

SEND COFFEE AND CHAT

**Supporting children with:  
Social Emotional and Mental Health needs  
(SEMH)**

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## What is meant by SEMH needs?

- **Social** – socialising and managing social situations
- **Emotional**- difficulties around regulating emotions in situations
- **Mental Health** – responding to every- day situations disproportionately

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## How might SEMH needs present?

**All behaviour is communication** – listen and tune in.

- **Freeze. Flight. Fight**
- **Freeze** – body goes still, no response, not listening or looking, appearing not to be “there”
- **Flight** – leaving the situation physically and/ or mentally
- **Fight** – physical behaviour, arguing, violence

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# Strategies we use in school to support SEMH

**For those who require support above what is offered within the classroom:**

- **Pupil passport** - identifying SEMH needs, sometimes including individual targets.
- **Tracking** of progress in SEMH.
- **IBP** – Individual Behaviour Plan for higher levels of SEMH needs, where a risk assessment is required for safety for the child and others.

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# Strategies we use in school to support SEMH

On top of what is offered within the classroom:

- Check ins
- Emotional wellbeing sessions
- Zones of Regulation and 5 Point Scale of emotions
- Lego Therapy
- Social communication groups
- Accessing the Nurture Room and/ or Sensory room
- Therapeutic Story Writing

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# Strategies we use in school to support SEMH

Referrals for outside of school professionals if needed:

- Early Help Referral
- City Wide Consultation with an Educational Psychologist
- SEMH team Referral
- SENCO meetings with Link Education Psychologist

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# Strategies to support at home.

- Listen and tune in
- Provide a safe space for your child to go to
- Use sensory objects to help to calm
- Breathing exercises
- Zones of Regulation and 5 Point Emotional Scale
- Sensory Circuits

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# Strategies to support at home.

- [MindMate Support Team - MindMate](#)

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