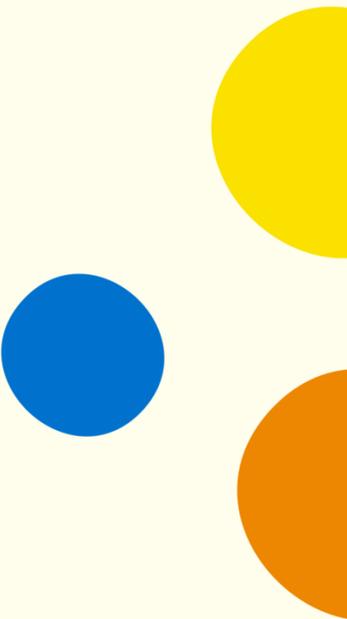
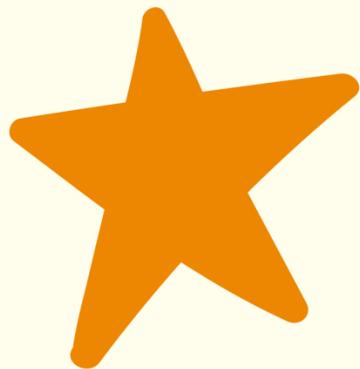
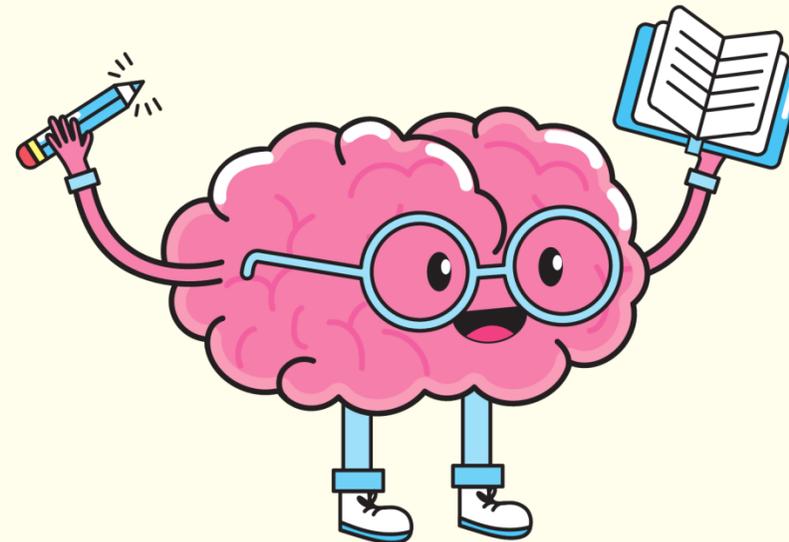


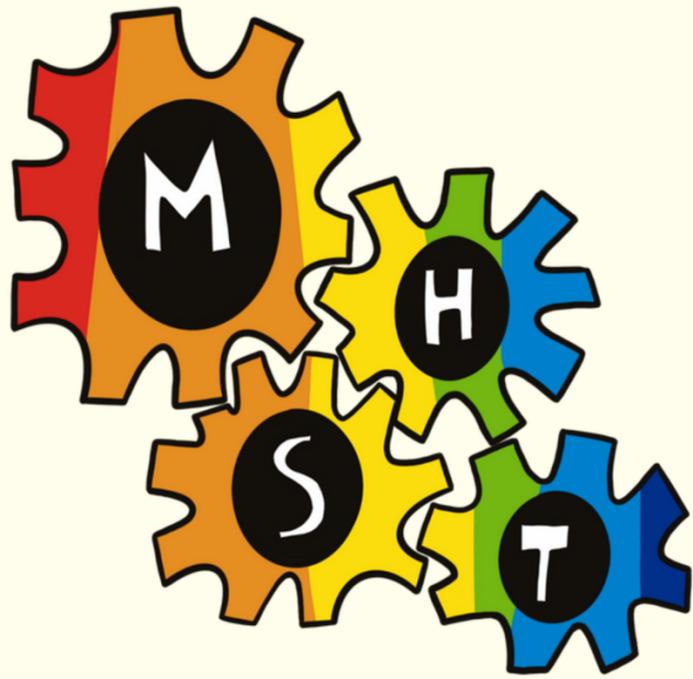


**Dorset HealthCare  
University**  
NHS Foundation Trust

MHST North and East Dorset

# You've moved to middle school!





**Dorset  
Mental  
Health  
Support  
Team in  
Schools**

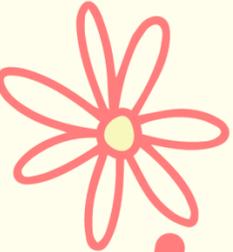
**Who are we?**

# Workshop rules

Be kind and respectful

Listen

Have fun!

