



## High Lane Primary School

- Nothing about me, without me -

### Supporting Social and Emotional Mental Health (SEMH) needs

After the Covid-19 pandemic, there are an increasing number of children nationally who are presenting with anxiety-related behaviours. As a school, we believe that emotional wellbeing is paramount in enabling our children to feel safe and well, so that they can subsequently enjoy their school experience.

From our Early Years Foundation Stage, we begin supporting our children in developing emotional literacy and emotional regulation. [‘The Colour Monsters’ written by Anna Llenas](#) is a fantastic, age-appropriate way to help our youngest children understand the range of emotions that we can experience.



As the children move into Key Stage 1 and throughout the rest of the school, we link ‘The Colour Monsters’ to the Bounce Scale, which is designed to help children develop emotional resilience and the tools to self-regulate.

