



## **Inclusion and Engagement Support Team GEMs- Good Engagement Methods**

GEMs have been put together to demonstrate good engagement methods to support CYP with SEND.

As Inclusion teachers, we wanted to produce a package to address and support some of the core challenges that professionals will encounter within their classrooms with CYP with children with SEND.

Within this package, you will find activities which have been designed to approach some of the most sensitive subject areas that arise, such as self-esteem, anxiety, anger, and bereavement.

This package is versatile and offers activities to primary and secondary settings to suit your school's needs. Activities can be used to support individual children or may be suitable in a small group or within a whole class setting.

We have signposted a lot of resources within this package from the following:

- Twinkl website - <https://www.twinkl.co.uk/>
- ELSA website - <https://www.elsa-support.co.uk/>
- Anna Freud National Centre for Children and Families - [Anna Freud National Centre for Children and Families](#)
- The incredible 5 Point Scale by Kari Dunn Buron and Mitzi Curtis
- Young minds
- Therapistaid.com
- Starving the Anxiety Gremlin by Kate Collins-Donnelly
- Relaxation script taken from:  
<http://kidsrelaxation.com/uncategorized/treehouserelaxation-script/>
- [GUIDED IMAGERY FOR KIDS: 2 Children's Meditation Scripts for Coping With Anxiety and Stress \(themindfulword.org\)](#)
- [Calm Zone | Wellbeing \(wellbeingresourceszoneuk.com\)](#)
- [Relaxation for Children: Free Relaxation Script \(innerhealthstudio.com\)](#)



- <https://www.wellbeingresourceszoneuk.com/>
- [Kooth](#)
- [GoNoodle | Home](#)
- A Therapeutic Treasure Deck of Grounding, Soothing and Regulating Cards by Dr. Karen Treisman
- Believe in Barnados- [Emotional Wellbeing | Barnardo's \(barnardos.org.uk\)](#)
- [Public health England](#)

## Mindfulness and Wellbeing

We know that children and young people may be experiencing a variety of feelings in response to the COVID-19 outbreak such as anxiety, stress, or low mood. It is important that issues and problems are addressed so that CYP can be supported correctly. It is completely normal to feel worried, scared or even helpless during difficult times, and feeling this way is nothing to be ashamed about.

### What is Mindfulness?

Mindfulness means paying attention, with kindness and patience, to what's going inside and outside of you right now. A goal of mindfulness is to notice your breathing, focusing your attention, expanding your awareness, and trying to be patient even when things are hard.

**Building self-esteem** Self-esteem is something that is learnt, we are not born with negative thoughts about ourselves, these are learnt through our experiences. We can have an impact about how others feel about themselves.

**Use praise** When a CYP has tried hard or needs support to try again use lots of praise to reassure and encourage them. If we are told we are good at something, it helps us believe that we are and may encourage us to have another go. We need lots of praise before we can take criticism without damaging our self-esteem.

**Give CYP lots of experiences** Having the chance to try lots of things, helps us to identify what we are good at and what we enjoy. Having lots of experiences can enable us to be informed about the world and give us the confidence to try new things.

**Find your strengths** If CYP can find their strengths, it can make a difference to how they view the world, their friends and themselves.

**Help children achieve** Discuss plans and set goals for CYP. Start with easy targets such as "I am going to talk to one person today that I don't know very well". Make it success driven. Add or remove goals from the list. Encourage the idea that CYP have control over their lives.

## PACE

PACE is an approach developed by Dr Dan Hughes, an American psychologist who works with traumatised children. PACE stands for **Playfulness, Acceptance, Curiosity and Empathy**. These principles help to promote the experience of safety in your interactions with young people.