Be   
Kind.

# Aims



**1**

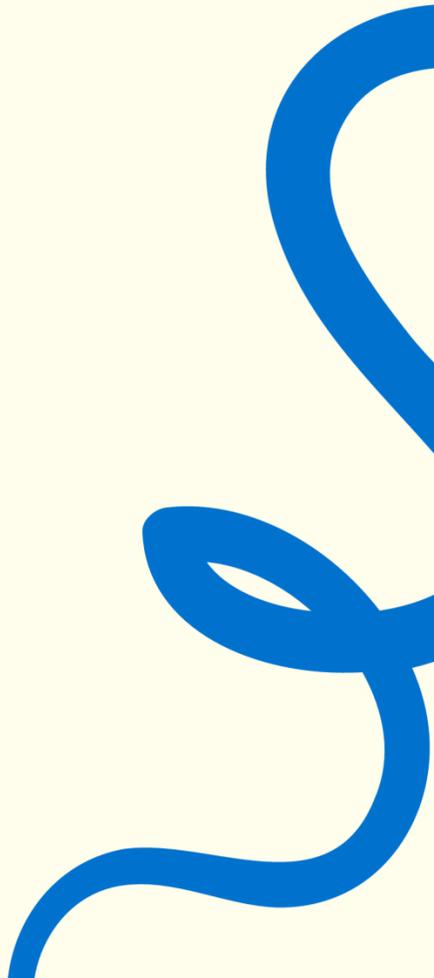
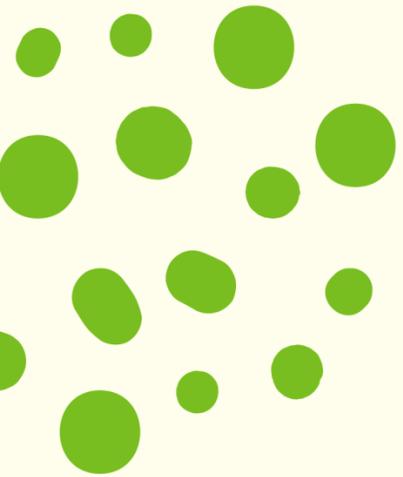
Reintroduce skills learnt in Year 4

