



Anxiety and Transition – Year 3 to 4

Choice and Control
Being Someone
Sharing Ordinary Places
Contribution
Belonging

What were we asked to do?

- To support the child to transition back to mainstream school, having been at a PRU. When previously they've been unable to attend school and work within their mainstream class.
- To provide time with a trusted adult to discuss and explore concerns.
- To work on reducing levels of anxiety and developing strategies to cope.

What did we do?

- Used person-centred approaches to build trust and to gain the child's views.
- Practised self-regulation strategies, such as art-based techniques, mindfulness, and play, using a boardgame format.
- Created and used a bespoke scale to measure feelings towards going back to school.
- Understanding how our bodies feel when we are anxious and practising strategies at times of calm.
- Collaboration with other professionals to create a multi-agency approach. Sharing ideas and knowledge with TRFs, EWOs, Family Services, the school and family.



"She trusts you..."

What was the outcome for the child?

- The child is attending mainstream education and engaging in group work.
- They can model their chosen therapeutic activities, to use when they begin to feel anxious.
- The child has started to build a trusting relationship with their TA.



"You've really helped."



For more information about how we work please contact: IF@suffolk.gov.uk

