

SEND & SEMH Newsletter 24/25

Resources, articles and tips!

via clickable links

Resource - "CBT doodling for kids" book

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1. Unique drawing exercises develop confidence, encourage self-awareness and help open up conversations where children are struggling to verbalise their thoughts or emotions.

2. Podcast - Relationship Dynamics with children with PDA

A really interesting podcast from SendCast with candid reflections on the highs and lows of parenting a child with PDA



3. Article - What is seasonal affective disorder (SAD).



"Mind" explains seasonal affective disorder, including possible causes and how you can access treatment and support.

DID YOU KNOW...

There are 4 main areas of need within special educational needs - communication and interaction, cognition and learning, social, emotional, and mental health, and sensory and/or physical needs.

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