**Supporting Mental Health and Wellbeing Needs June 2019**

**Universal Approaches Targeted Approaches**

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| Seasons for Growth |
| Triple P (parenting programme) |
| Family Learning (parenting programme) |
| Incredible Years (parenting programme) |
| Emotion Works |
| **Interventions generated by participants (targeted)** |
| Boxall sessions daily ‘me time’ incl. intervention plan |
| PACE Walking Group at lunch |
| Zoolab sessions |
| Boys Group (secondary) |
| Girls group (secondary) |
| Talking Mat |
| Welfare officer |
| Aberlour input |
| Lego therapy |
| ASLoT – literacy and feelings focus |
| Social stories |
| Visual timetables |
| Nurture group |
| Best of You |
| TCI framework |
| ICMPs |
| Life skills |
| 5 point scale |
| Scripted language |
| Narratives |
| Making plans |
| Scripted language |
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| Nurturing Approaches |
| Bounce Back |
| Mentors in Preventing Violence |
| Stress Control |
| Mental Health First Aid |
| Five to Thrive |
| Active Schools |
| PSHE programme |
| FRIENDS |
| Growth Mindset |
| Sustained Shared thinking and Emotional Wellbeing (Early Years) |
| National 4/5 NQ Mental Health & Wellbeing |
| Breakfast/ lunch club |
| Lego club |
| Mindfulness meditation (Relax kids) |
| Cosmic kids yoga |
| Emotion works |
| Wider achievement |
| Circle time |
| Massage in Schools Programme |
| Social story |
| Visual timetable |
| Bookbug |
| Building the Ambition |
| Leuven scale |
| SALT programme – Teaching Children to Listen |
| SALT |
| Curriculum for excellence |
| Wellbeing factors |
| GIRFEC – Child’s plan/Assessments |
| Songs and actions |
| Playback ICE |
| RSHP |
| Food – A fact of life |
| Attainment |

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**Universal Approaches Targeted Approaches**

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| Relaxation sessions |
| Stress management |
| Animal assisted interventions |
| Integrated family work (Mums & sons, Dad & lads etc) |
| Clinical Psychology |
| Consultations w/-E.Ps |
| CAMHS |
| Outdoor Learning/Muiravonside – Jane Jackson! |
| Creature Music Group |
| Movement breaks |
| Volcano in my tummy |
| Lunch/break club group |
| Soft start/soft finish |
| Identified safe places |
| Playtime/Lunchtime groups |
| Social groups |
| Nurture box for individual pupils |
| Playtime/Lunchtime Groups |
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| Trauma – informed practice |
| Emotional Check-ins |
| Reflections |
| Listening to children |
| Therapeutic Crisis Intervention |
| Meditation music during lessons |
| Feel think do |
| Emotional Check-in |
| Ice pack |
| Nurture corners in all classrooms |
| Tree of achievements |
| Creating confident kids |
| Feel, Think, Do |
| Ice pack |
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