



## Behaviour Support Service

Incorporating Positive Play and Nurture



**Celebrate World Smile Day** (2<sup>nd</sup> October) by painting a smile or a positive message on a rock and giving it to a friend or leaving for a stranger to find.



As the weather begins to change we may be less keen to spend time outdoors, but it's important to do so for both our physical and mental health.

**Geocaching:** There are millions of geocaches worldwide. They can be found in parks, urban areas, forests, underwater – anywhere! Using the Geocaching® app you can join in this real-world treasure hunt.

**Or find these signs of autumn on a Scavenger Hunt:**

A red leaf, a pine cone, an acorn, a yellow leaf, a conker, red berries, a tree that's lost its leaves, an evergreen and a brown leaf.



## ADHD Awareness Month

October is ADHD Awareness Month in the UK. Attention deficit hyperactivity disorder (ADHD) is a common diagnosis recognising difficulties with focus, impulse control and emotional responses. There are three ADHD subtypes: **Hyperactive-Impulsive:** they are often over-active in talking or movement, impulsive and are always looking for new things to do. Emotions can escalate quickly and they might blurt out inappropriate things in their fight against perceived injustices.

**Inattentive:** they might appear to move unusually slow, as they are distracted by their hyperactive mind. They might not notice when they're being spoken to but will often notice things that others don't.

**Combined type:** Often confusing because symptoms are apparent from both of the above categories.

**A range of interventions** such as physical exercise, adapted teaching styles, skill building programmes, expectations shared explicitly, support with planning, organisation and structure to reduce anxiety, and classroom accommodations will all help to build resilience in the child's developing brain and nervous system.

**Useful resources** can be found at:  
<https://www.adhdfoundation.org.uk/information/schools/>

**Recommended reading:** '*Cory Stories: A Kid's Book About Living With ADHD*' by Jeanne Kraus will help children, and the adults working with them, to understand the condition and has useful strategies for both home and school.

Connect



With the current restrictions in place it can be difficult to spend time with others.

**Create virtual opportunities** to connect with your friends and colleagues. The Behaviour Support Team are organising a virtual curry during National Curry Week (5<sup>th</sup>-11<sup>th</sup> October). If you're not keen on curry you could join in National Baking Week (14<sup>th</sup>-19<sup>th</sup> October) and have a virtual afternoon tea!



Take Notice



'It is my job to help all the students belong. This means part of my job is to educate the wider community about the needs of a child who may be perceived as 'different' to help them become embraced as part of the community.'

Gayle Hernandez