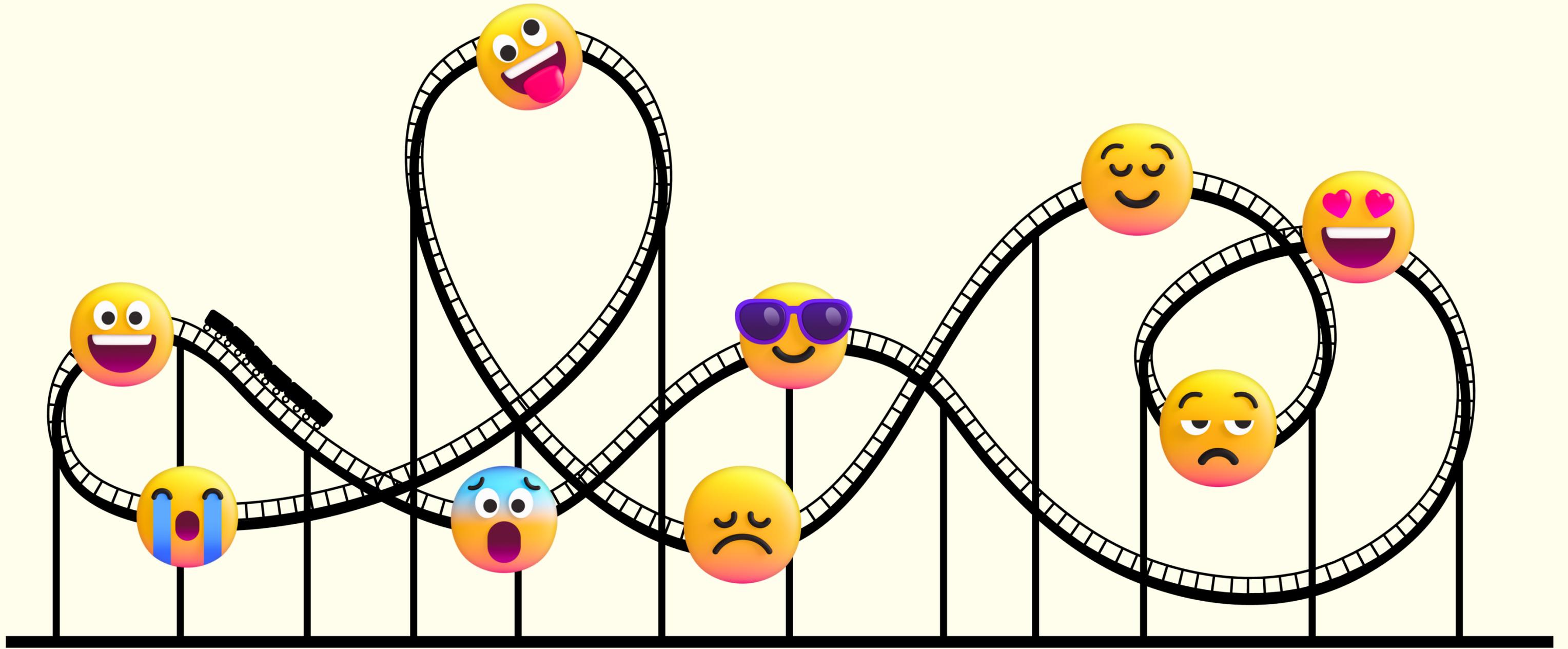
**2**

To learn how to problem solve

**3**

To practice problem solving





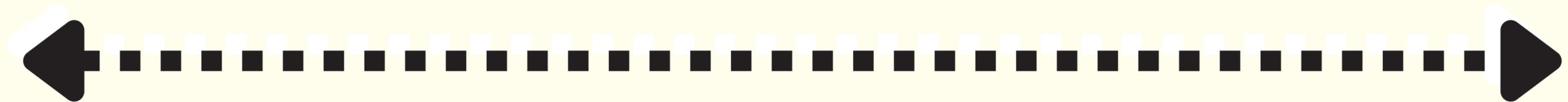


# How are you feeling about being at Middle school?

Everything is  
absolutely  
awful

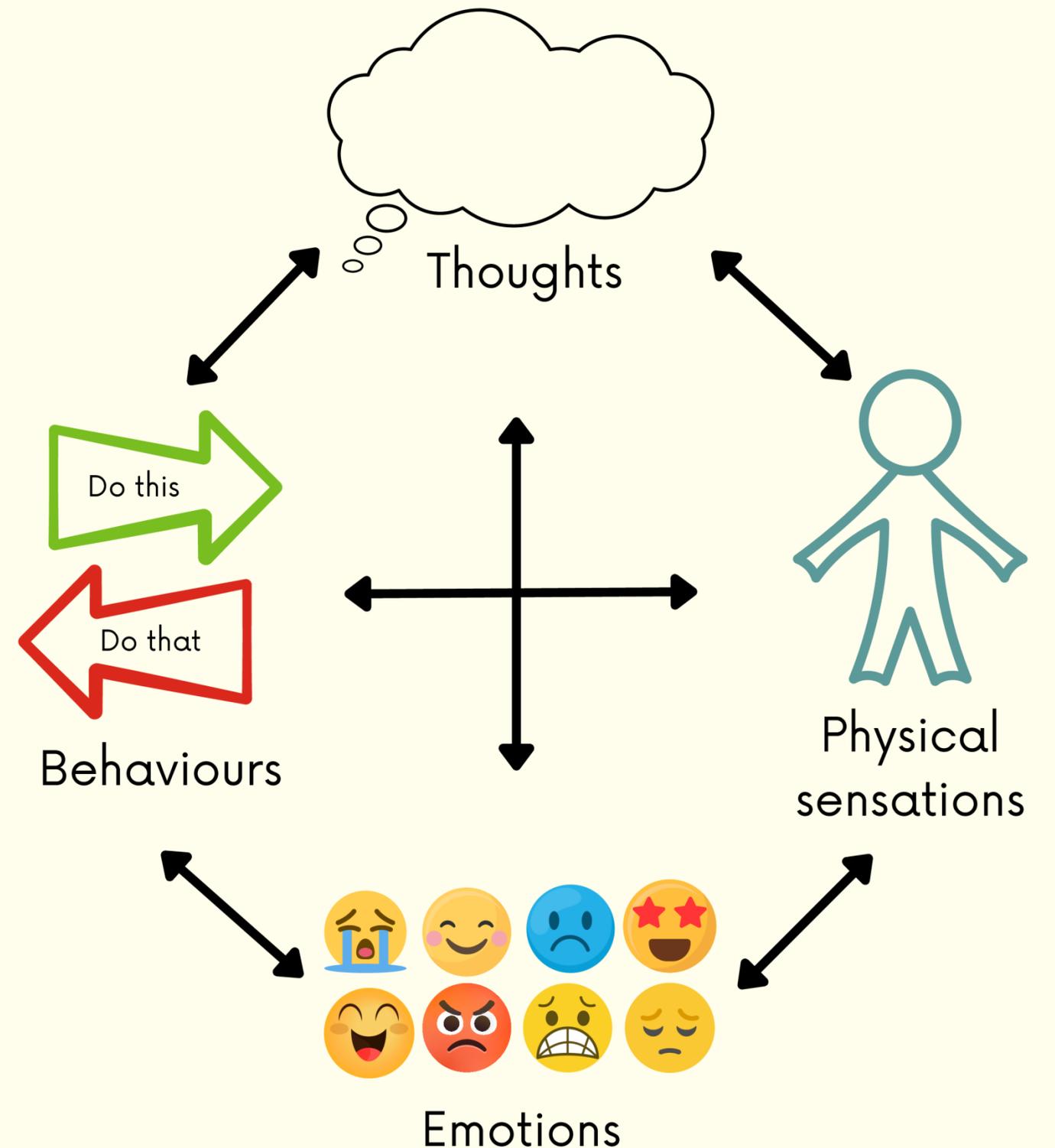
I think I'm  
doing okay

Everything is  
absolutely  
amazing



# Worries we had in Year 4...

- Getting lost
- Not making friends
- Getting into trouble
- Not understanding the homework
- Work being too difficult
- Getting into a new routine
- Feeling sad or worried
- Having different equipment
- Having lots of different subjects