[Using PACE in School \(oxfordshire.gov.uk\)](https://www.oxfordshire.gov.uk/using-pace-in-school)

<https://cavuhb.nhs.wales/files/resilience-project/resilience-project-logo-adjustments/pace-pdf/>

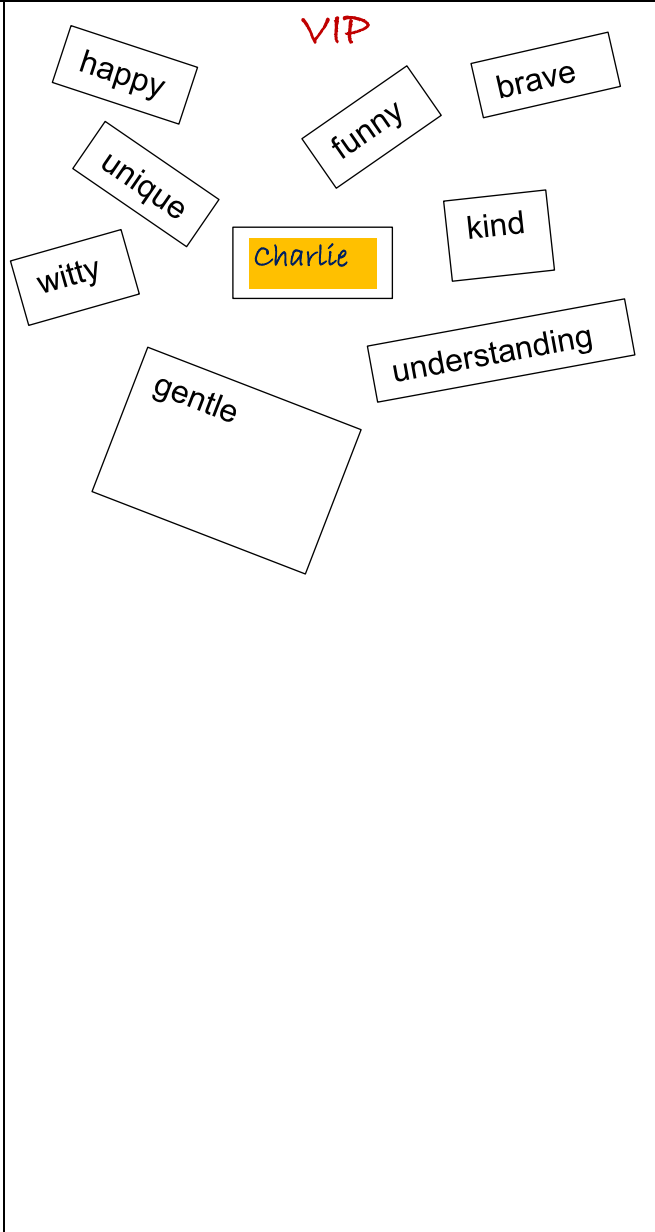
Activities	Resources
<p><b>Twinkle and Shine esteem game</b>            Help pupils to reach the star and give their self-esteem a huge boost to show how amazing they are. Knowing their strengths and characteristics can be a huge self-esteem boost. When you realise what you can do and how strong your character is. Let them twinkle and shine!</p> <p>Both players need a counter and you need a dice. Covering up the numbers 4,5,6 on the die will make the game last longer or you could make a rule that if you throw a 4,5,6 you have to go back one or stay where you are.</p> <p>Throw the die and whatever number you get you must move your peg up the board, one word at a time. Whichever word you land on you must say how showed this characteristic or could show this characteristic. The first person to finish and get to the top is the winner</p>	<p><b>Dice and coloured counters</b></p> <p><u><a href="#">@elsa-support 2020</a></u></p>

