**Reasonable adjustments**

* Differentiated learning approaches.
* Adjusted expectations in line with emotional needs.
* Allowing a child to start a few minutes earlier or later than their class.
* Appropriate positioning within the class, for example closer to the door
* Allowing a child to sit with a child they have an established relationship with
* Not taking part in an activity or lesson which has been identified as particularly stressful until the child is more able to cope (through intervention or support)
* Quality first teaching (differentiated learning, extra check-ins with pupil)
* Safe spaces for time out when a child is overwhelmed.
* Lunch time clubs away from the busy playground, or other alternative options.
* Named adults in school for children to talk to about their worries.
* Social inclusion provision such as buddying, peer mentoring and structured play Examples of SEN provision
* Targeted learning interventions (for example, literacy small group work)
* A key adult to develop a relationship with the child and scaffold their access to challenging situation.
* Social skills intervention groups
* Nurture groups or ELSA intervention.
* Adaptive Timetables (for example, extra support, more time spent outside, reduced timetable)
* Personalised reward chart
* Personalised behaviour (communication) plan
* Meet and greet.
* Home/school diaries
* Regular check ins with a trusted adult at the start and end of the school day
* Positive feedback
* Feelings journal
* “Scribble book”
* Transitional objects

**Helpful resources:**

* Nurture principles - [What is nurture? Discover more about the Six Principles of Nurture (nurtureuk.org)](https://www.nurtureuk.org/what-is-nurture/)
* The SEMH Handbook (from Barking and Dagenham) - [SEMH Handbook (canva.site)](https://bdsipsemhhandbook.my.canva.site/)
* Supporting SEMH- 5 Good Communication Standards - [RCSLT-supporting-SEMH-5-good-communication-standards.pdf](https://www.rcslt.org/wp-content/uploads/2022/04/RCSLT-supporting-SEMH-5-good-communication-standards.pdf)
* Charlie Waller Trust - [Free practical mental health resources | Charlie Waller Trust](https://www.charliewaller.org/resources)
* Oxford University Brain Story
* (resources relating to how experiences shape the brain and long term implications for mental and physical health – includes free courses and downloadable resources) [Resources For Professionals | Oxford Brain Story — Oxford Brain Story | AFWI](https://www.oxfordbrainstory.org/for-professionals)
* Anna Freud (free mental health resources for primary, secondary and FE as well as nursery staff) [Resources | Anna Freud](https://www.annafreud.org/resources/)