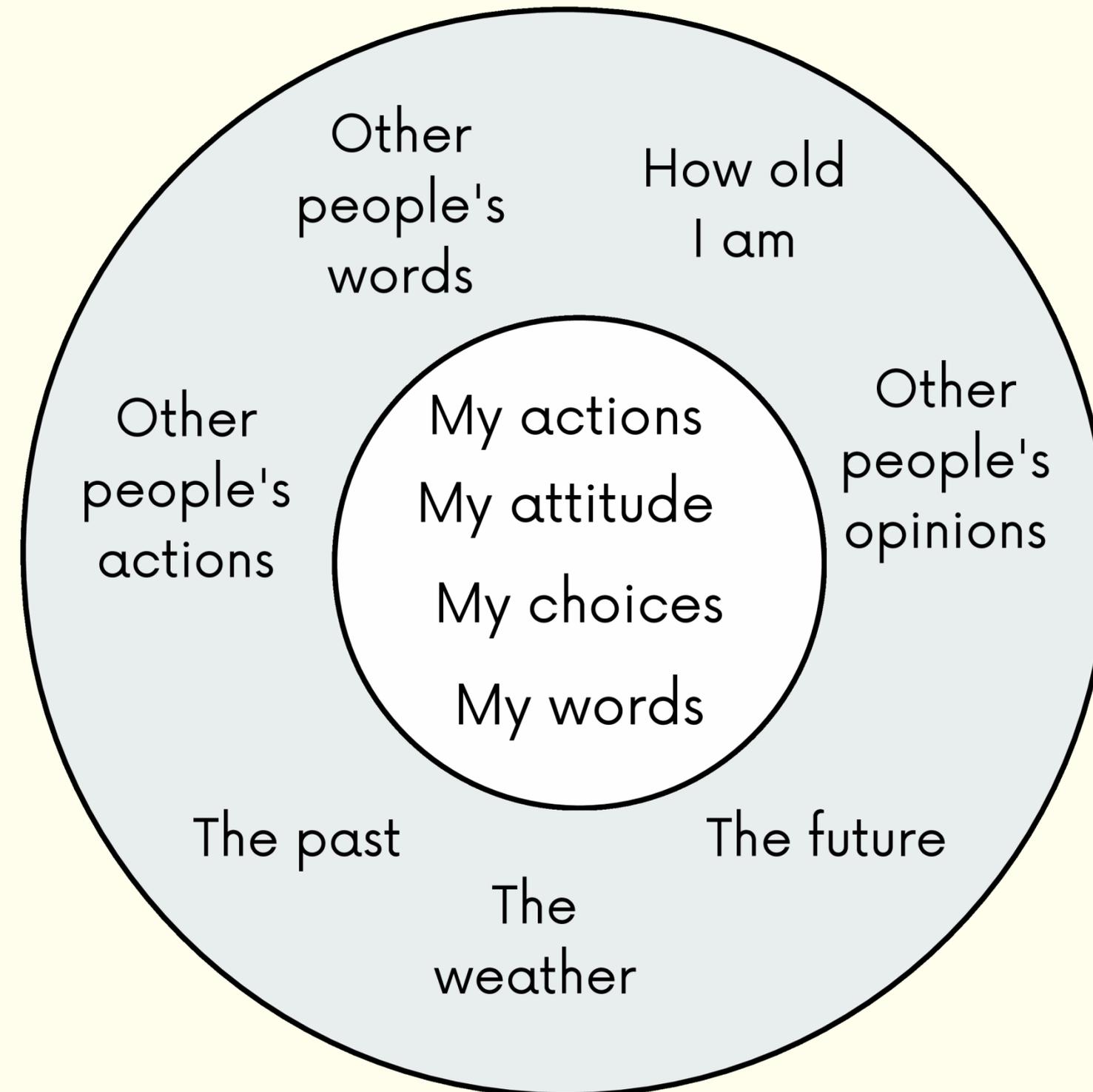




## Lifejacket skills

A life jacket keeps you safe in rough waters, just like these next skills will help keep you safe during emotional storms.

# Circles of Control



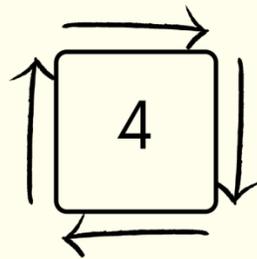
# Breathing techniques.



## Box breathing

Breathe in for 4 seconds.  
Hold for four seconds.  
Breathe out for four seconds.  
Hold for four seconds.

Repeat.



## Rainbow breathing



Breathe in as you trace one colour.

Breathe out as you breathe the next.

Keep going until you've reached the end of the rainbow

## Hand breathing



Trace your hand with your finger.  
Breathe in for 3 as you move up a finger,  
breathe out for 3 as you move down.  
Repeat.

# Grounding techniques.



5, 4, 3, 2, 1



5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell/taste  
1 deep breath

A-Z

Can you name one animal beginning with each letter of the alphabet? How about a type of food? A country? A film or a fun activity you like?



Descriptions

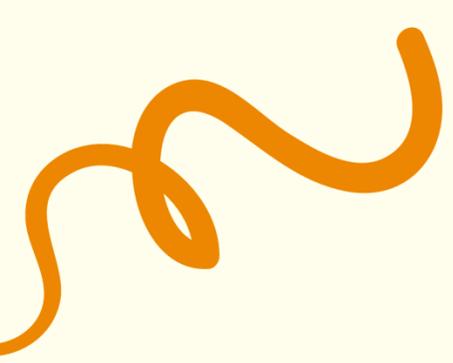
Look around you.  
What can you see?  
Describe it.  
What does it look, feel, sound, taste and smell like?



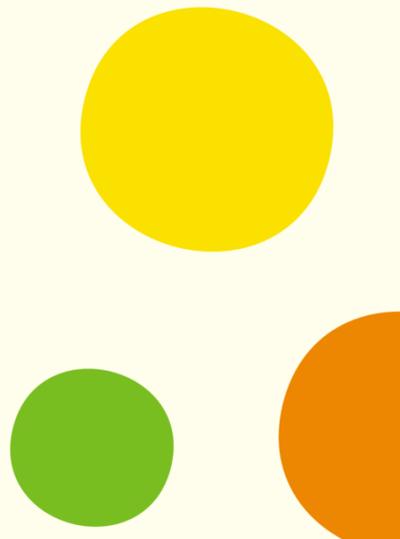
Colours and shapes

Choose a colour or shape.  
Look around you. How many objects can you name with that colour or shape?





