



Roarsome Roar

INCLUSION NEWSLETTER



MEET THE PRACTITIONERS

Hello! and welcome to the first addition of the Roarsome Roar. This is a newsletter which aims to provide a space for the Seaford Primary School community.

We are practitioners at the school and would like to share our knowledge and experience. Providing a one stop platform for all those Social, Emotional, Educational and Mental Well-being needs.

IDEAS FOR HOME



MAKE YOUR OWN SELF REGULATION BOX

These boxes can be a great tool for children and a fun activity to carry out together.

The contents can be made personal. Featuring what the child may find helpful to make themselves feel better.

You and your child may like to make a few boxes, each representing a key emotion.

In the Roarsome Room we have coloured coded boxes that represent our four key human emotions – anger, sadness, happiness and worry.

One box maybe enough for your child, especially if they get overwhelmed easily.

BUSINESS SHOUT OUT

www.arloandjude.com

A one stop shop for all children's products with the aim of instilling self-belief and confidence.

Message from the creator

"The idea started a few months ago when my oldest son Olly had been feeling anxious about going somewhere new without me. I began to think of how I could help him feel more confident but in a way that wasn't going to be obvious to everyone else. I decided to create a secret code".

Resources in action

As practitioners and parents we can highly recommend the Worry dolls and the Secret Powers range. Having used both of these resources with great success.

