



# Anxiety and Reintegration – Year 8

Belonging Contribution Being Someone Sharing Ordinary Places Choice and Control

## What did we do?

- Used person-centred approaches to build trust and to gain the child’s views.
- Practised self-regulation strategies chosen by the child, such as art-based techniques, mindfulness, and movement. We did this through the medium of a co-created boardgame.
- Created and used a bespoke scale to measure feelings towards going back to school.
- Work on understanding how our bodies feel when we are anxious and when to use strategies to help improve feelings of self-control.



## What was the outcome for the child?

- The child is attending school full time, despite saying at the beginning that they would never return.
- They have been able to come up with their own adapted strategies to use at home and in school.
- The child can express their concerns in a safe environment.



Parent: “I’ve noticed a difference since he’s been seeing you, he’s been a lot more positive”



Child: “This is great, I love that we did it (worry box) as a Ninja Turtle”

For more information about how we work please contact: [IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)