<p>BUT you must throw the exact number to finish on the top square.</p> <p><b>30 ways to express yourself through drawing.</b></p> <p>Help children to express themselves with these handy activities. Tick them off as they are done. Great for warmups or activities and all you need is paper, pencil and colour pens.</p>	<p>Paper, felt tips and pencils</p> <p><a href="http://elsa-support.co.uk">PowerPoint Presentation (elsa-support.co.uk)</a></p>
<p><b>WOW!</b></p> <p>At the end of a lesson or activity, write a positive note on the WOW sheet. This can be used every lesson and signed by any member of staff. This can be shared at the end of the day with parents/staff/carers to promote self-esteem. Photocopy and send it home or display it as a reminder for the CYP.</p>	<p><b>For younger children</b></p> <p><a href="http://elsa-support.co.uk">Teacher-reward-cards.pdf (elsa-support.co.uk)</a></p> <p><b>For older children</b></p> <p><a href="http://elsa-support.co.uk">Wow notes home - ELSA Support for emotional literacy (elsa-support.co.uk)</a></p> <p>You can make your own WOW sheets</p> <p><a href="https://www.shutterstock.com/image-vector/comic-speech-bubbles-text-wow-vector-1730758990">https://www.shutterstock.com/image-vector/comic-speech-bubbles-text-wow-vector-1730758990</a></p>
<p><b>Resilience flashcards</b></p> <p>CYP need to be reminded that we can all face difficult challenges, but it's how we deal with them that can make all the difference. The idea of this activity is to help CYP to try a positive strategy quickly. The more you use these resilience flashcards, the quicker you will be able to think of a positive strategy when you need one!</p>	<p><b>Twinkl resources</b></p> <p><a href="http://twinkl.co.uk">Resilience Flashcards (teacher made) (twinkl.co.uk)</a></p>
<p><b>Sensory bottles</b></p>	<p><a href="http://mykidstime.com">How to Make Sensory Bottles and Calm Down Jars (mykidstime.com)</a></p>

<p>Sensory bottles go by many names, discovery bottles, sensory jars, calm down jars, etc. Sensory bottles are containers that are filled with various materials to encourage non-messy sensory play.</p>	
<p><b>Supporting teacher and CYP with Covid 19</b></p> <p>Support tools for sensory sensitivities, managing emotions and communication</p>	<p><a href="#">Good Autism Practice Guidance - Autism Education Trust</a></p>
<p><b>Hope Clouds</b></p> <p>This activity works well with children of any age and provides a good starter for the beginning of the academic year. Asking children to think about their own dreams and hopes for the next academic year helps them to feel able to cope with things that happen or problems they want to solve. This activity can also be used with school staff.</p>	<p><a href="http://youngminds.org.uk">Hope Clouds Activity (youngminds.org.uk)</a></p>
<p><b>Supporting World Mental Health Day October 10<sup>th</sup>, 2021</b></p> <p>This lesson plan was created for schools to take part in on World Mental Health Day, but you can use it any time of the year to remind pupils that mental health is not just about feeling bad, sad or ill, but also about how we cope and look after ourselves as well.</p>	<p>Primary <a href="http://youngminds.org.uk">#HelloYellow Primary Lesson Plan (youngminds.org.uk)</a></p> <p>Secondary <a href="http://youngminds.org.uk">#HelloYellow Secondary Lesson Plan (youngminds.org.uk)</a></p>
<p><b>Find your feet</b></p> <p>Activities to support and provide reassurance for Y6 transition to Secondary school. Transitioning from primary to secondary school is a particularly significant change for children. It is important that we acknowledge how they feel and help</p>	<p><a href="http://youngminds.org.uk">Transitions Activity for Year 6 Pupils (youngminds.org.uk)</a></p> <p><a href="http://youngminds.org.uk">Transitions Activity for Year 7 Pupils (youngminds.org.uk)</a></p>