|  |  |
| --- | --- |
| Primary aged resources | Secondary aged resources |
| * Think Good, Feel Good * Volcano in my Tummy * Nurture (Boxall)/ Nurture Groups/Boxall Profile- [Boxall-Profile-Leaflet-2019.pdf (nurtureuk.org)](https://www.nurtureuk.org/wp-content/uploads/2021/11/Boxall-Profile-Leaflet-2019.pdf) * Talkabout -   [Talkabout by Alex Kelly (routledge.com)](https://www.routledge.com/go/talkabout)   * Socially Speaking-   [Socially Speaking: Pragmatic Social Skills Programme for Pupils with Mild to Moderate Learning Disabilities : Schroeder, Alison, Jomain, Jacqueline M.: Amazon.co.uk: Books](https://www.amazon.co.uk/Socially-Speaking-Pragmatic-Programme-Disabilities/dp/185503252X/ref=sr_1_1?adgrpid=1186373946077325&dib=eyJ2IjoiMSJ9.Xvp1UdSNqdDzsDEfJhqshYdj0AHldQI1MdQ2JxKClsCYdU11VXnptAY0CcPSB36NMcL-2XLtFLtVEhzVPYcByVnPWLxvkSZlozVFXOO1sE14CDJCbIXk2pCVVc4f4Q1ubs68IHWyjwbiU2lriF-oYDij5PHMejn-JGCKRFTrwCMlMlycZgMX0IcmRyK_FLHzemSGCnTjgAug5oFf6XhsESd36GdILV_xylxf0iwgHTE.-9kZfyCtBNg1OVvr73FtQGVWd6PJvt7ru9X5z2UOwC0&dib_tag=se&hvadid=74148575398677&hvbmt=bp&hvdev=c&hvlocphy=131375&hvnetw=o&hvqmt=p&hvtargid=kwd-74148513065776%3Aloc-188&hydadcr=24403_2219251&keywords=socially+speaking&qid=1708091595&sr=8-1)   * Jenny Mosley – Circle Time-   [Circle Time Activities - Jenny Mosley Education Training and Resources (circle-time.co.uk)](https://www.circle-time.co.uk/resources/circle-time-activities/)   * Superflex-   [Superflex... A Superhero Social Thinking Curriculum (thinkingbooks.co.uk)](https://www.thinkingbooks.co.uk/buy/superflex-superhero-social-thinking-curriculum_15.htm)   * Lego Therapy (Think Bricks)-   [What is Lego Therapy? and How can it Help? | SALT & Light (speechtherapycompany.co.uk)](https://www.speechtherapycompany.co.uk/what-is-lego-therapy-and-how-can-it-help-develop-social-skills/)   * 3 Positives of Me (research based) – any TA can do at end of each day, so they get into the habit of looking for positives * EBSA card sort- Appendix? * No Worries – KS2 / KS3-   [educational-psychology-service-brochure-september-2023-august-2024.pdf (shropshire.gov.uk)](https://www.shropshire.gov.uk/media/26377/educational-psychology-service-brochure-september-2023-august-2024.pdf)   * Calm Brain (primary)-   [CalmBrain® Approach by Dr. Sarah Taylor (calmbrainapproach.com)](http://calmbrainapproach.com/)   * Relax Kids-   [Home - Relax Kids - Official Website](https://relaxkids.com/)   * AET Framework 5-18-   [Framework Documents | Autism Education Trust](https://www.autismeducationtrust.org.uk/framework-documents)   * Coventry Grid-   [HANDOUT Coventry Grid Version 2 - Jan 2015.pdf (oxfordshire.gov.uk)](https://www2.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/virtualschool/processesandforms/resourcesandpublications/CoventryGrid.pdf)   * Various ELSA resources-   [Free Resources Archives - Elsa Support (elsa-support.co.uk)](https://www.elsa-support.co.uk/category/free-resources/)   * Language for Emotions-   [Language for Behaviour and Emotions: A Practical Guide to Working with (routledge.com)](https://www.routledge.com/Language-for-Behaviour-and-Emotions-A-Practical-Guide-to-Working-with-Children/Branagan-Cross-Parsons/p/book/9780367331832)   * Anxiety Thermometer-   [Anxiety Thermometer – Mental Health Center Kids](https://mentalhealthcenterkids.com/products/anxiety-thermometer#:~:text=The%20anxiety%20thermometer%20is%20a%20visual%20aid%20that,from%20relaxed%20and%20peaceful%20to%20out-of-control%20and%20frantic.)   * 5 Point Scale-   [THE INCREDIBLE 5-POINT SCALE - HOME (5pointscale.com)](https://www.5pointscale.com/)   * Trauma Informed Approach / ACESs * Tina Rae – Transition Toolkit-   [Transition Tool Box - NurtureUK](https://www.nurtureuk.org/product/transition-tool-box/)   * Future in Mind-   [Future in mind - Promoting, protecting and improving our children and young people's mental health and wellbeing (publishing.service.gov.uk)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf) | * Various ELSA resources-   [educational-psychology-service-brochure-september-2023-august-2024.pdf (shropshire.gov.uk)](https://www.shropshire.gov.uk/media/26377/educational-psychology-service-brochure-september-2023-august-2024.pdf)   * Lego Therapy-   [What is Lego Therapy? and How can it Help? | SALT & Light (speechtherapycompany.co.uk)](https://www.speechtherapycompany.co.uk/what-is-lego-therapy-and-how-can-it-help-develop-social-skills/)   * PSHE Association * No Worries-   [educational-psychology-service-brochure-september-2023-august-2024.pdf (shropshire.gov.uk)](https://www.shropshire.gov.uk/media/26377/educational-psychology-service-brochure-september-2023-august-2024.pdf)   * Circle of Friends-   [educational-psychology-service-brochure-september-2023-august-2024.pdf (shropshire.gov.uk)](https://www.shropshire.gov.uk/media/26377/educational-psychology-service-brochure-september-2023-august-2024.pdf)   * Trailblazers-   [Trailblazers for the Family Hubs and Start for Life programme - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/trailblazers-for-the-family-hubs-and-start-for-life-programme)   * Beacon House materials-   [Resources (beaconhouse.org.uk)](https://beaconhouse.org.uk/resources/)   * Exam Anxiety Group (CBT) * The ASD Girls’ Toolkit-   [The ASD Girls’ Wellbeing Toolkit | Fledglings](https://www.fledglings.org.uk/products/the-asd-girls-wellbeing-toolkit)   * Talkabout (CBT)-   [What is TALKABOUT? – Alex Kelly Ltd](http://alexkelly.biz/alexs-work-and-talkabout/)   * Mindful Drawing / Draw and Talk-   [About us (drawingandtalking.com)](https://drawingandtalking.com/about-us)   * Be Kind to Your Mind * Real Love Rocks-   [Homepage (barnardosrealloverocks.org.uk)](https://barnardosrealloverocks.org.uk/) |