

Interventions to support social, emotional and mental health needs

Year Groups	Social, Emotional and Mental Health
Foundation Stage	<p>Six Bricks Special time/ Giggle time (also covers listening and attention) Venturing into Play Social Skills Picture Book (F2) Recognising emotions 1 Joint attention games and activities</p>
Year 1	<p>Six Bricks Time to Talk Social Skills Picture Book Recognising emotions 1 ELSA support and resources CAMHS Resources/programmes Think Kids Breathe App Teaching calming strategies</p>
Year 2	<p>Time to Talk When My Worries get too Big Social Skills for Primary 1 -LDA Recognising emotions 1 Think Kids Breathe App ELSA support and resources CAMHS Resources/programmes Six Bricks CO-operative games (provided by the ASC Team)</p>
Year 3	<p>Socially Speaking When my worries get too big The Social Skills Detective Social Skills for Primary 2 Great Ways to Help Children Manage Big feelings Think Kids Breathe App ELSA support and resources CAMHS Resources/programmes Friendship groups Lego Therapy Autism and PDD- Developing abstract concepts</p>

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	<p>MHST Co-operative games (provided by ASC Team)</p>
Year 4	<p>Socially Speaking When my Worries get too big or Incredible 5 Point scale (dependent on cognitive level) The Social Skills Detective Think Kids Breathe App Lego Therapy The Kids' Guide to staying awesome and in control CBT Toolkit for children (Trauma, ADHD, Anxiety etc) CBT Doodling for Kids Great Ways to Help Children Manage Big feelings ELSA support and resources CAMHS Resources/programmes Friendship groups Autism and PDD- Developing abstract concepts MHST Creative ways to help children manage big feelings</p>
Year 5	<p>Talk About- Social Skills Package Language for behaviour and Emotions Lego Therapy Think Kids Breathe App The Social Skills Detective The Incredible 5 Point Scale My Hidden Chimp The Kids' Guide to staying awesome and in control CBT Toolkit for children (Trauma, ADHD, Anxiety etc) CBT Doodling for Kids ELSA support and resources CAMHS Resources/programmes Autism and PDD- Developing abstract concepts Creative ways to help children manage big feelings MHST</p>
	<p>Social skills Training -Jed Baker Talk About- Social Skills Package</p>

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Year 6	Language for Behaviour and emotions Lego Therapy Think Kids Breathe App The Incredible 5 Point Scale My Hidden Chimp The Kids' Guide to staying awesome and in control CBT Toolkit for children (Trauma, ADHD, Anxiety etc) CBT Doodling for Kids ELSA support and resources CAMHS Resources/programmes MHST Friends resilience programme
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Social skills Emotional needs Listening attention and behaviour All above