<p>them gain skills to find solutions or strategies to manage these feelings.</p>	
<p style="text-align: center;"><b>Finding your Balance</b></p> <p>This simple exercise is for children of any age and is particularly useful at the beginning of the day. It allows children time to breathe, relax, wobble and giggle!</p> <p>Try this activity in form time or at the beginning of the day to help children and young people find their balance. It can be adapted for children of any ages, takes about 10 minutes and allows children time to breathe, relax and think about their bodies and minds.</p>	<p style="text-align: center;"><a href="http://youngminds.org.uk">Finding Your Balance Activity (youngminds.org.uk)</a></p>
<p style="text-align: center;"><b>Well-being bingo</b></p> <p>Wellbeing Bingo is a great activity to get people talking and thinking about what they've done in the last week to look after themselves. It could be reading a good book, spending time with a friend or visiting somewhere new.</p> <p>This could be used in class with your pupils, and it may be especially useful at the start of a new academic year when you're encouraging pupils to talk to each other and make new friends. It could also be used in a staff meeting or Inset Day as a handy icebreaker and to get your colleagues thinking about their own wellbeing, as well as the pupils'.</p>	<p style="text-align: center;"><a href="http://youngminds.org.uk">Wellbeing Bingo (youngminds.org.uk)</a></p>
<p style="text-align: center;"><b>Relaxation</b></p> <p>It's hard to relax when there are many things going on around you.</p> <ul style="list-style-type: none"> <li>• Choose a quiet room</li> <li>• Wear comfy clothes that don't restrict you</li> <li>• Practise- it's a skill</li> </ul>	

<p>1- Squeeze a lemon- imagine you are squeezing a lemon in each hand. Try and squeeze it until every drop of juice is out. Squeeze until the pips pop out and you can smell the lemony smell. Then, stretch out your fingers wide and make them grow and stretch. Drop your hands and make them go heavy to the floor.</p> <p>2- Monkey – imagine you are a monkey. Move your shoulders as high as you can. Hunch them up to your ears whilst breathing in. Breathe out as you drop your shoulders and dangle your arms by your side like a monkey. Do it 5 times.</p> <p>3- Do you have a favourite animal? Imagine your animal and lick your lips, clench your teeth tight. Yawn a great big yawn and stretch your mouth as wide as it goes. Screw up your eyes tight. Make a surprised face and raise up your eyebrows and say eeee...ooooo...aaaa...ooooo. Stretch your lips!</p>	<p><a href="https://www.shutterstock.com/image-vector/lemon-hand-vector-illustration-215135275">https://www.shutterstock.com/image-vector/lemon-hand-vector-illustration-215135275</a></p> <p><a href="https://www.shutterstock.com/image-vector/cute-monkey-cartoon-361764026">https://www.shutterstock.com/image-vector/cute-monkey-cartoon-361764026</a></p>
<p style="text-align: center;"><b>Strength cards</b></p> <p>Ask the CYP to list their strengths, they may need some help with what a strength is. Make the words into cards and laminate them. Put the cards into 3 lists.</p> <p style="text-align: center;"><b>Mostly                      Sometimes</b></p> <p>Take a photo of the list or make into a poster that the CYP can see or take a copy home. Revisit to compare.</p>	<p style="text-align: center;">Use words like: kind, forgiving, talented, courageous, cautious, honest, courteous, friendly, caring, powerful, skilful, determined, thoughtful, humorous, loyal, patient, open, assertive, calm, sporty, capable, resilient, positive etc</p>
<p style="text-align: center;"><b>Group activities to encourage self esteem</b></p> <p style="text-align: center;"><b>Ranking traits</b></p>	<p style="text-align: center;">For older children</p> <p style="text-align: center;">Felt tips Paper (assorted size and colour)</p>

<p>Ask CYP to cut a piece of paper into 10 strips and write a characteristic of their personality, both positive and negative. They then arrange the pieces of paper in order of what they most like about themselves and dislike. Discussion around giving up one or more traits which would they be? If you gave up 2 traits what kind of person would you be? Maybe they could swap a trait with a friend? This encourages CYP to think about their personality as a whole and negative traits (being shy/quiet) could also be seen as positive (a good listener)</p>	
<p><b>VIP or Amazing board</b></p> <p>Put all the children's names in a box. A name is chosen at random and that child is VIP for a week. They choose a privilege for the week, taking the register, first in the line for lunch etc. Their name goes onto the board. The rest of the class write an adjective to describe the CYP- outgoing, sporty, kind etc. These can be added to the board. Also, these words can assist in the classes' writing. In the middle of the board the children can write other positive comments about the VIP. At the end of the week, the VIP can type up all the comments to comments and decorate in different fonts/colours to take home. This can also be copied to go into a class scrapbook, so a class of VIP's is created. The CYP chooses the next VIP out of the box for the following week.</p>	



