**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/)

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| --- | --- |
| 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%3Dsr_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/)    |