

# SEND & SEMH

## Newsletter 24/25

Resources, articles and tips!

via clickable links



### Website - Colour Blind Awareness

A source of information for those seeking to find out more about colour blindness with a wealth of resources for you to use.

### 2. Blog - What is Interoception?

Article that helps explain the ability to notice and understand your body signals such as heart rate, breathing, hunger, thirst, and other sensations - and how this influences emotional responses.



### 3. Video - Being my own best friend

A great video from Barnados that explains the importance of positive self talk and will help you to start that conversation with your child.

## DID YOU KNOW...

the building blocks of self esteem (Borba, 1989) are affiliation, mission, competence, security and selfhood.

All feedback is welcome as we want it to be useful for YOU so please tell us what you want to see. Mrs Larkman, Mrs Mead and Mrs Griffin