



Social, Emotional and Mental Health Core Offer

Wave 1 – Global Strategies – Most children’s needs can be met by using these strategies. Effective use of Wave 1 strategies will prevent the need for intervention for most children:

Class Teaching Team	
Have a shared understanding and believe about mental health and wellbeing	Build confidence through increased responsibility
Opportunities for regular exercise	Collaborative working with parents
Opportunities for positive social interactions	Opportunities to have fun and promote laughter
Opportunities for play	Promotion of general strategies for good mental health
Whole School ethos and values recognised	Build sense of belonging for all pupils
Promote resilience, build self-esteem, growth mindset – positive praise, jar of joy!	Utilise the PHSE curriculum

Wave 2 – Targeted Approaches – a small group of children will struggle to manage their anxiety/social skills despite effective Wave 1:

Class Teaching Team (teachers and TA’s under the direction and guidance of the SEMH team)		Wider Support
Positive/ negative voice	Zones of regulation - Active teaching of self-regulation	Nurture Groups available to KS1 and KS 2
Exposing to minor challenges to experience success	The size of the problem/ The incredible 5 point scale	Enrichment opportunities
Developing self-help toolkit	Specific work on building self-esteem and resilience	Sports coach during lunch times
Social Stories	Use of specific literature eg What to do when my temper flares, volcano in my tummy etc	
STAR analysis (Exploring triggers)	Active teaching of relaxation strategies	
Safe Place	Time to talk with a trusted adult	
Distraction and using distraction techniques	Teaching breathing techniques	
Making an individual plan for anxiety triggers	Use of positive affirmations	
Develop social skills		

Wave 3 – Specialist Services – Accessed via an SEMH team referral:

Mental health and wellbeing Manager	SENCo	External Support/ Highly specialised services
Support parents and carers and signposting to services where needed.	Advice through PPM and informal reviews.	Cognitive Behavioural Therapy (CBT)
Highly targeted 1:1 support work with children.	Referral to external services e.g. Paediatrician	Controlled Desensitisation
Triage and prioritise children to attend external interventions.		Medication
Highly targeted group work with children.		Referral to Mental Health Services
Refer to external services and support where needed.		Referral to Early Help

