



## Lowerhouse Junior School, Burnley

### Wellbeing Support Offer 2025-2026



| Service                                      | Autumn 1                                                                                                                                                                                                                                                    | Autumn 2                                                                                                                                                                                                                                                    | Spring 1                                                                                                                                                                                                                                                    | Spring 2                                                                                                                                                                                                                                                    | Summer 1                                                                                                                                                                                                                                                    | Summer 2                                                                                                                                                                                                                                                    |
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| <b>Children and Family Wellbeing Service</b> |                                                                                                                                                                                                                                                             | Children and Family Wellbeing Service – Inside Out (Y5)                                                                                                                                                                                                     | Children and Family Wellbeing Service – Inside Out (Y4)                                                                                                                                                                                                     | Children and Family Wellbeing Service – Inside Out (Y3)                                                                                                                                                                                                     |                                                                                                                                                                                                                                                             | Children and Family Wellbeing Service – Managing Transitions (Y6)                                                                                                                                                                                           |
| <b>NHS Mental Health Support Team</b>        | MHST Whole School Assembly - What is Mental Health?<br><br>Year 3 – Managing Change Workshop<br><br>Year 5 – Power of Words Workshop<br><br>My Anxious Child – Parent Workshop                                                                              | Y6 - Mental Health in the Digital Age Workshop                                                                                                                                                                                                              | Worry Management Workshop                                                                                                                                                                                                                                   | Self-Esteem Workshop                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                             | Y6 – Transitions Workshop                                                                                                                                                                                                                                   |
| <b>School Support</b>                        | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour | Talkabout for Children – Developing self-awareness and self-esteem<br>The Friendship Formula<br><br>Socially Speaking<br><br>Zones of Regulation<br><br>The Incredible 5 Point Scale<br><br>1:1 Support Pastoral and Wellbeing<br><br>1:1 Support Behaviour |