<p style="text-align: center;"><b>Calming Techniques</b></p> <p><i>Grounding</i></p> <p>Ask the child or young person to place their feet solidly on the floor or ground and sense the support from floor or ground. If sitting on a chair, feet on the floor, tensing the leg muscles by stemming the feet against the floor as if wanting to push the chair back without actually doing so, can also be useful.</p> <p><i>5,4,3,2,1 technique</i></p> <p>Acknowledge FIVE things you see around you. It could be a pen, a spot on the ceiling, anything in your surroundings.</p> <p>Acknowledge FOUR things you can touch around you. It could be your hair, or the ground under your feet.</p> <p>Acknowledge THREE things you hear. For example, birds singing, a clock ticking or the sound of a car in the distance.</p> <p>Acknowledge TWO things you can smell. For example, the smell of a drink, soap in your bathroom, or smells of nature outside.</p> <p>Acknowledge ONE thing you can taste. What does the inside of your mouth taste like – can you taste food you ate earlier, or something you are eating now?</p>	<p style="text-align: center;"><a href="https://youtu.be/30VMIEmA114">https://youtu.be/30VMIEmA114</a></p>

<p><b>Mindful looking</b></p> <p>Calming videos with music</p>	<p>The mental health teacher videos Aimed at children aged 5-11</p> <p>Mindful looking <a href="https://youtu.be/UEuFi9PxKuo">https://youtu.be/UEuFi9PxKuo</a></p> <p>Thought awareness <a href="https://youtu.be/70j3xyu7OGw">https://youtu.be/70j3xyu7OGw</a></p> <p>Belly Breathing <a href="https://youtu.be/RiMb2Bw4Ae8">https://youtu.be/RiMb2Bw4Ae8</a></p> <p>Snowy sensations <a href="https://youtu.be/zkm2IFVVIqE">https://youtu.be/zkm2IFVVIqE</a></p>
<p><b>Moving up! The transition to secondary school</b></p> <p>Supportive video helping children accept change</p>	<p><a href="https://youtu.be/thnoUraeoGs">https://youtu.be/thnoUraeoGs</a></p>
<p><b>Talking Mental Health</b></p> <p><b>Primary</b></p> <p>A PowerPoint to use in schools</p> <p>Talking Mental Health lesson plans</p> <p>Talking Mental Health assembly plan</p>	<p>PowerPoint</p> <p><a href="https://www.annafreud.org/media/7207/05-talking-mental-health-assembly-powerpoint.pptx">https://www.annafreud.org/media/7207/05-talking-mental-health-assembly-powerpoint.pptx</a></p> <p>Lesson plans</p> <p><a href="https://www.annafreud.org/media/7202/01-talking-mental-health-lesson-plan.pdf">https://www.annafreud.org/media/7202/01-talking-mental-health-lesson-plan.pdf</a></p> <p>Assembly plan</p> <p><a href="https://www.annafreud.org/media/7204/02-talking-mental-health-assembly-plan.pdf">https://www.annafreud.org/media/7204/02-talking-mental-health-assembly-plan.pdf</a></p>

