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| **Primary Specific** | **SPOT Toolkit Links To Practical Resources** | **Secondary Specific** |
| [Exploring Emotions](https://www.mentallyhealthyschools.org.uk/resources/activities-for-exploring-feelings/)  [Tools for managing emotions](https://www.mentallyhealthyschools.org.uk/resources/tools-for-managing-emotions/)  [Express Yourself ideas and activities](https://www.barnardos.org.uk/blog/express-yourself)  [Emotion Coaching](https://www.milton-keynes.gov.uk/assets/attach/65813/5.-Emotion-Coaching-handout.pdf) or [PACE for teachers](https://www.oxfordshire.gov.uk/sites/default/files/file/children-and-families/PACEforteachers.pdf)  [School Stress Survey](https://www.tes.com/teaching-resource/school-stress-survey-6386627)  [Managing Anger and Other Emotions](https://www.mentallyhealthyschools.org.uk/resources/managing-anger-and-other-emotions/)  [30 Helpful Emotional Resilience Activities for Kids - Teaching Expertise](https://www.teachingexpertise.com/classroom-ideas/emotional-resilience-activities/#:~:text=30%20Helpful%20Emotional%20Resilience%20Activities%20for%20Kids.%201,Calming%20Exercise.%205%205.%20Heartbeat%20Connections.%20More%20items)  [Emotions for Kids: Lessons and Activities to Build Self-Awareness – Proud to be Primary](https://proudtobeprimary.com/emotions-for-kids/) | **Emotional Aspects**  [Range of supportive resources for Primary and Secondary](https://www.mentallyhealthyschools.org.uk/resources/)  [SEAL Resources National Archives](https://webarchive.nationalarchives.gov.uk/ukgwa/20110812101121/http://nsonline.org.uk/node/87009)  [Video Lego Hand Brain Model for CYP](https://www.youtube.com/watch?v=UtTjNo8Zi8Q)  [Hand Brain Model pdf](https://learnsheffield.co.uk/Downloads/Emotional-Health-and-Wellbeing/Sheffield%20CV-19%20EHWB%20resources%20-%20Hand%20Model%20of%20the%20Brain.pdf) & [Dan Siegel Clip Hand Brain Model](https://www.youtube.com/watch?v=qFTljLo1bK8)  [Range of resources to develop Self-Awareness](https://ccea.org.uk/learning-resources/wellbeing-hub/self-awareness)  [Increasing confidence and Self-awareness](https://www.mentallyhealthyschools.org.uk/resources/increasing-self-confidence-and-self-awareness/)  [Communi-crates (sheffkids.co.uk)](https://sheffkids.co.uk/communi-crates-2/)  [27 Resilience Activities for Students and Adults (+PDF) (positivepsychology.com)](https://positivepsychology.com/resilience-activities-worksheets/)  [50 Activities That Support Social-Emotional Learning - The Art of Education University](https://theartofeducation.edu/2020/10/27/50-activities-that-support-social-emotional-learning/)  [Activities for exploring feelings : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/activities-for-exploring-feelings/)  [Self-Efficacy Toolkit - Transforming Education](https://transformingeducation.org/resources/self-efficacy-toolkit/)  [Useful Resources Lincolnshire Behaviour Outreach Service](https://www.family-action.org.uk/what-we-do/children-families/lincs-boss/#:~:text=Lincolnshire%20Behaviour%20Outreach%20Support%20Service%20%28BOSS%29%20has%20been,the%20Lincolnshire%20Ladder%20of%20Behavioural%20Intervention%20Our%20aim) | [Tools for managing emotions](https://www.mentallyhealthyschools.org.uk/resources/tools-for-managing-emotions/)  [Express Yourself ideas and activities](https://www.barnardos.org.uk/blog/express-yourself)  [Emotion Coaching](https://www.milton-keynes.gov.uk/assets/attach/65813/5.-Emotion-Coaching-handout.pdf) or [PACE for teachers](https://www.oxfordshire.gov.uk/sites/default/files/file/children-and-families/PACEforteachers.pdf)  [School Stress Survey](https://www.tes.com/teaching-resource/school-stress-survey-6386627)  [Anger Management Programme 11-14](https://www.tes.com/teaching-resource/anger-management-programme-6080335)  [Resources to support self-awareness](https://www.selfawareness.org.uk/education/downloads.htm)  [21 social-emotional learning activities for secondary schools | CASCAID](https://cascaid.co.uk/social-emotional-learning/activities/)  [Classroom wellbeing toolkit: Simple ways to support secondary students’ mental health (annafreud.org)](https://www.annafreud.org/media/17009/classroom-wellbeing-toolkit.pdf) |
