

Language Curriculum

Social Emotional Mental Health



Summary:
Knightsfield School delivers 30 minutes of Language Lessons per day (where the timetable allows). These Language Lessons covers the Broad Areas of Needs (found in their EHCP): Communication and Language; SEMH; Cognition and Learning; Physical and Sensory; and Independence. These lessons challenge and develop student in all areas.

Cognition and Learning Skills:

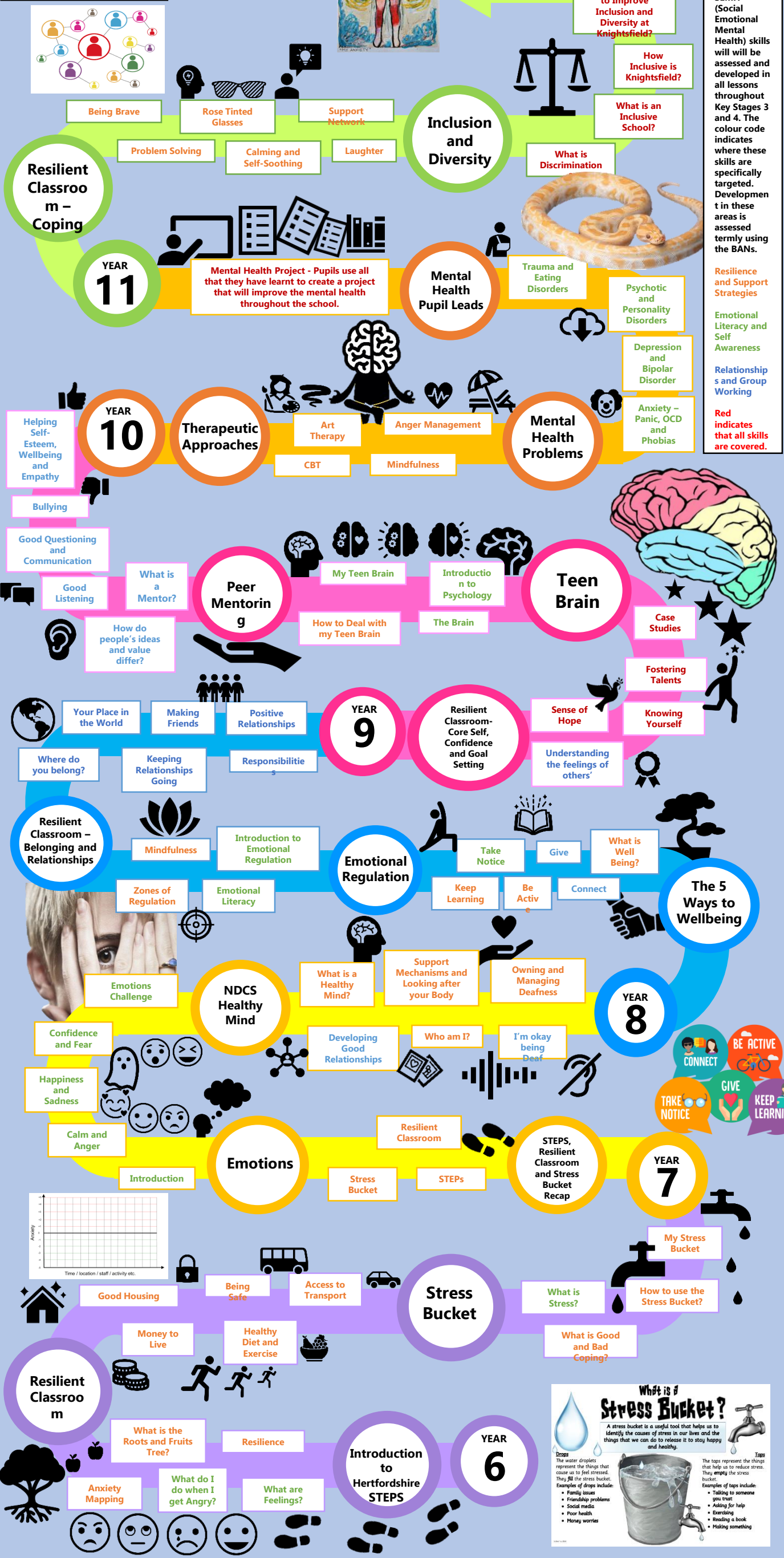
SEMh (Social Emotional Mental Health) skills will be assessed and developed in all lessons throughout Key Stages 3 and 4. The colour code indicates where these skills are specifically targeted. Development in these areas is assessed termly using the BANs.

Resilience and Support Strategies

Emotional Literacy and Self Awareness

Relationships and Group Working

Red indicates that all skills are covered.



What is a Stress Bucket?

A stress bucket is a useful tool that helps us to identify the causes of stress in our lives and the things that we can do to release it to stay happy and healthy.

Drops
The water droplets represent the things that cause us to feel stressed. They fill the stress bucket. Examples of drops include:
• Family issues
• Friendship problems
• Social media
• Poor health
• Money worries

Taps
The taps represent the things that help us to reduce stress. They empty the stress bucket. Examples of taps include:
• Talking to someone you trust
• Asking for help
• Exercising
• Reading a book
• Making something