<p><b>You're never too young to talk booklet</b></p> <p>This leaflet which was created alongside the Talking Mental Health Animation &amp; Toolkit features an introduction from our Patron, Her Royal Highness The Duchess of Cambridge who supported the <i>You're never too young to talk</i> mental health campaign stating the campaign's resources "demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones."</p> <p><b>This "Talking Mental Health" animation aimed at primary school pupils, was developed in collaboration with children</b></p>	<p><a href="#">Advice for parents and carers of primary school pupils   Talking mental health primary school   Anna Freud Centre</a></p> <p>The Talking Mental Health animation aims to give children:</p> <p>An understanding of what mental health is and the difference between every day small feelings and a big feeling</p> <p>Consistent and accessible language to talk about mental health</p> <p>An understanding of how to be a good listener</p> <p><a href="https://youtu.be/oz1S66_pYTww">https://youtu.be/oz1S66_pYTww</a></p>
<p><b>Reading and Books</b></p> <p>Reading has been a source of comfort for lots of people for a long time. Here's how some people use it to help when they are struggling with their emotions:</p> <ul style="list-style-type: none"> <li>• Go back to a book you've read before that was particularly good or felt really comforting</li> <li>• Read a Fantasy or Science Fiction book to completely escape from your mind for a bit</li> <li>• Find a self-help or psychology book on a topic you're particularly struggling with now</li> </ul> <p><b>(See the recommended Reading well for children list)</b></p>	<p>In this video, renown children's author, Jacqueline Wilson, describes how books and reading helped her mental wellbeing growing up:</p> <p><a href="https://youtu.be/OwPB4O-eH3w">https://youtu.be/OwPB4O-eH3w</a></p>
<p><b>Breathing techniques</b></p> <p>Concentrating on your breathing technique releases tension and negative energy. It is a great exercise to practice for those moments when we are angry or feel like we might explode. A few rounds of controlled breath could help us calm ourselves down.</p>	<p>Breathing ball <a href="https://youtu.be/cF3uu36dcFc">https://youtu.be/cF3uu36dcFc</a></p> <p>Dragons breath <a href="https://youtu.be/djJNgTTPQyc">https://youtu.be/djJNgTTPQyc</a></p>

<p><b>Brain breaks</b></p> <p>Brain breaks are mental and physical activities to break up a period of concentration.</p>	<p>Move and freeze to music  <a href="https://youtu.be/388Q44ReOWE">https://youtu.be/388Q44ReOWE</a></p> <p><a href="#">brain-breaks.pdf</a>  <a href="http://mentallyhealthyschools.org.uk">(mentallyhealthyschools.org.uk)</a></p>
<p><b>Five steps to help with Children's wellbeing</b></p> <p>BBC website with resources and 5 steps to promote children's wellbeing as well as our own. Contains videos, lesson plans, school radio which offer audio and downloads for EYFS, KS1 and KS2</p> <p>Classroom resources for teaching pupils in KS1 and KS2. The website is organised by all subject areas and age-group</p> <p>Classroom resources for teaching pupils in KS3 and KS4. The website is organised by all subject areas and age-group</p> <p><b>Teacher support</b></p> <p>A support and wellbeing space to help teachers through the pressure of the school year.</p>	<p><a href="#">Five ways to help with children's wellbeing - BBC Teach</a></p> <p><a href="#">Primary Teaching Resources - BBC Teach</a></p> <p><a href="#">Secondary Teaching Resources - BBC Teach</a></p> <p><a href="#">Teacher Support - BBC Teach</a></p>
<p><b>Starting the conversation about mental health and wellbeing</b></p> <p><b>Making space and time to talk</b></p>	<p><a href="#">Promoting mental health and wellbeing   NSPCC Learning</a></p> <p><a href="#">Teaching resources and lesson plans   NSPCC Learning</a></p>
<p><b>Calm zone</b></p> <p>Access to breathing exercises, activities, games and videos to help let go of stress.</p>	<p><a href="#">Calm zone   Childline</a></p>
<p><b>Looking after a CYP's mental health</b></p> <p>For parents and carers, looking at ways to support children and young people to</p>	<p><a href="#">Children's mental health - Every Mind Matters - NHS (www.nhs.uk)</a></p>

