

Social, Emotional and Mental Health Interventions

Wellbeing Garden

The therapeutic gardening intervention in our aims to promote well-being and self-confidence through engaging with nature.

The therapeutic gardening intervention encourages students to connect with nature, learning essential gardening skills such as planting, nurturing, and harvesting while fostering mindfulness and emotional balance. Through this hands-on experience, your child will develop an appreciation for the environment and their overall well-being.

Friendship Formula

The Friendship Formula, aims to enhance your child's ability to build and maintain positive relationships with their peers.

The Friendship Formula focuses on teaching essential social skills such as effective communication, conflict resolution, and emotional regulation. Through guided sessions and practical activities, your child will learn strategies to improve their interactions with others and develop stronger, more meaningful friendships.

The Zones of Regulation Intervention

The Zones of Regulation, aims to help children understand and manage their emotions, leading to improved self-regulation and social interactions.

The Zones of Regulation utilizes a structured framework to teach children about different emotional states, referred to as "zones." Through engaging activities and discussions, your child will learn how to identify their feelings, recognize triggers, and employ strategies to regulate their emotions effectively.

ELSA

the Emotional Literacy Support Assistant (ELSA) intervention, aims to enhance your child's emotional literacy, resilience, and overall well-being.

The ELSA intervention focuses on helping children recognize and express their emotions, develop coping strategies, and build positive relationships with their peers. Through engaging activities and discussions, your child will learn essential skills that promote emotional awareness and regulation.