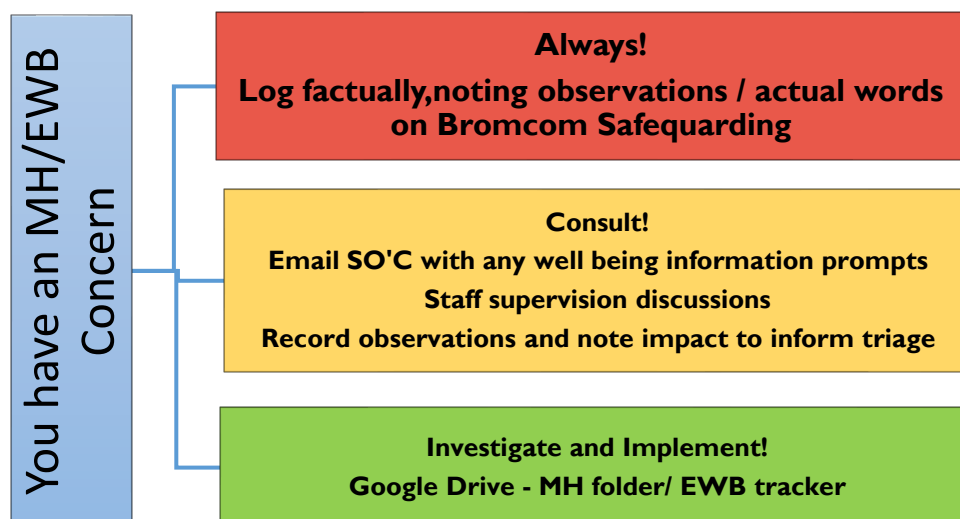


Temple Ewell Church of England Primary School  
Mental Health and Emotional Well Being Processes



Our Mental Health and Emotional Well Being Offer 2024

Universal	Group	Personalised
<ul style="list-style-type: none"> <li>Tai chi</li> <li>Sensory strategies</li> <li>Daily running</li> <li>Mindfulness</li> <li>Pupil voice well-being discussions</li> <li>Collective Worship/ reflection</li> <li>Emotional Literacy</li> <li>Whole class Meditation</li> <li>Cooking</li> <li>Go Noodle/Just Dance</li> <li>Art/Craft</li> <li>Time to talk – class staff</li> <li>Restorative Approach Circles</li> <li>Zones of Regulation</li> </ul>	<ul style="list-style-type: none"> <li>Nurture Group</li> <li>Forest School</li> <li>Well Being Groups</li> <li>EWP Groups</li> <li>Global Action</li> </ul>	<ul style="list-style-type: none"> <li>Use of apps (Headspace, Wysa, Smiling Mind)</li> <li>Self-referral using the Time to Talk Post box</li> <li>ELSA support</li> <li>Personalised input (building positive attachments)</li> <li>Incredible Five Point Scale (JL)</li> <li>Solution Focused Briefing Approaches (SO/JB)</li> <li>Cognitive Behavioural Approaches</li> <li>Referral for Counselling</li> <li>Referral to Early Help</li> <li>Referral to Cypmhs</li> <li>Referral to EWP</li> <li>EBSA support</li> </ul>

Staff Well Being

**Remember** - put your own oxygen mask on before supporting anyone else.

**Reflect** - where you are in the Zones of Regulation and what your tools are.

**Restore** – look after your own well being

**Repair** – use your supervision sessions to seek support and strategies