

What you might see:

You might see a child who:

appears persistently sad or tearful.

withdraws from activities or peers.

shows reduced interest in learning or play.

appears tired, disengaged or lacking motivation.

may be experiencing bereavement, loss or family change.

What you can try:

Reflective question: Before applying the strategies below, consider, 'what might this behaviour be communicating about their social development needs?'

- Use cognitive behavioural approaches to help pupils recognise and challenge unhelpful thoughts.
- Provide regular support from a trusted adult.
- Offer support from trained staff such as ELSAs.
- Use emotion coaching to help pupils link thoughts, feelings and behaviour.
- Provide small group or one-to-one opportunities for creative expression such as drawing, writing or play.