 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
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