



## INCLUSION INSIGHTS

**Summer Term 2026**

Welcome to our Summer Term version of Inclusion Insights. We hope that you find the information on here helpful.

### **Hello from Mrs O'Donnell!**

It has been lovely to meet with lots of you at IPM reviews, and at our SALT workshop that was held in the second half of Spring term.

This term, we are looking ahead to transition, to ensure that all of our children are prepared and confident for the next academic year. Have a fantastic Summer term!



### **INCLUSIVE PRACTICE FOCUS AT VAYNOR: Emotional Regulation**



Self regulation is our ability to control our own thoughts, emotions and behaviours in relation to our environment. We will be able to understand what we need to do ourselves and manage this using strategies that work for us.

Mutual regulation is using other people as a source of comfort and accepting help and strategies.

On the next page, there are some strategies that may support you to support your child.

### **Tea and Chat!**

Friday 5<sup>th</sup> June 2:30pm in the school hall

Please come and join us for a hot drink and chance to connect with others. We will have a look at a new 'Padlet' system that parents can use to access support online. There will be biscuits! It will be great to see lots of you there.





Daily Check Ins

Name: \_\_\_\_\_

**Daily Check In**

**Today I Feel** | **I Am Thinking About**

(circle the ones you want to choose, or write your own)

Happy	Anxious
Sad	Bored
Angry	Excited
Scared	_____
Tired	_____
Anxious	_____

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**My Goal For Today** | **I Wish People Knew**

Giving your child time to reflect on how they are feeling, and set some goals for themselves for the day ahead can be really powerful and sets them up for a positive, purposeful day. If they are sharing that they are feeling worried, it's a good time to discuss why, and what they can do, or who they can talk to to get support.

**Today I feel...**

Happy	Sad	Mad	Confused
Excited	Frustrated	Lonely	Nervous
Scared	Upset	Worried	Anxious
Angry	Disappointed	Sad	Sad

**Plan A**

**Where..** we are going..

**Who..** will be there..

**What..** we will do there..

**When..** we are going..

**But! If** \_\_\_\_\_ **turn over for Plan B**

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Planning For Change

To support understanding around change, this resource is useful. It ensures that a Plan B is planned too. When working through the resource, it helps children to see that only one, or maybe two things may change in the plan. This can help to reduce anxiety. You can print a copy of this from [Resources for Children's Speech and Language | Herefordshire and Worcestershire Health and Care NHS Trust](https://www.resourcesforchildrens.com/)

**Plan B**

**Where..** we are going..

**Who..** will be there..

**What..** we will do there..

**When..** we are going..

same  NOT same

same  NOT same

same  NOT same

same  NOT same