**Problem solving technique  
for things in my control**





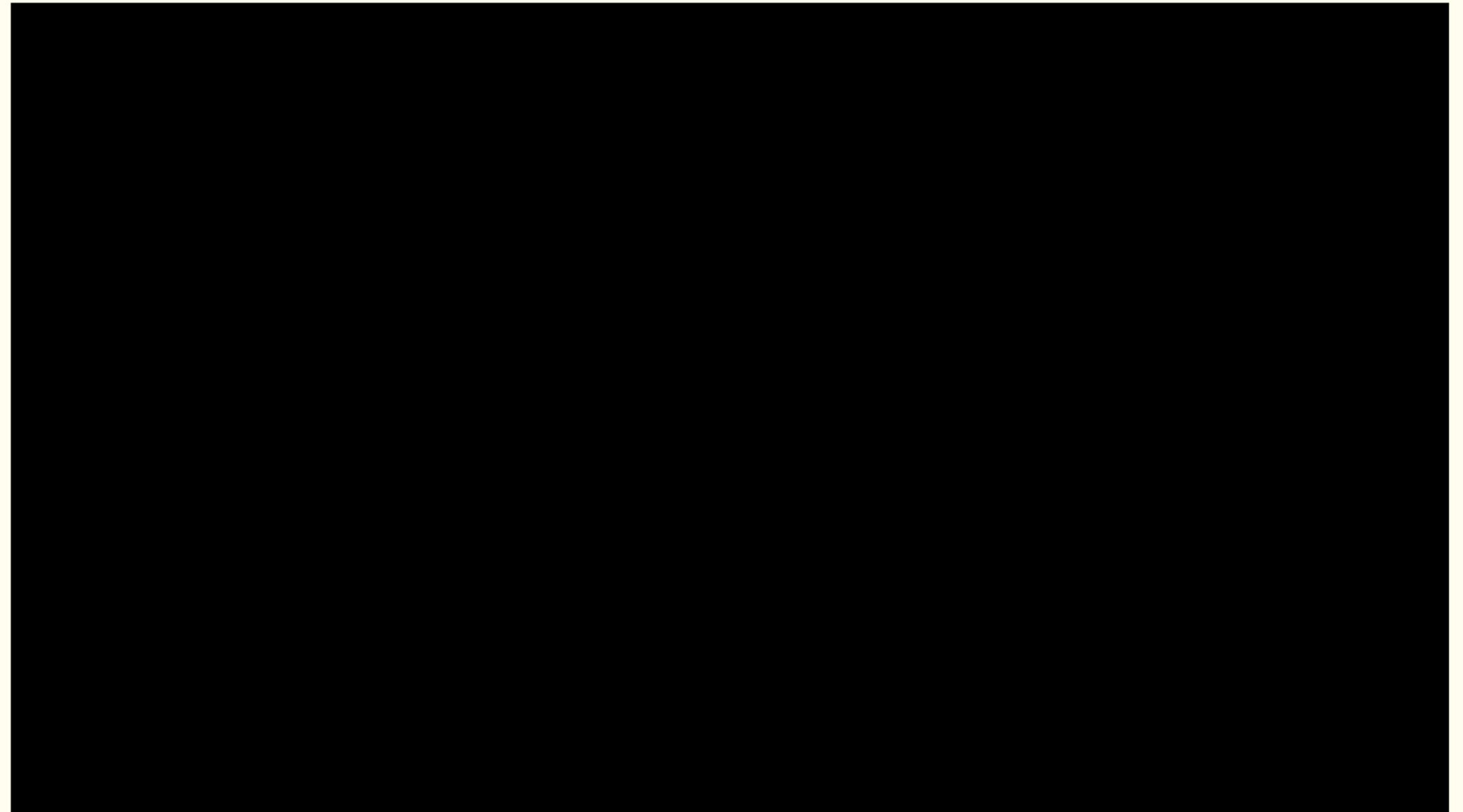
# Problem solving

What was  
Woody's  
Problem?

What  
solutions did  
he come up  
with?

Did he  
need help  
with his  
plan? If so,  
who?

What  
happened as  
a result of  
using his  
solution?



