



Falkirk Educational Psychology Service

Falkirk Educational Psychology Service – Working in Partnership to Improve Outcomes for Children in Falkirk

Resources to support SEBN for Primary School aged children (some resources suitable for older young people) .

Online		
Name	Description	Link
Supporting Children to Learn Self-Regulation	Falkirk Council Educational Psychology Service's guide to supporting children to learn self-regulation.	Website Link
Mindfulness Meditations	Mindfulness meditations for children.	Website Link
Incredible 5-point scale	A tutorial on the background of the Incredible 5-point scale and how to use it in practice.	Website Link
Incredible 5-point scale resources	Downloadable resources to support the implementation of the Incredible 5-point scale.	Website Link
Talking Mats	Talking Mats can help children to explore and express their feelings, views and aspirations.	Website Link
Parent Club	Guide for parents and carers to better manage their child's behaviour.	Website Link
Parent across Scotland	Guide for parents and carers to build good relationships with children and young people.	Website Link
Togetherness	A range of free online courses to support parents and carers. Access code: TARTAN	Website Link



Cosmic Kids Yoga	Yoga and mindfulness sessions on video to be used in class or at home.	Website Link
Wellbeing Pack	Wellbeing Pack – symbol supported books and activities to support children’s wellbeing.	Website Link
Emotion Works	Emotion Works is an educational programme the puts learning at the heart of emotional health and well-being.	Website Link
Zones of Regulation	This approach teaches students how to regulate their feelings in order to meet the demands of the situation around them.	Website Link
ABLE – ideas for self-regulation	Guidance and strategies to support self-regulation in students.	Website Link
Anxiety Tool Kit	This toolkit can be used to support children and young people with a range of mental health and wellbeing concerns, including anxiety, stress, low resilience, low self-esteem.	Website Link
Blob Tree Pip Wilson and Ian Long	Blobs deal with issues using feelings and language to develop emotional literacy. Each picture is means to a conversation rather than a problem to be solved.	Website Link



Books		
Name	Description	Link
Self-Regulation interventions and Strategies – Teresa Garland	Features more than 200 practical interventions, strategies and adaptations for helping children gain more control over their emotions.	Amazon Link
Self-Regulation and Mindfulness – Varleisha Gibbs	An evidenced-based resource for helping children who need support with self-regulation and controlling their emotions.	Amazon Link
The Kids Guide to Staying Awesome and In Control – Lauren Brukner	Simple ideas for children to help regulate their emotions.	Amazon Link
Stay Cool and In Control with the Keep Calm Guru – Lauren Brukner	This illustrated book introduces ways for children to recognise and cope with anxiety, anger, frustration and other difficult emotions.	Amazon Link
The Whole-Brain Child - Dr. Daniel J Siegel and Tina Payne Bryson	Learn about how the brain is wired and why it matters to support emotions. 12 proven strategies to nurture your child's developing mind.	Amazon Link
My Hidden Chimp - Prof. Steve Peters	Learn how ten habits can help children to understand and manage their emotions.	Amazon Link



The Big Book of Blob Trees (Blobs) Pip Wilson and Ian Long	Features 70 different Blob trees that can be used as prompts to explore feelings to develop an understanding of emotions, empathy and self-awareness.	Amazon Link
The Colour Monster - Anna Llenas	A gentle exploration of feelings for young and old alike using colours as a meaning to feelings.	Amazon Link
Settling to Learn – Louise Bomber and Daniel Hughes	This book explores relational approaches and attachment to support attainment.	Amazon Link
When the Adults Change Everything Changes: Seismic Shifts in School Behaviour. Paul Dix	Aimed at educators to focus on what the adults can do to support inclusive practice and advice on developing a whole school ethos built on kindness, empathy and understanding.	Amazon Link
Growth Mindset – Barry Hymer and Mike Gershon	Practical strategies for developing a growth mindset and the benefits of this approach to learning and wellbeing.	Amazon Link
Other		
Name	Description	Link
A therapeutic treasure deck of feelings and sentence completion cards - Karen Treisman	This resource provides a safe, playful way for children to make sense of their feelings.	Amazon Link



A therapeutic treasure deck of grounding, coping and regulating cards - Karen Treisman	A treasure trove of coping, regulating, grounding, and soothing activities and techniques for working with children.	Amazon Link
A therapeutic treasure deck of strengths and self-esteem cards - Karen Treisman	A deck of 70 cards that offer creative ways to help develop self-esteem, strengths and resilience.	Amazon Link
Therapeutic Activity Books – Karen Treisman	A set of six activity books which can be used to address common social or emotional challenges including self-regulation and relaxation.	Amazon Link
Sensory Circuits	A sensory circuit is an active and engaging circuit exercise designed to stimulate students' bodies and minds to support readiness for learning.	Amazon Link
Kitbag	Kitbag creates a space to become calm, share feelings and grow quality relationships.	Link