



Mental Health Universal Offer

Classroom

- Finger Breathing
- 5 Ways of Wellbeing
- Mindful Minute
- Examen Prayer
- Calm corner
- Calm/sensory box
- Calming displays (not over stimulating)
- Feelings displays
- Brain breaks – dancing, puzzles, games etc.
- Stickers
- Using role models
- Incident narratives/Restorative conversations
- Class rules/expectations
- House Points
- Roles and responsibilities
- Use of timers

Environment

- Growth Mindset displays
- 5 Ways of Wellbeing display
- Calm Space (book corners)
- Sensory Corridor
- Posters
- Safe outdoor spaces – gazebo, shepherd huts, reading huts
- Visual timetables
- Limited visual clutter
- Celebration displays
- Prayer Garden
- Characteristics of Effective Learning display (EYFS)
- Use of music
- Reflective Area within classroom

Curriculum

- PSHCE – SCARF
- RHSE – Life To The Full
- Coram Life Education
- National Events – Wellbeing Week (World Mental Health Day)
 - Anti-bullying Week
 - Children's Mental Health Week
 - Black History Month
- Cross Curricular links – Science

- Catholic Life
 - PE inc key visitors/workshops
- Liturgical Prayer – Values and Virtues
- Mission Statement
- Chaplaincy Team
- School Council
- Personal Development
 - Charity and Community Work
 - Physical Health
 - Promoting British Values
 - Healthy Relationships
 - Celebrating Differences
 - SMSC
 - Online and Offline Safety
 - Celebrating Differences
- A range of stories covering sensitive topics
- PCSO workshops
- Dental Hygienist visits
- Move More—Health Activator and a Family Engagement Officer
- Maths Mantra
- 'Have A Go Hawk'
- Celebration Assembly
- Educational Visits e.g. Skills Zone
- Mixed age group buddies
- Oracy 21

Then What? See Mental Health Support Mapping

- Nurture
- Time out of classroom
- SLT Support

What Next?

- YMM Request for Support
- TIC+
- Specialist support
- Social Prescribing