# Problem solving

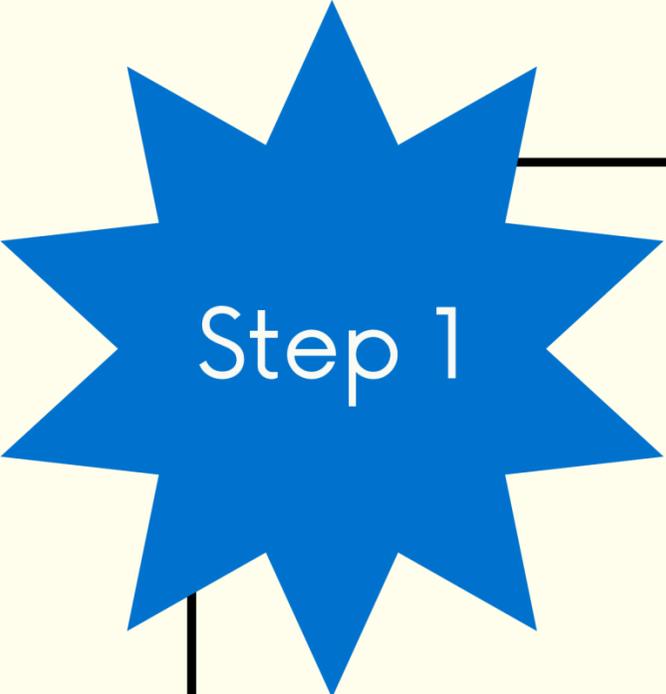
Step 1

Step 2

Step 3

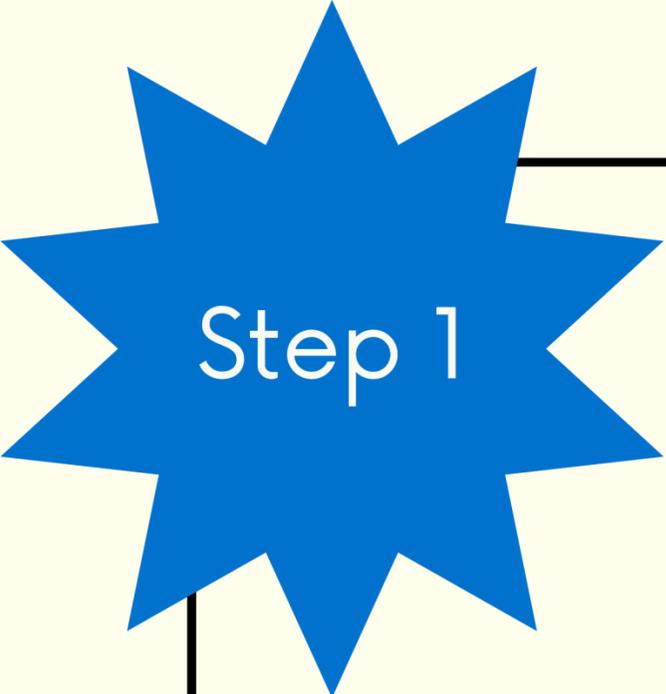
Step 4

Step 5



Step 1

Identify the problem



Step 1

# Identify the problem

Woody and Buzz are trying to get back to the lorry  
but the car ran out of batteries.



Step 2

# Identify the solutions

What solutions did Woody and Buzz come up with?



## Step 2

# Identify the solutions

Woody and Buzz come up with:

- Lighting a match on Buzz's rocket.
- Use Buzz's helmet to set the rocket alight.
- Using slinky the dog



## Step 3

# Pros and cons of each solution

- Light a match on Buzz's rocket.
- Use Buzz's helmet to set the rocket alight.
- Using slinky the dog



## Step 4

# Choose 1 solution and make a plan.

In order to use Buzz's helmet to set the rocket alight he needed to:

1. Aim the helmet at the rocket.
2. Catch the sun on Buzz's helmet.
3. Light the rocket.
4. Hold on tight to Buzz.



Step 5

Did it work?

If it did, job done.

If not, go back to Step 2 and see if there are more solutions and repeat Step 3 and 4.

# Your Go!



**Try problem solving to find a solution**

**If you cannot think of one try problem solving these:**

- I keep forgetting to bring my P.E. kit.
- I have not made any friends.
- I don't understand the homework that is set.

