Secondary EHWB Overview of resources 10.08.22

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| Year |  |  |
| 7 | [**We all have mental health**](https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/) Lesson plan and activities Anna Freud   * We all have mental health * Looking after our mental health * Listening * Stress bucket * Feelings * Communication * Self-care | **Year 7 SEL resources**  Please email [inclusionandsend@norfolk.gov.uk](mailto:inclusionandsend@norfolk.gov.uk)  New start – Stepping up  Ground rules  Feelings, identity and self-regulation  Self- esteem  Friendship  Looking backwards and looking forwards – Stepping up |
| 8 | **5 Ways for Wellbeing** [BBC Growth Mindset Videos](https://www.bbc.co.uk/teach/class-clips-video/growth-mindset-case-studies/zpc4vwx)   * Dan Connect with others * Kristana Be Active * Rachel Take notice * Ethan Keep Learning * Majid Give to others   **Sleep**  [Sleep](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#sleep)  [Why do we need sleep](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/)  [Good sleep for kids and teens](https://www.youtube.com/watch?v=05Z8yv-7y3Q)  [Sleep factor KS3 &4](https://pshe-association.org.uk/topics/physical-health) PSHE Association | **Physical and mental wellbeing and self-care**  [Physical and mental wellbeing](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#physical-mental)  [How exercise can help wellbeing and mental health: Sweat](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/)  Self care [**https://www.annafreud.org/on-my-mind/self-care/**](https://www.annafreud.org/on-my-mind/self-care/)  [My Self Care Plan Secondary](https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/)  **Digital resilience**  [Social media](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#social-media)  [Online stress and FOMO](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#onlinestress) |
| 9 | **SEL Acknowledging your feelings, self-regulation, making a plan.**  **Exam stress/Self-care**  Acknowledging your feelings  [The worry tree](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/) Identify someone you can trust/talk to. [Worry](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#worry) [Unhelpful thoughts](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#unhelpful-thoughts)  Calming down strategies [Finger breathing](https://www.youtube.com/watch?v=HQVZgpyVQ78) [Box Breathing](https://www.youtube.com/watch?v=JYytiS0ymZg)  [5/4/3/2/1](https://www.youtube.com/watch?v=jHV2J8Gp5c4)  [PEStartwithHeart6-8.pdf (pureedgeinc.org)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpureedgeinc.org%2Fwp-content%2Fuploads%2F2021%2F11%2FPEStartwithHeart6-8.pdf&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce3995cd6552643ee4bc208d9b51ca9e6%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637739956970496832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2FafNZvXIzWsVBXRzmFN0jqm2KT%2B%2FIaXRfvndS%2FzrHD0%3D&reserved=0) Years 7, 8, 9  Develop own self care plan for dealing with stressful situations  Self care  [Self-care](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#self-care) KS3 [**https://www.annafreud.org/on-my-mind/self-care/**](https://www.annafreud.org/on-my-mind/self-care/)  [My Self Care Plan Secondary](https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/) | [**Mental Health PSHE Association**](https://pshe-association.org.uk/search?queryTerm=Mental%20health%20and%20emotional%20wellbeing%20pack)  **Mental Health and emotional wellbeing lessons KS3**  Attitudes to mental health  Promoting emotional wellbeing  Digital resilience  Unhealthy coping strategies. (self-harm, eating disorders)  Healthy coping strategies  Change, loss and grief  [Keeping safe online](https://mentallyhealthyschools.org.uk/resources/keeping-safe-online-toolkit/?utm_source=mhs&utm_medium=newsletter&utm_campaign=onlinesafety&utm_content=toolkit) |
| 10 | **Everymind Matters**   * [Bullying and cyberbullying](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#bullying) * [Self-care](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#self-care) * [Building connections](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#building-connections) * [Forming positive relationships](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#relationships) * [Social media](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#social-media) * [Online stress and FOMO](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#onlinestress) * [Body image in a digital world](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#bodyimage) * [Dealing with change](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#dealing-with-change)   **Making a plan to cope with exams**  [Exam stress and pressure](https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/)  [Exam stress](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#examstress)  [Headstartexam stress](https://www.headstartnewham.co.uk/resources-2/)  [Exam stress](https://www.mentallyhealthyschools.org.uk/resources/exam-stress-advice-booklet-for-students/)  **Sleep**  [Sleep](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#sleep)  [Why do we need sleep](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/)  [Good sleep for kids and teens](https://www.youtube.com/watch?v=05Z8yv-7y3Q)  [Sleep factor KS3 &4](https://pshe-association.org.uk/topics/physical-health) PSHE Association | [**Mental Health PSHE Association**](https://pshe-association.org.uk/search?queryTerm=Mental%20health%20and%20emotional%20wellbeing%20pack) **Mental Health and emotional wellbeing lessons KS4**  New challenges  Reframing negative thinking  Recognising mental ill health and when to get help  Change, loss and grief  Promoting emotional health and wellbeing |