| [SEAL Foundation to Y6 Peaceful Problem Solving Oxfordshire Council](https://schools.oxfordshire.gov.uk/cms/sites/schools/files/folders/folders/documents/antibullying/resources/Tracking_Peaceful%20_Problem_Solving.pdf)  [Conflict resolution activities](https://proudtobeprimary.com/conflict-resolution-activities/)  [Range of resources for teaching Primary Pupils about Social Awareness](https://ccea.org.uk/learning-resources/wellbeing-hub/social-awareness) | **Social Awareness and Relationships**  [Range of supportive resources for Primary and Secondary](https://www.mentallyhealthyschools.org.uk/resources/)  [Range of resources for teaching SEND Pupils about Social Awareness](https://ccea.org.uk/learning-resources/wellbeing-hub/social-awareness)  [Social Awareness Toolkit for Educators](https://transformingeducation.org/resources/social-awareness-toolkit/)  [Communi-crates (sheffkids.co.uk)](https://sheffkids.co.uk/communi-crates-2/) | [Peaceful Secondary Schools Guide](https://www.peacefulschools.org.uk/application/files/4114/4801/2083/Peaceful_Secondary__Schools_Guidance.pdf)  [Peacemakers Secondary Schools](https://peacemakers.org.uk/secondary-schools)  [Range of resources for teaching Secondary Pupils about Social Awareness](https://ccea.org.uk/learning-resources/wellbeing-hub/social-awareness) |
| [School Stress Survey](https://www.tes.com/teaching-resource/school-stress-survey-6386627)  [5 Classroom Activities to Help Your Pupils Build Resilience (amaven.co.uk)](https://www.amaven.co.uk/blog/5-classroom-activities-to-help-your-pupils-build-resilience#:~:text=Use%20these%20learning%20activities%20to%20help%20pupils%20understand,card%20long%20enough%20to%20fit%20around%20the%20wrist.) | **Independence and Resilience**  [Resilience Toolkit #6](https://www.mentallyhealthyschools.org.uk/media/2047/coronavirus-toolkit-6-resilience.pdf)  [Resilience Activities and Worksheets](https://positivepsychology.com/resilience-activities-worksheets/)  [Range of supportive resources for Primary and Secondary](https://www.mentallyhealthyschools.org.uk/resources/)  [20 assessment strategies to use every day](https://www.teachthought.com/pedagogy/20-simple-assessment-strategies-can-use-every-day/)  [Assessment for Learning strategies](https://www.twinkl.co.uk/blog/assessment-for-learning-strategies-and-ideas-you-can-try-this-term)  [15 assessment activities](https://blog.futurefocusedlearning.net/15-assessment-activities-fast-formative)  [Assessment for Learning Toolkit](https://www.tes.com/teaching-resource/assessment-for-learning-toolkit-6020165)  [Using Checklists](https://www.teachthought.com/pedagogy/simple-checklist-can-improve-learning/)  [Cognitive Load Theory - teaching strategies](https://www.teachermagazine.com/sea_en/articles/cognitive-load-theory-teaching-strategies)  [15 executive functioning strategies every teacher can use](https://www.thepathway2success.com/15-executive-functioning-strategies-every-teacher-can-use/)  [Executive functioning guide for teachers](https://www.additudemag.com/executive-functioning-adhd-teacher-guide/)  [Communi-crates (sheffkids.co.uk)](https://sheffkids.co.uk/communi-crates-2/)  [Resilience game : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/resilience-game/)  [Resilience Activities (justonenorfolk.nhs.uk)](https://www.justonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/emotional-health-activities/resilience-activities)  [Resilience ladder : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/resilience-ladder/) | [Reachout resilience resources](https://schools.au.reachout.com/resilience)  [Academic Resilience](https://www.boingboing.org.uk/resilience/schools-resources/)  [School Stress Survey](https://www.tes.com/teaching-resource/school-stress-survey-6386627)  [Ideas for developing pupils’ resilience (sec-ed.co.uk)](https://www.sec-ed.co.uk/best-practice/ideas-for-developing-pupils-resilience/)  [DEAL lesson plan: building resilience : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/deal-lesson-plan-building-resilience/)  [resiliance-toolkit.pdf (seemescotland.org)](https://www.seemescotland.org/media/8155/resiliance-toolkit.pdf) |
| [Top 10 five minute activities](https://the-teacher-next-door.com/top-10-five-minute-activities-for-the-classroom/)  [Fun Friday Activities](https://www.educationworld.com/a_lesson/archives/friday.shtml)  [Lesson starter generator KS2 to KS4](https://www.tes.com/teaching-resource/the-starter-generator-ks2-4-ages-7-16-starters-6020073)  [30 Starter and Plenary Ideas](https://cyps.northyorks.gov.uk/sites/default/files/Teaching/Subject%20Areas/Science/Secondary/30%20starters%20and%20or%20plenary%20activities%20for%20use%20in%20the%20classroom.pdf)  [5 minute morning attention and listening activities](https://www.twinkl.co.uk/resource/t-s-2949-five-minute-morning-attention-and-listening-activities)  [Listening and Attention