
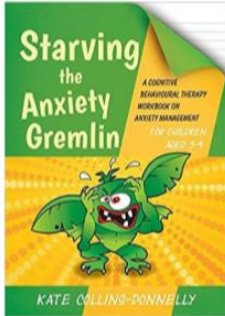
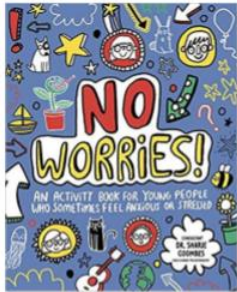



What support is used at Harefield Primary?

Interventions we use	Focus for the intervention	How it works	Age it is used with	Timings of the intervention	How you can help at home if your child finds this area difficult
Emotional and wellbeing					
Zones of Regulation	Builds emotional vocabulary and self-regulation skills	The Zones gives the children four zones which they can use to describe how they feel: green, yellow, red and blue. It also teaches them things they can do when they are feeling uncomfortable.	Any age group in a small group	1-2 times a week for 20 mins	https://www.cosmickids.com https://www.headspace.com/meditation/kids https://www.cosmickids.com https://hampshirecamhs.nhs.uk/
TalkAbout	Builds self-esteem, self-confidence	Children work in a small group with an adult, and practice skills with fun activities e.g. listening games	Any age in a small group	1-2 times a week for 20 mins	   
Lego Therapy	Builds skills of turn taking, listening, asking questions and responding	Children work in a small group and build a Lego model together. One has a picture, one has the pieces and one has to build. They have to describe what to build rather than show a picture.	Any age in a small group	1-2 times a week for 30 mins	
ELSA (Emotional Literacy)	Teaches skills e.g. friendship,	The children work with the adult on a range of activities and have a chance to talk	1:1, any age	1-2 times a week for 20 mins	

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Support Assistance)	controlling anger, talking about feelings				
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