

Collated data from pupil led survey on Universal School Provision carried out 24.05.22

Small focus groups from Reception to Year 6 were asked the following questions.

1. Do you have any of the following things in your classroom that support mental health?	
	<p>All classes have:</p> <ul style="list-style-type: none">○ Calm box○ Stories○ Mindfulness○ Calm area○ Worry boxes/jars/monsters <p>Most classes have:</p> <ul style="list-style-type: none">○ Information books○ Emotions/feelings support <p>Anything else: (please list)</p> <ul style="list-style-type: none">○ Puzzles○ Teddies○ Mindfulness books○ Lego○ Fidgets
2. How do the adults in class support mental health?	
	<p>All classes do:</p> <ul style="list-style-type: none">○ Mindfulness○ Breathing○ PSHE/Jigsaw lessons○ Calming music <p>Most classes do:</p> <ul style="list-style-type: none">○ Body scans○ Emotional check ins○ Worry boxes <p>Anything else:</p> <ul style="list-style-type: none">○ Teachers help out○ Calming tables○ Wake and Shake○ Brain breaks
3. Is there anything else you think you could add to your class to support your mental health further?	
	<ul style="list-style-type: none">○ Reception - More activities - slides, swings, tunnels. Squishies and poppets.○ Year 1 - Calming corner, drawing books○ Year 2 - More playtimes during the day. More time on the computers and iPad's○ Year 3 - Emotional check ins, worry monster, calm colouring○ Year 4 - Bigger reading area○ Year 5 - /○ Year 6 - Daily check ins. If you're sad, more calm time and tools.