

Blended learning Plan Well Being T HUB

Class	T1 T2 T3 T4 T5
Topic areas	WELLBEING
Methods of teaching	<p>In school face to face teaching.</p> <p>Differentiated termly work packs for WELLBEING that cover activities:</p> <ul style="list-style-type: none"> • Handling anger effectively • Anger management • De-catastrophising • My happy place • How does anxiety make my body feel • What is worry? • Relaxation spin wheel techniques • Mood measure • My fears • Positive affirmations journal <p>MS Teams assignments</p> <p>MS Teams list of mental health support agencies</p>
Assessment/Feedback	<p>In school face to face teaching assessing in class in line with the Marking Policy.</p> <p>Feedback on MS Teams.</p> <p>Verbal feedback on work completed on brought into school. Work Communicate feedback via email, teams or phone</p>
Communication with parents.	Email or telephone conversations with parents and pupils to clarify work etc
Interventions	