



St Winifred's Roman Catholic Primary School

CARITAS – God's Love in Action

SEMH Needs Checklist

Monitoring/QFT strategies

Universal Provision for SEMH (Monitoring)	✓
Calm learning environment	
Zones of regulation check ins	
Group/1:1 check ins	
Positive relationships between teacher/child child/peers	
Using jigsaw curriculum to adapt lessons to meet class/child's needs	
Prewarning of changes to timetable	
Prewarning of sensitive topics	
Going through the timetable for next day	
Visual timetable	
Learning chunked into small steps	
Teacher modelling to set expectations	
Learning adapted to reduce cognitive load	
Flexible seating/grouping	
Scaffolded learning tasks	
Multi-sensory approach to learning – concrete, visual, technology	
Regulation bucket time	
Giving roles and responsibilities	
Flexible grouping – direct time with adult(s) in classroom	
Brain breaks	



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Morning tasks/job roles for morning transitional times	
Meet and greet	
Promoting growth mindset	
Exit cards/I need help cards (green/red)	
Social activities in lessons to promote relationships	
Use of calm safe spaces in the classroom	
Use of praise and dojos for motivation	
Consistent boundaries and behaviour expectations	

Targeted Support

Universal Provision for SEMH (Targeted/Different from and/or additional to)	✓
Referral to pastoral lead	
1:1/group session with Pastoral Lead	
Referral to SENDCo	
Primary Jigsaw referral	
Lego therapy intervention	
Sensory circuit intervention	
EHA	
SEN register/SEN support plan cycle	
Additional referrals to CAMHS/other external agencies if applicable.	