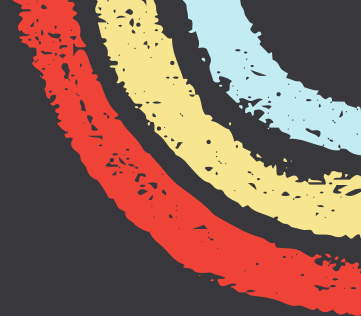


# Mighty minds



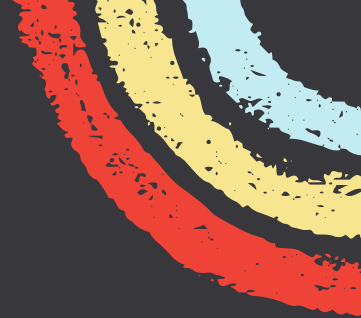
A CBT approach to building resilience, confidence, self-esteem and positivity.

Mighty Minds focuses on changing negative thoughts to positive, and building a bank of healthy strategies to ensure our pupils are able to cope with difficult situations and big emotions. Activities are designed to normalise and recognise the relationship between thoughts, feelings and behaviours, and the impact these have.





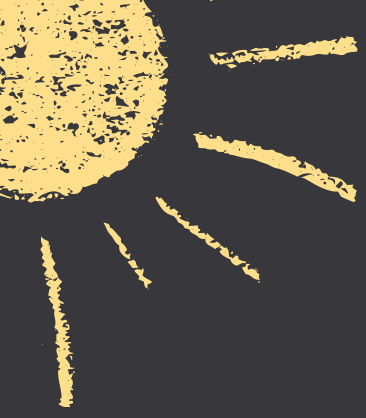
# Lego Therapy



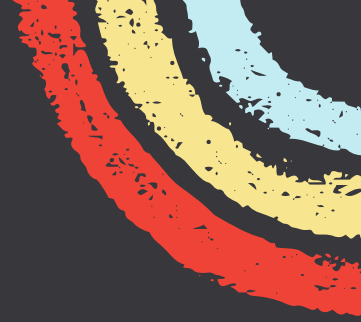
An intervention based on developing communication, listening, socialisation and turn taking skills in pupils, using Lego and creating a safe space to explore these areas.

These skills help children gain self-esteem and confidence, along with an opportunity to develop relationships with peers and staff.





# ELSA



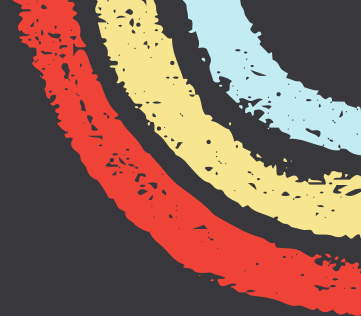
The ELSA (Emotional Literacy Support Assistant) works with children on a 1:1 or small group basis, after an initial assessment. Activities to develop the recognition, regulating and normalising of big emotions can support children in developing skills to communicate their needs in an appropriate manner.







# Forest School



The Forest School provision has been developed alongside Tom from EarthEngagedLearning, to accommodate groups of children in developing skills away from the classroom setting. Tom uses child voice to plan learning, strewing activities, listening and responding to pupils curiosity.







Jack Dransfield, SWFC mentor, spends three afternoons in school, working with individuals and groups of pupils.

Jack uses personalised approaches to support pupils in developing a range of skills and strategies, to encourage children to use appropriate and effective methods of regulation and communication.

