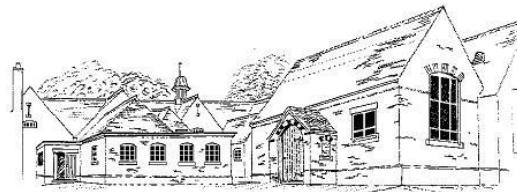


The Provision Planning Cycle for Social, Emotional and Mental Health (SEMH)



Assess



Start here

In what areas do I need additional support in order to make progress?

- I often feel unhappy / cross / worried / nervous
- I can get upset easily
- Lots of things scare me
- I can get angry when I don't get my own way / someone else gets there first / I don't get to explain my side
- I often say unkind things to others when I am upset
- I find it hard to control my temper
- I find it difficult to say goodbye to mum / dad in the morning
- I worry that mum / dad won't come back to pick me up
- I can get angry when people say no to me
- I find it difficult to wait my turn
- I find it hard to put my hand up before answering a question
- Sometimes I feel the need to run or hide
- It makes me nervous when I have a different teacher or someone different is in the room
- It makes me nervous when our routine changes or I have to do something new



Plan

What support do I need?

- I need help to calm down
- I need to feel listened to
- I need time to talk
- I need space to calm down before we talk
- I like people to give me choices
- I need visual reminders of classroom rules
- I like to know when it is my turn
- I need help identifying how I am feeling
- I need to be told when my routine is different
- I need to be introduced to new teachers



Review

Referrals the SENDCO may need to make.

SBAP
Bereavement Counselling
GP
CASY Counselling
CAMHS
Healthy Families Team



Do

Provisions / Interventions

- Calm Start
- Pastoral Mentor 1:1 support
- Social skills groups
- Lego therapy
- Turn taking games
- Drawing and Talking
- Pupil Passport
- Zones of regulation
- SCARF / PSHE lessons
- Movement breaks
- Now and Next board
- Individual Behaviour Passports
- Individual reward systems
- Count down timers
- Movement breaks
- Worry box
- Proud book Routes 2 Inclusion
- Network hands
- Anxiety mapping
- Risk Reduction plan
- Safe space
- Home school link books
- Inside out lunch club
- Roots and Fruits
- Growth mindset
- Play skills



Documents

Handling Document
Regulation Plan
Boxall Profile



Other acronyms associated with this area:

SBAP – Schools Behaviour & Attendance Partnership
CAMHS – Child & Adolescent Mental Health Service
EHAf – Early Help Assessment Form
CASY – Counselling and Support for Young People



Scan the QR Code to access this document on the school website.