**1**

**What is the problem?**



**2**

**What are all the possible solutions?**



**3**

**Make a list of pros and cons**



**4**

**Choose a solution. Plan 2-5 things to make it happen.**

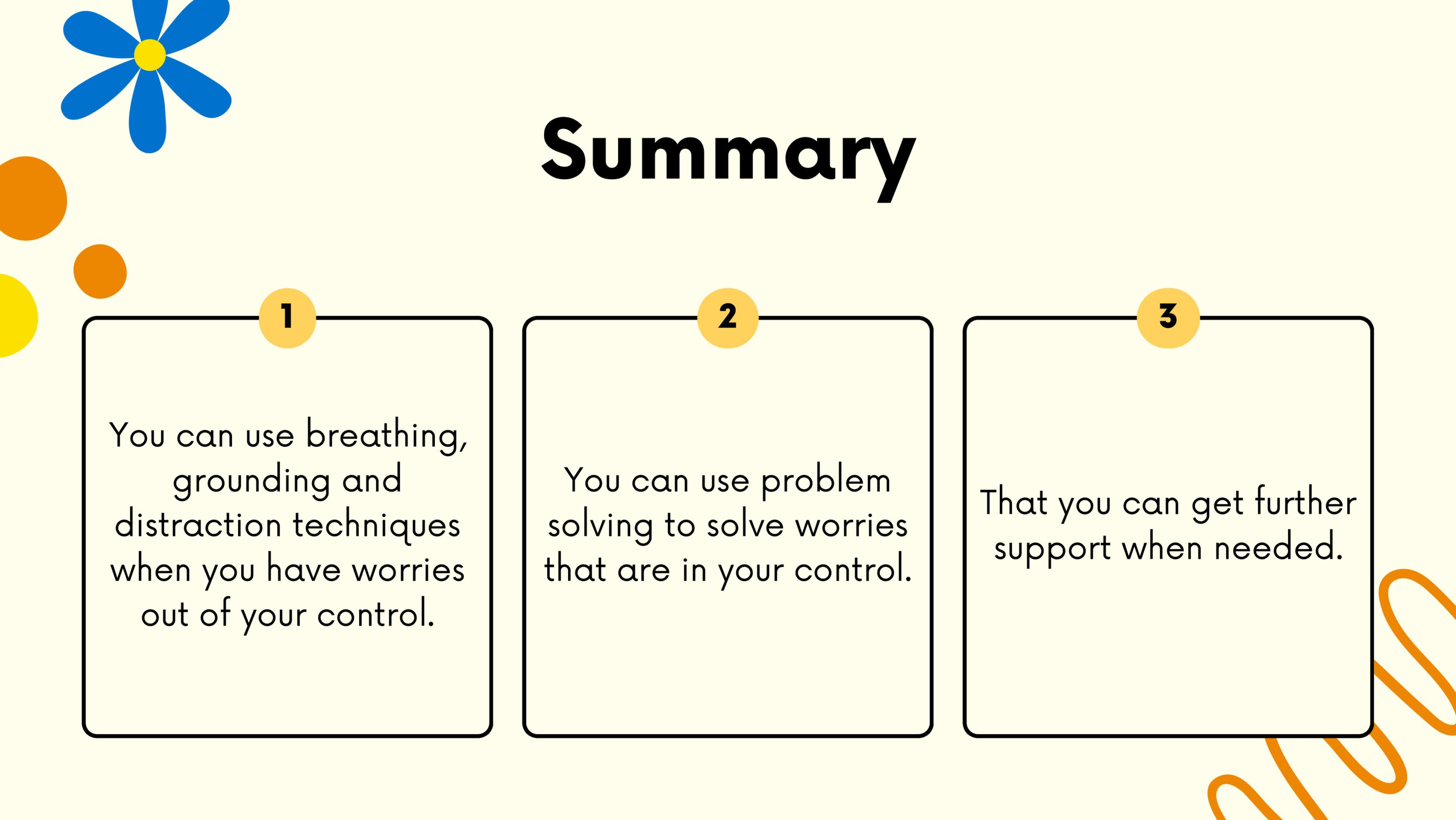


**5**

**Did it work? If not what solution could you try instead?**



**You are not alone,  
everyone needs help  
sometimes.**



# Summary

1

You can use breathing, grounding and distraction techniques when you have worries out of your control.

2

You can use problem solving to solve worries that are in your control.

3

That you can get further support when needed.



**Parents/Carers**



**Teacher/Tutor**



**Dorset  
Mental  
Health  
Support  
Team in  
Schools**



**GP (Doctor)**



**when it's less urgent  
than 999**