themselves so that they can watch the tree grow.</p>

Article 23 You have the right to special education and care if you have a disability, as well as all the rights in the Convention, so that you can live a full life.

<p>Have a go at some meditation. Use stories to help meditate and relax. There are many meditation books, YouTube videos and apps available.</p>	<p>Promote open and honest conversations about feelings and emotions. Share times when you felt this way and reassure that it turned out to be ok. Perhaps use the resources and strategies from the 'Emotional Regulation' section to support this.</p> <p>Ensure a healthy lifestyle is maintained; exercise, food, sleeping habits. Build a routine around this to promote wellness. 'A healthy heart = a healthy mind': The Change for Life website has examples of activities and suggestions to support a healthy lifestyle: nhs.uk change4life</p> <p>Encourage your child to keep a journal. This may be something they wish to keep private or may want to share. It is a place they can share their thoughts and feelings.</p> <p>Keep in touch with family and friends.</p>
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