

The Hub @ Wath Victoria Menu Summer Term 2025

Programme	Age	Description
Anger Gremlins	5-9 years	Aimed at helping children to understand and manage their anger, the Anger Gremlin is based on cognitive behavioural principles, this workbook uses fun and engaging activities to teach children how to manage their anger by changing how they think and act – in order to get rid of their Anger Gremlins.
Angry Monsters	5-7 years	Designed to help the child tune in to their feelings and feel calmer while having lots of fun. Angry Monsters uses the techniques employed by child psychotherapists, including mindfulness meditation and cognitive behavioural therapy (CBT), to overcome difficult feelings and encourage calm.
Coping with anxiety and worries	7-11 years	If the child often has tummy aches, headaches or feels sick – these could all be signs that the child is experiencing anxiety. This programme combines cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help the child to deal with feeling anxious.
Creative Self Expression	All ages	Using artwork and creative skills to express feelings, emotions, worries and anxieties. Finding calming strategies throughout creative work.
Friendship Skills	5-9 years	This workbook is aimed at helping children with their social and relationship skills; it is for children with social, emotional or behavioural difficulties.
Lego Team Building	5-11 years	This programme aims to promote social interaction, turn-taking skills, sharing, collaborative problem-solving and the learning of concepts. It can be used to target goals around social skills, language and motor skills.
Lunch Time Clubs	5-11 years	Bookable in advance, a range of activities is provided throughout the week for children who are struggling to access playtime outside during their lunch time. Children can sign up for a chosen club or teachers can make recommendations to go.
Nurture Breakfast	5-11 years	The aim of nurture breakfast is to support students to have a positive start to their day. It is a time where child-to-child and child-to-adult relationships are positively fostered and reinforced.
Self Esteem	7-11 years	Self-awareness and self-esteem are essential skills in order to develop social skills; this programme enhances the child's self-awareness so that self-confidence can develop.
Sensory Coping Skills	All ages	Using play to help build and enhance attachment, self-esteem, trust in others, and joyful engagement. This therapeutic approach is often used for children who have suffered trauma.
Sensory Circuits	All ages	Sensory circuits involve a sequence of physical activities that are designed to alert, organise and calm the child. It aims to facilitate sensory processing to help children regulate and organise their senses in order to achieve the 'just right' or optimum level of alertness required for effective learning.
Sibling Support	All ages	Aimed at children growing up with a disabled sibling, this programme aims to support children who are often left feeling overlooked or unimportant. Siblings of children with SEND find that life is harder for them than their peers, facing many more daily challenges at home and at school. SIBS support aims to help with this.
Social Stories	5-11 years	Stories which have been specifically written to spark discussions relating to interactions and communication with peers. The stories explain social situations in ways children with neurodiversity can understand, while teaching social skills needed for them to be successful at home, school, work, and in the community.

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Time to Talk	5-7 years	Aimed at developing children's communication skills; to enhance access to the curriculum and develop co-operative skills and friendships. This programme has been developed to teach and develop oral language and social interaction skills to children aged 4-6.
Worry Monsters	3-6 years	Emotions are explored with the Worry Monsters with the aim of helping younger children recognise and understand their feelings, as well as the feelings of those around them. Used in conjunction with a Worry Monster puppet.
With Me In Mind Group Support Summer Term 2025		
Friendship 5 x 60 mins	Y4,5,6 8 pupils	Lead by With Me in Mind, social interaction difficulties.
Emotional Regulation 5 x 60 mins	Y1,2,3 8 pupils	Lead by With Me in Mind, self-regulation strategies
Self Esteem 5 x 60 mins	Y4,5,6 8 pupils	Lead by With Me in Mind, self-esteem difficulties
Parent / carer led group for anxiety	KS2 parents	Lead by With Me in Mind, workshop for parent / carers of children with anxieties
Transition parent/carers support for Y6-Y7 workshop	Y6 parents	Lead by With Me in Mind, workshop for parent / carers of Y6 children transitioning to Y7
With Me In Mind Whole class offer Summer Term 2025		
How big are your worries little bear?	F2	Emotional regulation strategies
Colour monster 3 x 60 min workshops	KS1	Whole class workshop on emotions
(Bullying) and Kindness 3 x 90 minute workshops	Y3, 4	Whole class workshops on kindness
SATS buster 1 hour workshop	Y6	Reducing SATs anxiety and stress
5 ways to wellbeing 30 minute sessions x 3	Y5,6	Wellbeing activities workshops
Transition 1 hour workshop	Y6	Coping with the stresses of moving schools

Name of Child/ren		Class Teacher:	
Class:		Date submitted:	
Name of Intervention/s			
What are the child's identified needs in this area? (E.g. SEMH, OPP, SEND plan, EHCP target)	<div style="background-color: yellow; padding: 5px;">Please return electronically this to enutley@wv.jmat.org.uk</div>		
Name of Intervention Allocated:			
Start Date:			
Initial Assessment:			
Completion Date			
Evaluation:			

Booking Request for The Hub