

# Social and Emotional Mental Health (SEMH)

Children have severe difficulties in managing their emotions and behaviour.

Children with SEMH may:

- have trouble in building and maintaining relationships with peers and adults
- struggle to engage with learning
- often feel anxious, scared and misunderstood.
- have hyperactive, aggressive or controlling behaviours.
- be demanding of adult attention, lack concentration or consistently disturb the learning of others.
- be socially withdrawn or refuse to communicate.
- have difficulties attending school.

Children may have a diagnosed condition such as Attachment Disorder, Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD).

## **1) Universal provision (all pupils where appropriate)**

- An exciting and stimulating curriculum
- Whole school behaviour policy
- Strong routines and boundaries
- Rewards/ Star of the Week/ Celebration assemblies / Golden time
- Playground buddies
- Circle time
- After school clubs
- Calm Brain

## 2) Targeted provisions

- Nurture group
- Small group work
- Nature Friendly group
- Support in unstructured times
- Anger management strategies
- Social Stories
- Access to specialist support/agencies when needed
- Safe Talk counselling
- Build to Express Lego



- ELSA - Emotional Literacy Support Assistants

- Safe spaces or quiet corners

A calm place to regulate yourself.



- Children may have 1:1 provision to help them access learning in the classroom environment.
- Access to a workstation to reduce sensory overloads.
- Children may attend outside agencies such as BEAM drop-in service or Kooth.
- Children may be referred to BeeU (CAMHS).
- Specific advice and resourced given by Education Psychologist (EP)