



Supporting Emotional Wellbeing at Beeston Primary School

Intervention	Target Year Group	Description	Duration of Intervention
Bereavement			
Bereavement Muddles, Puddles & Sunshine	All key stages	This intervention is designed to help children understand more about their thoughts and feelings when someone important to them has died. In the first two weeks the child will make a memory box to store items belonging to that person. The following weeks will be spent creating a book of memories about their special person, which can be a source of great comfort, especially for a child who is worried they may forget the person who has died. The child will also have tasks set to do at home to encourage the family to talk openly about the person who has died.	10 weeks 1:1 1 hour sessions
Bereavement Sad Events	All key stages	Children will get the opportunity to talk about their person that has died. They will create a book, a family tree which will work as a memory keep-sake once the intervention is complete.	4 weeks 1:1 30 minute sessions
Bereavement The Elephants Tea Party	KS1	This intervention encourages young children to talk about Loss, and what it means to them, this is all done in an interactive way, ie: painting, drawing, sensory play.	1:1 6 weeks 30 minute sessions
Bereavement A grief encounter	All key stages	This intervention aims to help children understand loss within the family, acknowledge this with a sympathetic, honest, and understanding, to be able to communicate their difficulties.	6 weeks 1:1 45 minute sessions

Anger Management/Cognitive Behaviour Therapy (CBT)			
A volcano in my Tummy Helping children understand their anger	KS1	This anger intervention is designed to help children recognise their signs of anger and identify what their triggers are. Children will also have time to talk openly about their anger and learn some calming strategies to which will help them think of 'good ways' of dealing with anger.	12 weeks 1-1 30 minute sessions
CBT Toolbox for children	KS1/KS2	This toolbox intervention for young children is a brilliant resource to help children handle daily obstacles in their way, the unique and effect therapy tools are vital in helping children overcome their day to day struggles.	1:1
CBT Think good feel Good. Helping children understand their anger	KS2	This intervention provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas such as CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques.	12 weeks 1-1 or small group 30 – 40 minutes
CBT Cool Connections	Y5 and Y6	Cool Connections is a fun, engaging workbook that provides a cognitive behavioural therapy (CBT) approach to positively modifying the everyday thoughts and behaviours of children Combining a summary of CBT principles and step-by-step guidelines on how to use the materials appropriately with a mixture of games, handouts and therapeutic exercises, "Cool Connections" is designed to encourage resilience and self-esteem and reduce feelings of anxiety and depression.	1-1 or small group 30-40 minutes
The Anger Gremlin	Upper KS2	This imaginative intervention shows young people how to starve their anger gremlin and control their anger effectively. Made up of engaging and fun activities, it helps them to understand why they get angry and how their anger affects themselves and others, and teaches them how to manage angry thoughts and behaviours. "Starving the Anger Gremlin" is easy to read and fun to complete, and is an ideal anger management resource for young people to use.	12 Weeks 1 to 1

