

**Additional Ideas to utilise your DFE funded support session (Wellbeing for Education Return)
from North Somerset**

Your school is eligible for the equivalent of 3 hours of direct or resources support from North Somerset and I have been asked to be your link person.

Types of support that I/we could give are:

- training, workshops or CPD to your whole staff group or identified groups
- Exploring ways of supporting your pastoral staff with supervision and the sharing of ideas and resources
- working alongside staff to support mental health and wellbeing of particular groups of pupils

The Next Step?

Would it be helpful to discuss these ideas are telephone or videoconferencing call to explore how your school can use this session?

MHFA Mental health training	Half day Mental Health Awareness Course (online or in-person). Up to 16 participants
Other mental health training	Shorter bespoke sessions with group staff you have identified to give an overview of mental health and well-being using the Mental Health Continuum and 5 Ways to Welbeing resources. Topics might include: <ul style="list-style-type: none"> • supporting pupils with anxiety • first wave of support around emotion-based school avoidance following some of the principles of CBT
Social Emotional Learning Groupwork	A set of sessions to support pupils you are concerned about Focus on relationship strengthening, self-regulation and the experience of nurture/self-care. Includes principles and activities from Group Theraplay and yoga and mindfulness-based activities.
An introduction to emotion regulation skills	Strategies and activities that adults can use with children to help them balance in the 'middle calm zone' (and what to do if they are in the chaotic high zone or in the frozen low zone) Uses the work of Dan Siegel and the Zones of Regulation among others
Emotion Coaching	Recognising that children expressing their feelings is an opportunity for teaching-helping them understand, express and manage emotions better (drawing on resources from the Incredible Years Parenting Program among others)
An Introduction to Mindfulness-how this might benefit children	Short workshop introduction session with staff Introductory sessions for classes to promote further exploration by class staff. After January I will be trained by 'Mindfulness in Schools Project' to deliver full mindfulness sessions to classes
An introduction to supporting children who are anxious	An introduction to understanding what anxiety is, a framework for helping and exploring some of the strategies and techniques that you might use in school.