<p>give them the best chance to stay mentally healthy.</p> <p>Many links included on this website including:</p> <ul style="list-style-type: none"> <li>• Anna Freud</li> <li>• Charlie Waller</li> <li>• Mind</li> <li>• Heads together</li> <li>• Young Minds</li> </ul> <p>And many more</p>	
<p style="text-align: center;"><b>Self soothe box</b></p> <p>Why not make a 'Self Soothe Box' with your children.</p> <p>It can be taken out in times of need, or when they might need a moment to calm down or relax.</p> <p>All you need is a box or container, and then a range of sensory things to pop inside that will focus their minds.</p> <p><b>Stress balls</b></p> <p>Pressing, pulling, pushing and twisting dough can be a great stress reliever.</p> <p>Here's a simple no cook, no salt 'Play Dough' recipe for you to try.</p> <p>The recipe is completely natural, using taste-safe ingredients.</p> <p><b>Finding my Selfie</b></p> <p>We adults have had many, many years to learn how to process our emotions and find the words to express how we are feeling.</p>	<p><a href="http://eyalliance.org.uk">Simple ideas to promote wellbeing in young kids   early years alliance (eyalliance.org.uk)</a></p> <p>Include:</p> <p>Something to touch (something soft, cuddly, with a comforting texture)</p> <p>Something to look at (photos of special people/things/pets)</p> <p>Something that the child likes to smell</p> <p>Something to hear (a wind-up toy or something with a comforting sound)</p> <p>All you need is 3 cups flour, 1 cup cold water and 1 tablespoon oil.</p> <p>Mix it all together</p> <p>You will need an iPad</p>

<p>Younger children are just beginning to understand that they have big feelings.</p> <p>‘Finding My Selfie’ is a lovely way to help children to recognise different facial expressions, make connections between what they’re feeling and what that might look like, and find the words for those feelings.</p> <p>All you have to do is, make funny, emotional faces and take a selfie.</p> <p>Then, swipe through the selfies, naming each expression or emotion captured.</p> <p>Some emotions and feelings that you might like to try: tired, excited, angry, shy, scared, happy, grumpy, curious, worried, calm, sad.</p> <p>Sometimes, when children can’t find the words, using the ‘emotional selfies’ as a prompt can help them show how they might be feeling.</p>	
<p><b>Wellbeing activities: Being kind to yourself Age 7-18</b></p> <p>Activities to help CYP who are experiencing feelings of anxiety, stress and loneliness.</p> <p><b>Adult wellbeing support Age 18+</b></p> <p>Activities and advice to support your wellbeing and build resilience.</p>	<p><a href="#">Wellbeing activities for schools   British Red Cross</a></p> <p><a href="#">Wellbeing Support   Activities &amp; ideas   British Red Cross</a></p>

**Recommended Reads**

**You Choose** by Pippa Hart

**Mindful Kids** - 50 mindfulness activities for kindness, focus and calm by Whitney Stewart and Mina Braun

**The Colour Monster** by Anna Llenas

**Yoga Babies** by Fearne Cotton and Sheena Dempsey

**I am Peace** by Susan Verde and Peter H. Reynolds

**Reading Well for children – [readingwell.org.uk](http://readingwell.org.uk) (Aged 7-11)**

**Ruby's Worry** by Tom Percival

**Breathe and Be: A Book of Mindfulness poems** by Kate Coombs and Anna Emilia Laitinen

[Ruby's Worry by Tom Percival - YouTube](#)

**Kaya's Heart Song** by Diwa Tharan Sanders and Nerina Canzi

**A Song of Gladness** by Michael Morpurgo

**Worrysaurus** by Rachel Bright

[The Worrysaurus read by Rachel Bright - YouTube](#)

**Recommended books by children and health professionals**

[RW Children - booklist interactive.pdf \(tra-resources.s3.amazonaws.com\)](#)

**The Reading Agency- tackling life's challenges through the proven power of reading-[tps://tra-resources.s3.amazonaws.com/uploads/entries/document/4839/Reading\\_Well\\_for\\_children\\_book\\_guide\\_final.pdf](https://tra-resources.s3.amazonaws.com/uploads/entries/document/4839/Reading_Well_for_children_book_guide_final.pdf)**