**Autumn 1 SENCO Forum**

YouTube Video – Anxiety

<https://www.youtube.com/watch?v=rpolpKTWrp4>

**Developing a feeling of safety**

Understanding the ideal school

<https://www.drawingtheidealself.co.uk/>

School Stress Survey

<https://www.tes.com/teaching-resource/school-stress-survey-6386627>

**Developing a feeling of belonging**

Tools for supporting child/young person voice

<http://www.sheffkids.co.uk/adultssite/pages/communicrateworksheets.html?LMCL=yHHJaR&LMCL=ZVCthI>

**Understanding their anxiety**

5 Point Scale

<https://www.5pointscale.com/scales.html>

Managing your child’s worries: A 3 Session guide for parents.

<https://weheartcbt.com/for-parents>

**Managing anxiety**

Visual Breathing Techniques

<https://raising-independent-kids.com/calming-anger-anxiety-teaching-kids-breathe/>

Child Yoga Techniques

<https://childhood101.com/yoga-poses-kids/>

**Supporting a return to school**

A parent-led organisation supporting families experiencing school refusal and attendance difficulties.

<https://notfineinschool.org.uk/>

SDQ Questionnaire – Brief behavioural screening questionnaire. Can be used pre and post intervention measures.

<https://www.sdqinfo.org/>

Return to school plan – Within the West Sussex EBSA Guidance Document

<http://schools.westsussex.gov.uk/Page/10483>

**Useful links**

[South Gloucestershire - Managing anxiety guidance](https://edocs.southglos.gov.uk/managinganxietyadult/)

[Emotionally based school refusal - North Somerset guidance](https://thinkleftdotorg.files.wordpress.com/2015/10/ebsr.pdf)

[Emotionally based school refusal – West Sussex](http://schools.westsussex.gov.uk/Page/10483)

[theschoolrun.com](https://www.theschoolrun.com/coping-with-school-refusal)

[youngminds.org.uk](https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-school-anxiety-and-refusal/)