| 11 | <https://www.annafreud.org/on-my-mind/>  [PEStartwithHeart9-12.pdf (pureedgeinc.org)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpureedgeinc.org%2Fwp-content%2Fuploads%2F2021%2F11%2FPEStartwithHeart9-12.pdf&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce3995cd6552643ee4bc208d9b51ca9e6%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637739956970496832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=OVxludn4LSArWvvUs6j2KAHREf7C6pK1rO3Vb0qgUqE%3D&reserved=0) 10, 11, 12, 13 |
|  | Every mind matters extras | * [Puberty](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#puberty) * [Alcohol](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview?WT.mc_id=BH_Schools_EVERFI_NSAD_SUBEMAIL_resources#alcohol) |
|  | **Funded for Norfolk schools** |  |
| Yr 7 – 11 | Rise Up funded for secondary schools in Norfolk  Emotional and physical health | 1. Awareness: Intro/identification/self awareness 2. Self-care toolbox: Confidence/worries/habits/happiness 3. Impact: Whole school/celebrate |
|  | Persona Education |  |
|  | **Additional SEL Resources** |  |
|  | [Just One Norfolk Self-confidence and self esteem](https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/emotional-health-activities/self-confidence-self-esteem-activities) |  |
|  | **Self efficacy, motivation, perseverance and resilience**  [**https://www.youtube.com/watch?v=VW5v6PQ5PEc**](https://www.youtube.com/watch?v=VW5v6PQ5PEc) |  |
|  | **Self confidence**  <https://www.youtube.com/watch?v=l_NYrWqUR40> |  |
|  | **Self esteem journal ideas** | Something I did well today  Today I had fun when  I felt proud when  Today I accomplished  I had a positive experience when  Something I did for someone  I felt good about myself when  I was proud of someone else when  Today was interesting because  Something I did well today  I felt good about myself when  I enjoyed… |
|  | Self-regulation/calming down/mindfulness | [PEStartwithHeart6-8.pdf (pureedgeinc.org)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpureedgeinc.org%2Fwp-content%2Fuploads%2F2021%2F11%2FPEStartwithHeart6-8.pdf&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce3995cd6552643ee4bc208d9b51ca9e6%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637739956970496832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2FafNZvXIzWsVBXRzmFN0jqm2KT%2B%2FIaXRfvndS%2FzrHD0%3D&reserved=0) Yrs 7, 8, 9  [PEStartwithHeart9-12.pdf (pureedgeinc.org)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpureedgeinc.org%2Fwp-content%2Fuploads%2F2021%2F11%2FPEStartwithHeart9-12.pdf&data=04%7C01%7Canna.sims%40norfolk.gov.uk%7Ce3995cd6552643ee4bc208d9b51ca9e6%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637739956970496832%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=OVxludn4LSArWvvUs6j2KAHREf7C6pK1rO3Vb0qgUqE%3D&reserved=0) Yrs 10, 11, 12, 13    [Relaxation and mindfulness activities](https://www.mentallyhealthyschools.org.uk/resources/end-of-term-toolkit/?utm_source=mhs&utm_medium=newsletter&utm_campaign=endofterm&utm_content=toolkit)  [**Reset and rewind Channel 4 Mindful breathing episode 2**](https://www.channel4.com/programmes/reset-and-rewind/on-demand/71482-002) |
|  | Healthy coping strategies | [**Healthy and unhealthy coping strategies toolkits**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fannafreud.us13.list-manage.com%2Ftrack%2Fclick%3Fu%3Daa2c9f8b722440e7e05bedb82%26id%3D02dbc6b928%26e%3D7e941d498c&data=05%7C01%7Canna.sims%40norfolk.gov.uk%7Cddee7bfc6557461e038308da4de45751%7C1419177e57e04f0faff0fd61b549d10e%7C0%7C0%7C637907940361424619%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2Ye6Wo2necjBwkYI8tolP0ZXvPPa1uDLczlXxut2ISk%3D&reserved=0)  [How do I change my thoughts](https://www.mentallyhealthyschools.org.uk/resources/how-do-i-change-my-thoughts/)  [My staying on track plan](https://www.mentallyhealthyschools.org.uk/resources/my-staying-on-track-plan/) |
|  | BBC Bitesize  Perfectionism <https://www.bbc.co.uk/bitesize/articles/zg4vp4j>  Teenage brain <https://www.bbc.co.uk/bitesize/articles/zckbsk7>  Sadsville <https://www.sadsville.co.uk/sadsville-resources/> |  |
|  | Wellbeing | [Wellbeing bingo](https://www.mentallyhealthyschools.org.uk/resources/wellbeing-bingo?pdf=winter-wellbeing-toolkit)  [My Self Care Plan Secondary](https://www.annafreud.org/schools-and-colleges/resources/my-self-care-plan-secondary/)  [**https://www.annafreud.org/on-my-mind/self-care/**](https://www.annafreud.org/on-my-mind/self-care/) |
|  | Action for happiness | [Action for Happiness calendars](https://actionforhappiness.org/calendar) |
|  | Keeping safe online | [Keeping safe online](https://mentallyhealthyschools.org.uk/resources/keeping-safe-online-toolkit/?utm_source=mhs&utm_medium=newsletter&utm_campaign=onlinesafety&utm_content=toolkit) |
|  | [**Charlie Waller Action Plan**](https://charliewaller.org/resources/wellbeing-action-plan-young-person#:~:text=Our%20newly%20designed%20Wellbeing%20Action,and%20where%20to%20seek%20help.) | For young people/children who need extra support – 2 versions |
|  | **Digital Support** |  |
|  | Chat Health (11-19) | Chat Health [07480 635060](tel:%2007480635060) |
|  | Kooth (11-25yrs) | [Home - Kooth](https://www.kooth.com/) |