SEMH Overview for Young People

Emotional Understanding

You can help me by discussing and modelling feelings and emotions often.

Anxiety

Remind me of calming strategies and practice these with me.

Talk to me about the thoughts, feelings and beahviours involved in my feelings of anxiety

Relationships

You can help me by offering support at social times and using cooperative learning tasks.

My Emotional Wellbeing and Mental Health

Self-esteem

You can help me by talking to me about the type of praise that I prefer.

Give me regular opportunities to identify and celebrate my successes.

Emotional Regulation

You can help me using a calm and nurtuing tone of voice.

Using emotional validation strategies when i'm upset or distressed

Reilience

Encourage me to focus on effort rather than achievement.

Help me to think about my aspirational and realistic goals