

# FERN FEDERATION

Cefn Primary School, Craig Yr Hesg Primary School.



In order to be able to monitor our children's progression socially and emotionally, we can use the following tools across the school twice a year:

<b>Progression Step 1 (Nursery, Reception)</b>	<b>Progression Step 2 (Y1, 2, 3)</b>	<b>Progression Step 3 (Y4,5,6)</b>
Boxall Baseline Assessments	Boxall PERMA	Boxall PERMA

Furthermore, staff will use observations, weekly circle times and daily check ins to continually monitor and evaluate our children's social and emotional wellbeing.

## RELATIONSHIP BASED PLAY

Relationship based play is a play-based intervention that is modelled on healthy social relationships. The focus of the play is the relationship between the child and adult. It is playful, interactive, and empathic. In this type of play the main task is enjoying being together. This is different to more task focused play when for example you help the child to complete a puzzle or to learn colours. Relationship based play makes minimal use of toys but instead focuses upon the relationship between participants.

Relationship Based Play is based upon and uses the principles of Theraplay which is a special type of play based activity that can improve a child's behaviour in unique ways. Using the benefits of joyful play and sensitive support and caregiving it focuses on developing social and emotional skills.

Activities help the child to engage in joyful fun-based activities that help them to practise positive and appropriate engagement and help to increase self-esteem. This helps them to safely practise allowing an adult to be "in charge" or to place structure on activities. Instead of talking about positive social behaviour, these activities are about experiencing positive social behaviour.

Goals of Relationship Based Play are:

- Feel safe, calm and comforted.
- Feel more confident and competent.
- Enhance self-esteem.
- Develop skills in all areas for development.
- Learn the pleasure of joyful engagement with an adult.
- Re-establish trust.
- Learn that it is good to be a child.
- Feel safe to play and take part in activities given to them.

# HOW CAN I HELP MY CHILD AT HOME?

## **Balance on Pillows, Jump Off**

Help child balance on pillows, starting with one and increasing as long as the child can easily manage. Once the child is balanced, tell him to "jump into my arms (or down to the floor) when I give you the signal".

## **Cotton Ball Hockey**

Lie on the floor on your tummies (or sit with a pillow between you) Blow cotton balls back and forth trying to get the cotton ball past your partner's defence.

## **Cotton Ball Touch**

Have child close eyes. Touch child gently with cotton ball. Have child open eyes and indicate where they was touched.

## **Pop the Bubble**

Blow a bubble and catch it on the wand. Have the child pop the bubble with a particular body part, for example, finger, toe, elbow, shoulder, ear.

## **Pick up Something with Toes**

Have child pick up a cotton ball with his toes (shoes and sock off). You can make this more challenging by having the child hop around the room with the cotton ball between his toes.

## **Balloon Tennis**

Keep a balloon in air using specific body parts; heads, no hands, shoulders and so forth. If you choose feet, everyone lies on the floor tries to keep the balloon in the air.

## **Funny Ways to Cross the Room**

Child is at one end of the room and the adult stands at other end of the room. The adult directs child to come towards them in a certain way, e.g. hopping, tiptoeing, crawling or walking backward. Child is greeted on arrival, and then repeat.

## **Crawling Race**

With your child crawl on your knees as fast as you can around a stack of pillows. Try to catch the other's feet. Switch directions.

Useful websites: <https://cavuhb.nhs.wales/files/resilience-project/rp-changes-18-8/relational-games-and-creative-tools-staff-english-pdf/>

<https://www.cwmtafmorgannwgsafeguardingboard.co.uk/En/KeepingourCommunitiesSafeDuringCOVID19/Public/RelatedDocuments/1WellbeingPackFiveRelationshipBasedPlay.pdf>