



## Outcomes – Reducing anxiety around transition to school

### What were we asked to do?

To support the child to manage their feelings of anxiety around the transition into school.

To work on reducing levels of anxiety and developing strategies to cope.



### What did we do?

- ✓ Completed activities to form a transition lapbook
- ✓ Worked on understanding how our bodies feel when we are anxious
- ✓ Practised self-regulation strategies such as using mindfulness and therapeutic activities.
- ✓ Created a bespoke tool from something this child already loves (keys), as a visual aid to support staff to recognise when to help.

### Impact

The transition journey to school has been managed very well, and a consistent adult is identified who is able to give person-centred support.

The child was able to identify and give meaning to each key, then link them to feelings. Now, whenever they want help, they have the keys as a powerful aid – to independently reach out for the support they need.



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