

## WELLBEING FIRST AID KITS

*Wellbeing 'first aid kits' for all year teams, pastoral teams and medical room.*

Sensory and creative items to help calm anxious students (squishy balls, play doh, colouring in).

Mindfulness cards and breathing techniques to ground students and help them back into the classroom environment quicker.

Books for older students to help them understand fight/flight.

