

## Examples of pastoral care at Bengo include:

**Breakfast club:** A group of invited children meet for breakfast and have opportunity to participate in a range of calming activities in readiness for the school day.

**Cognitive Behaviour Therapy Based Techniques (CBT):** A talking therapy that works on coping skills of dealing with different problems. It focuses on the mindset and actions.

**Daily Mile:** Children challenge themselves to run, jog or walk a mile. It is not only exercise, but it also releases endorphins and builds resilience and self-esteem.

**Emotional literacy:** A small group activity that involves developing self-awareness and the recognition of your own and others feeling and how to manage them.

**Gardening club:** An educational and holistic approach to outdoor learning. Activities take place outdoors which offers an environment that is informal, challenging and stimulating.

**Lego Based Therapy:** Working in small groups, children are supported in developing their communication skills through a highly structured programme which is also fun and engaging. Through Lego Therapy, children can learn to communicate with others, express their feelings, change their behaviour, and develop problem-solving skills.

**Lunchtime club:** A targeted provision for children who need support at lunchtimes and children with medical needs. It provides a calm space to chat, read, draw or play games.

**Mindfulness:** Children of all ages can benefit from mindfulness – the simple practice of bringing a gentle, accepting attitude to the present moment. It can be a useful tool for decreasing anxiety, relieving stress and promoting happiness.

**Protective Behaviours:** Promote safety and wellbeing, building confidence and resilience by exploring our right to feel safe.

**Resilience and Self-esteem:** A small group intervention that works on looking at the positive; recognising achievements and how to overcome barriers.

**Safe spaces:** Classrooms provide safe spaces where a child can take themselves when they need to self-regulate into a calmer state.

**Sand play Based Therapy:** A therapeutic intervention that makes use of sand and toy figures to create scenes of miniature worlds that reflect a person's struggles and concerns. Sand play is well suited for working with children who struggle to express their feelings in words.

**School Council and Pupil Voice:** Children meet to discuss specific issues. During these sessions, pupils have the opportunity to voice their ideas, thoughts, and feelings.

**Sensory Circuits:** A short, sensory motor skills programme that is designed to improve brain processing efficiency and enables children to reach the level of alertness needed to concentrate during lessons.

**Social Stories and Comic Strip Conversations:** Social stories present information in a literal, 'concrete' way, which may improve a child's understanding of a previously difficult or ambiguous situation or activity. By providing information about what might happen in a particular situation, and some guidelines for behaviour, you can increase structure in a child's life and thereby reduce anxiety.

**Therapeutic Art:** A creative method of expression. Arts and creative activities take place on a one-to-one basis or in a group. Sessions allow for a safe time and place to help children explore the thoughts and emotions.

**Therapeutic Cooking:** A collaborative activity where children can have time to discuss emotions and feelings.

**Therapeutic Thinking approach:** A therapeutic behaviour approach endorsed by HCC (Hertfordshire County Council). It uses techniques to de-escalate a situation before a crisis occurs and, where a crisis does occur, it adopts strategies to reduce the risk of harm.

**Visual Timetable:** Every classroom has a visual timetable that enables children to understand the structure and sequence of the school day which can reduce anxiety levels. Pictures are used to represent the lessons and activities.

**Zones of regulation/ 5-point scale:** An approach to developing emotional literacy. The Zones of Regulation is used to teach children self-control and how to self-regulate using strategies or tools to help them move between the 4 coloured zones.