Regulation Interventions			
Zones of Regulation	All key stages	The Zones of Regulation is a conceptual framework used to teach students self-regulation and self-control. ... This intervention teaches children to use strategies or tools to help them move between zones. The Zones of Regulation categorizes states of alertness and emotions into four coloured zones. This intervention is also accessible to children with SEND needs.	1 to 1 or small group interventions
Nurture Group SEMH	Year FS2 and KS1	This intervention covers many areas of emotional literacy. The biggest strength of this intervention is the sense of belonging it gives to the children taking part. The children will learn to be part of a group/team, play and work together look out for each other and learn to build and maintain healthy relationships,	12 weeks 6 children 2 hours
Nurture Group SEMH	Y3 and Y4	This intervention covers many areas of emotional literacy. The biggest strength of this intervention is the sense of belonging. The children will learn to be part of a group/team, leaning to sit and share around a table, taking time to listen to others, and be able to have a safe space to play and work together, looking out for each other and learn to build and maintain healthy relationships,	12 weeks 6 children 2 hours
Guiding Lights Peer Mentoring Intervention	Y5 and Y6	This intervention is to help children to accelerate learning through teaching others, promote/develop positive mentoring/responsibility strategies, to depersonalise negative behaviours in order to practice new patterns of behaviour, to offer an alternative perspective on the effects of difficult behaviours/lack of self-control, help promote empathy and understanding, develop a sense of responsibility, reliability and citizenship.	14 weeks 2 hours 6 children
Circle of Friends	Upper KS2	The underlying theme for this intervention is 'I make a difference'. I sessions 1 and 2 the children make an 'I make a difference' jar. Each time the child feels they have made a difference to someone they write on a slip of paper and pop it in the jar. These are read out during the session to reinforce being kind and helpful. This Children will also learn about emotions and this will help them become more emotionally literate.	6 weeks 8 children 30 minutes
Worries/Anxiety			
Big Bag of Worries Anxiety Intervention	Y1- Y6	This intervention covers how everyone experiences anxiety and that it affects people in different ways for different reasons. Children will become aware that there is sometimes no reason for their anxiety but will learn the skills to help them deal with it and have an understanding of what anxiety is. This intervention will NOT fix the problem but it will support them through their problems.	6 weeks 1 to 1 30 minutes

Mt Hidden Chimp	Y4,Y5 and Y6	<p><i>This intervention</i> is an effective and powerful is simplified for children to understand and then use to their advantage.</p> <p>By also explaining the developing 'chimp' brain in children, he shows us how 10 habits can help children to understand and manage their emotions and behaviour. These 10 habits should and can be retained for life.</p> <p>This is an important and another ground-breaking³⁺book from the bestselling author of <i>The Chimp Paradox</i> and the creator of the chimp management mind model.</p>	<p>1 to 1 sessions reviewed termly</p>
The anxiety Gremlin	Y1 to Y5	<p>In <i>Starving the Anxiety Gremlin Intervention</i> offers children, parents and professionals working with children the strategies they need to develop an understanding of anxiety and how to effectively manage it. The fun activities help readers to apply the learning to themselves and to practice proactive thinking to strengthen self-belief. This is a workbook to go back to again and again to revisit concepts and to remind children that they can choose to see the world differently and that we can too!</p>	<p>12 weeks</p> <p>1 to 1 40 minutes</p>
No Worries	Key Stage 2	<p>This is an interactive self-care intervention using colouring and doodling their way to happiness, calm and confidence. The encouraging and simple, yet well designed, activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing. Whether working systematically through the book, or just dipping in and out for a few minutes relaxation, this is an excellent new series that will benefit both children and adults, and make it easier for them to express their feelings.</p>	<p>12 weeks</p> <p>1 to 1 45 minutes</p>
Play Based Therapy			
Play sessions	Foundation Stage 1 and 2	<p>This intervention is based on social and emotional outcomes, playing with the children in their setting, taking turns sharing, and working alongside others to build on new relationships with adults and peers.</p>	<p>6 weeks</p> <p>6 - 8 children 30 – 35 minutes</p>
Filial Therapy	Y1- Y6	<p>Filial Therapy helps Children use play as a form of communication. Children referred to Filial Therapy often do not have the words to describe their thoughts, feelings and perceptions of their internal and external world, Filial helps children modify their behaviours, clarify their self-concept and build healthy relationships which then enables them to express, explore and make sense of their difficult and painful experiences. Play Therapy helps children find healthier ways of communicating, develop fulfilling relationships, increase resiliency and facilitate emotional literacy.</p>	<p>12 weeks</p> <p>1 to 1 30 minutes</p>

		Self Esteem	
Banish your self-esteem thief	KS2	This Intervention helps to build confidence and self-esteem with this fun and effective workbook for young people. Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how! Packed with activities and real-life stories, this imaginative workbook will show you what self-esteem is, how it develops, the impact it can have and how all this applies to your own self-esteem.	12 weeks Small group 2 – 4 children