



Group interventions

At Sydenham School we consider it important that our students are not only able to fully access their education but that their pastoral needs are also met. Consequently we have created a range of programmes to provide additional support to some of our students.

Emotional Literacy Group Intervention

Outline Of Programme

This intervention has been designed to support students who are not managing their emotions, consequently impacting on their relationships with students and staff. The programme focuses on ways to express and deal with emotions appropriately.

The topics covered on the six week programme include:

- You and I messages
- Assertiveness means
- ABC chart
- It's the way that you say it
- Expressing yourself
- Staying cool
- Anger blockers

Behaviour Modification Group Intervention

Outline Of Programme

This intervention has been designed to support students who have been flagged as getting into trouble due to mismanagement of their emotions.

The topics covered on the six week programme include:

- Talking about feelings, control and how aware we are of our feelings.
- To recognise what triggers a negative incident and what we can do about this.
- To be aware that everyone gets angry and frustrated.
- To own our feelings and develop confidence in expressing them appropriately.
- We will be sharing and writing about our feelings and the changes we are making.

Anxiety Management Group Intervention:

Outline Of Programme

This intervention has been designed to support students who are finding it difficult to manage their stress or anxiety within school.

The topics covered on the six week programme include

- Looking at triggers
- Thought processes, feelings and strategies to manage these.
- The focus is on developing greater self-awareness and confidence so that students are able to recognise when things are becoming difficult and take positive action.

Social Skills & Self-Esteem Group

Outline Of Programme

Students will be encouraged to share their experiences within a small group with other students who are encountering similar difficulties; supporting them to recognise that they are not alone. Students will practice social skills within the group through games and role-play. They will follow a scheme of work designed to develop their social skills, raise their confidence and increase their self-awareness.

The topics covered on the six week programme include:

- Myself and how others see me
- Friendship
- Taking compliments
- Dealing with criticism
- Assertive/Aggressive/Passive Behaviour
- I feel... I behave...
- Personal Goal Setting