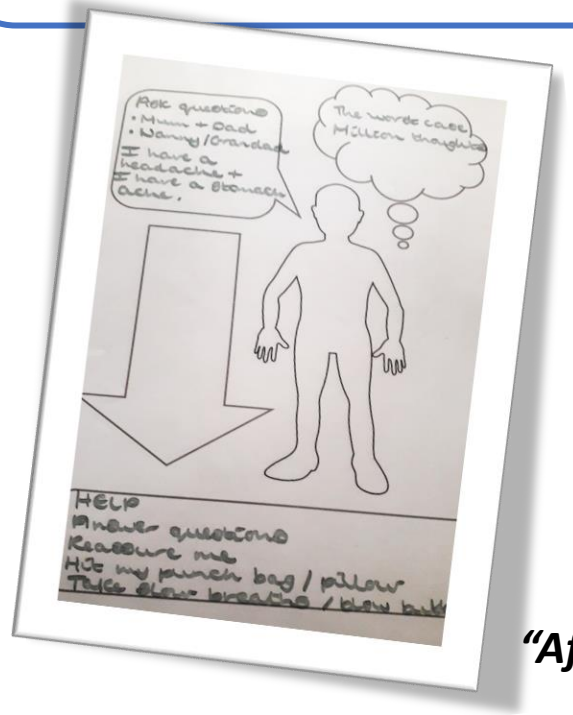
Outcome – Getting back into class

What were we asked to do?

- Help with the high anxiety of a boy in Year 5
- Help him to integrate back into class

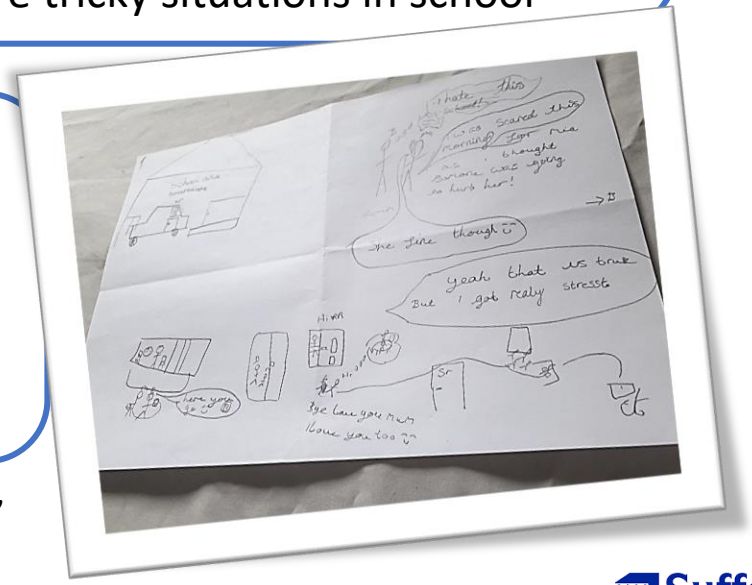


What did we do?

- Practised self-regulation strategies such as using mindfulness and therapeutic activities together
- Explored personal construct theory, using the 'Ideal Self'
- Created bespoke scaling with this child to measure his anxiety levels
- Work on understanding how our bodies feel when we are anxious
- Used comic strip conversations to explore tricky situations in school

****** Impact ******

The pupil has learned different mindfulness strategies. He now uses these, unaided, to calm and enable him to go into class. He is now more self-aware and positive about school.



"After your sessions my child has been seen to calm"

…tailored to meet every individual's needs, just get in touch: **IF@suffolk.gov.uk**...

Suffolk County Council