games](https://childspeechbedfordshire.nhs.uk/wp-content/uploads/2018/03/Attention-and-Listening-Games-1.pdf)  [Listening and Attention activities for KS1 & KS2](https://gorton-manchester.org.uk/wp-content/uploads/2021/01/AL-05-Activities-for-older-children.pdf) | **Behaviour for Learning**  [Range of supportive resources for Primary and Secondary](https://www.mentallyhealthyschools.org.uk/resources/)  [Free Resource on Belonging KS2 & KS3](https://www.coramlifeeducation.org.uk/belonging)  [10 Strategies to promote curiosity in the classroom](https://www.teachthought.com/learning/10-strategies-to-promote-curiosity-in-learning/)  [Student Motivation Made Simple](http://needsfocusedteaching.com/free-resources/)  [25 ways to create curiosity in your lesson](http://needsfocusedteaching.com/wp-content/uploads/2016/02/25WaystoCreateCuriosityinYourLessons.pdf)  [Ideas to improve pupil motivation](https://www.teachthought.com/pedagogy/improve-student-motivation-ideas/)  [Do Now activity ideas](https://ditchthattextbook.com/10-digital-bell-ringer-activities-to-kickstart-class-part-1/) or [Bell work ideas ppt](https://www.tes.com/teaching-resource/simple-bell-work-ideas-6297840)  [The 'What If?' Box](https://www.tes.com/teaching-resource/the-what-if-box-6299735)  [Outdoor learning ideas](https://www.lotc.org.uk/resources/education-resources/)  [Improving attention](https://siouxfallscounseling.com/blog/improving-kids-attention-span-with-fun-simple-activities/)  [Strategies to support pupils with attention difficulties](https://adhdfoundation.org.uk/)  [7 ways to increase pupil attention span](https://www.edutopia.org/discussion/7-ways-increase-students-attention-span)  [Concentration exercises](https://www.medice.ch/indikationen-1/adhs/patienteninformationen/weiteres-adhs-infomaterial/konzentrationsubungen.pdf)  [Listening games for kids](https://www.unicefkidpower.org/listening-games-for-kids/) | [SLCN in secondary pupils](https://www.cumbria.gov.uk/elibrary/Content/Internet/537/3953/6769/6928/42130144231.pdf?timestamp=4238411644)  [Supporting listening and attention in secondary school pupils](https://www.speakupsalford.nhs.uk/listening-and-attention-difficulties)  [Listening skills for KS3](https://www.tes.com/teaching-resource/ks3-listening-skills-11914357) |
| **Mental Health and Wellbeing**  [Range of supportive resources for Primary and Secondary](https://www.mentallyhealthyschools.org.uk/resources/)  [Emotionally Based School Avoidance Suffolk County Council](https://www.suffolk.gov.uk/children-families-and-learning/wellbeing-for-education-return/ebsa-emotionally-based-school-avoidance/)  [Emotionally Based School Avoidance Staffordshire County Council](https://www.staffordshire.gov.uk/Education/Access-to-learning/Graduated-response-toolkit/School-toolkit/EPS-COVID-19-recovery-materials/Emotionally-based-school-avoidance/Emotionally-Based-School-Avoidance-Guidance-SCC-EPS-Sept-2020-PDF.pdf)  [Emotionally Based School Avoidance Sheffield County Council](https://learnsheffield.co.uk/Downloads/Emotional-Health-and-Wellbeing/EBSA%20Guidance%20Sheffield%20EPS%20FINAL.pdf)  [Mental health resources for schools, parents, caregivers and young people | Mental Health Foundation](https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/resources)  [Wellbeing Recovery Action Plan Resource](https://www.mentallyhealthyschools.org.uk/resources/wellbeing-action-plan/)  [Mental Health Resources For Children and Young People | YoungMinds](https://www.youngminds.org.uk/professional/resources/)  [Charlie Waller Trust, mental health charity](https://charliewaller.org/) | | |
| **Information and Resources around Developmental Trauma and Attachment**  [Shame (oxfordshire.gov.uk)](https://www.oxfordshire.gov.uk/sites/default/files/file/childrens-social-care/understandingshameandguiltaccess.pdf)  [Trauma and Shame | Out of Home Care Toolbox (oohctoolbox.org.au)](https://www.oohctoolbox.org.au/trauma-and-shame)  [The Shield of Shame: what is it & how can we help? (learningandwellbeing.org)](https://www.learningandwellbeing.org/post/the-shield-of-shame)  [Home (beaconhouse.org.uk)](https://beaconhouse.org.uk/)  [Developmental Trauma - Help Children Live Better](https://helpchildrenlivebetter.co.uk/developmental-trauma/)  [Trauma Informed Schools UK](https://www.traumainformedschools.co.uk/)  [What survival looks like at primary school for children with developmental trauma : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/resources/what-survival-looks-like-at-primary-school-for-children-with-developmental-trauma/) | | |