

## Social, Emotional and Mental Health Waves of Provision at Newhampton Federation



## Targeted

No Worries, Restorative Conversations, Individual Work Space, Quiet Working Areas, Forest School Sessions, Gardening Club, Zones of Regulation, Star of the Week, Targeted PSHE Sessions, Structured Break/Lunch Periods, Social Stories, Visual Timetable, Warning Before Changes

## Universal

## **Quality First Teaching**

Emotions Check-in, Friendship Friday, Calm Brain, Quiet Working Areas, Behavior Plan, Adapted Tasks, Multi-Sensory Approaches, Growth Mindset Activities, Rewards and Consequences,