

### Wellbeing and mental health interventions at Washacre Primary Academy

Supporting children's mental health and wellbeing has always been a priority at Washacre Primary Academy, we recognise that a child needs to feel happy safe and secure to flourish and learn effectively.

Drawing and Talking is a therapeutic intervention for children, it allows them to discover and communicate emotions through a non- directed technique, it is designed as a short-term pro-active intervention intended to complement, rather than replace, the work of Specialist Mental Health Services such as CAMHS.

Mrs Keever and Mrs Field are trained therapeutic providers of Drawing and Talking and support the children to help them express their thoughts, feelings and emotions in a safe space.



### Lego Therapy & Lego Thera-build

Lego therapy is a play- based intervention which focuses on developing collaborative play skills. It was introduced by Dr Daniel LeGoff in 2004. It is predominately used with children who have Autism or social interaction difficulties. However, it can be used with all children.

Thera-Build® is an adult led but child-centred therapeutic programme for building confidence, raising self-esteem, and encouraging purposeful conversation. It was developed by Alyson Thomassen to be a therapy that is attachment and trauma informed and based on authentic, playful, active interaction with children and young people to improve social skills, build resilience, nurture positive relationships and promote good mental health, through shared construction experiences with LEGO® bricks. Both Mrs Keever and Mr Pearce are trained in Lego Therapy.



### Lessons in Loss

This is a gentle, non-intrusive way of working with children who need a little help to support their wellbeing and emotions. You can find out more about the programme at [lessonsinloss.com](http://lessonsinloss.com). The programme was developed by Deborah Brown, former Headteacher of Buckton Vale Primary School. Washacre Primary Academy has been lucky enough to be selected as a pilot school for this fantastic programme and we are very much looking forward to working with Mrs Brown and Lessons in Loss as the programme continues.



### Rainbow Time

All children need support from time to time. Rainbow Time is designed to allow a child to have one on one time with an adult to talk through any worries or issues they might have, work on their confidence and self- esteem or simply learn techniques to support them in their mental wellbeing. Rainbow Time is based on Positive Psychology (the science of human flourishing) solutions and practises and equips our children with tools to support them not only in school life but into adult life to.

### Forest School

Our forest school site is used by all children and is an integral part to the education our children receive, both academically and holistically. Forest School is a child-centred inspirational learning process, that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration and supported risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.

Forest School has many benefits including:

- Fostering Independence and Confidence: Child-led exploration allows children to make decisions, solve problems, and take manageable risks.
- Building Resilience
- Enhancing Social Skills
- Encouraging Creativity and Imagination
- Boosting Well-being and Emotional Regulation
- Connecting with Nature and Developing Environmental Stewardship

If you would like to talk to a member of staff about what we can offer your child to support their mental health and wellbeing please contact Mrs Keever via the school office.