 Kingsley St John’s C of E Primary School

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| **Universal** | **Targeted Approaches** | **Individual** |
| * Kind eyes * Listening and hearing - these are 2 different concepts * identifying positives and achievements individually - personalised recognition * A personalised approach to learning * Showing only love * Accepting difference, not indifference * A school environment which recognises the individual * Positivity at all times - a conscious effort for this * Restorative practices * Zones of Regulation * Visual supports for understanding * Allowing mistakes - accepting that we are all learning but very clear boundaries for repeated behaviours * Headteacher drop in sessions * Every child is welcomed into school for that personalised check in * A school ethos that cements belonging to our school family * High profile understanding and talk about mental wellbeing and the way people think. * Journaling opportunities * Lots of cuddly toys available for cuddle time * Daily acts of worship * Prayer spaces around school * Recognition that we are all God's children and we can all learn from and be inspired by each other regardless of age or qualification. * PSHE sessions * PE sessions * Groovy movers * Yoga * Positive Behaviour Strategies * School dog and dog training * Mental Health Padlet * Sensory trail * Rights Respecting School | * Thought-busting group - Type of CBT for children in groups * Friendship development groups * Socially speaking * Games to support our emotions and thoughts * Restorative practices - targeted * Walk and talk sessions * Chill out sessions - ad hoc * Safe spaces * Prayer spaces * Cuddly toy cuddle time * OASIS club * Headteacher sessions drop ins * Online targeted activities * Parental support and increased contact * Partnership work with other agencies * Kick PE sessions * The Nest * Sensory Room | * ELSA * Drawing and Talking Therapy * Lego Therapy * Dramatherapy, Music therapy * CAMHS Professional consultations * Working with and referrals to outside agencies * Detailed individualised plan of support * Daily check in and deconstruction time * calming space * Kick mentoring and chaplaincy |