



### Virtual School Early Years SEMH Offer

The Virtual School can provide support and advice for children in care between the ages of 2 and 5 through our SEMH offer.

For those children living in Worcestershire and who are deemed looked after by the LA there are 3 core areas of support that Virtual School offer-

- **GreenFingers**- open to looked after and post looked after children.

*“Forest School is a child-centred inspirational learning process and unique educational experience using the outdoor environment as a classroom. It offers opportunities for holistic growth through regular sessions and develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting. It supports play, exploration and supported risk taking.”*

Please contact Jo Frost on 01905 845818 or [greenfingers@worcschildrenfirst.org.uk](mailto:greenfingers@worcschildrenfirst.org.uk) for more information. Or please contact Virtual School for more information and a leaflet on location and prices/funding.

- **Relax Kids**- open to all children. Through Virtual School it is open to Worcestershire looked after children.

*“Relax Kids aims to support children build good emotional health through relaxation, meditation and values-based classes and products. We use a unique 7-step system that works through children’s natural energy system to lead them into a relaxed state where they are ready to learn.”*

Please contact Virtual School for a [referral form and information](#) on pricing and funding.

- **Educational Psychologist** drop in session. Open to all Worcestershire looked after children.

Please contact your Virtual School Learning Advocate for further information on this service.

There are also many excellent resources available to buy on the internet and here are some examples of high-quality resources and services-

[The Colour Monster: Amazon.co.uk: Llenas, Anna: 9781783704231: Books](#)

The Colour Monster is an excellent book with a variety of resources.

[Childrens Educational Activities for Wellbeing \(nurturegnomes.co.uk\)](#)

*~An important part of child development, emotional skills lay the foundation for better mental health as children grow.~*

The ‘Nurture Gnomes’ are currently being used by parents, home educators, play therapists and schools. They are suitable for ages 3-11 (or young adults who may have a range of emotional literacy needs).

[My Mood Stars a highly effective emotion resource for Early Years children \(wendywoo.uk\)](#)

The eight My Mood Stars enable children to immerse themselves in imaginative play, either by themselves or with others. This offers a fun opportunity for children to talk about how they are feeling.

