



Achieving goals

The ZONES of Regulation

Blue Zone Calm Relaxed Frustrated Sad	Green Zone Happy Engaged Calm Proud	Yellow Zone Anxious Frustrated Stressed Cautious	Red Zone Overwhelmed/Scared Rageful Angry Stressed

Self-regulation

Building confidence and resilience

Outdoor adventure school

My Play

My Dressing



Lego Therapy

Outdoor adventure school

My Mental Health and Wellbeing

My Thinking and Problem Solving

Local nature walks



Educational Visits

Dance workshop

Sensory story parent workshop

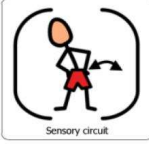
**Semi-formal Curriculum
Autumn 1
Core Subject**

My Physical

Healthy Eating



Sensory Circuits



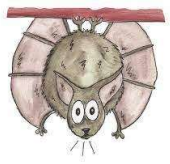
My Dance

Interventions

Colourful semantics



Chatty Bats



Language for Thinking



Maths

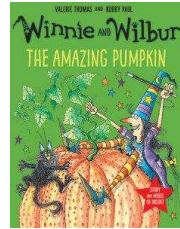
Sculpture

Positional language

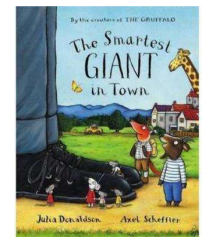
2D and 3D shapes



Literacy



Instructions



Talk4Writing