SOCIAL & EMOTIONAL LITERACY

How Rest Easy meets the SEL requirements

IDENTIFY EMOTIONS

Learning how to recognise emotions & naming them teaches emotional intelligence. Recognising emotions in others develops empathy & understanding.

SELF-AWARENESS

Recognising emotions as waves helps us to accept that they will pass. Knowing our strengths & weaknesses develops resilience.

EMOTIONAL LITERACY

Learning how to describe basic emotions & understanding the 3 levels of intensity provides a way of vocalising feelings & concerns.

OVERCOMING DIFFICULTIES

Understanding how the brain works & what happens when we have strong waves of emotions enhances problem solving & conflict resolution.

SELF-MANAGEMENT

Stop & breathe encourages self-management & emotional regulation. Knowing we have a choice about what to do next provides options for modifying negative behaviour.

RESPONSIBLE DECISION MAKING

Thinking about the opposite point of view helps us to develop a growth mindset.

Making informed decisions based on a range of perspectives ensures positive outcomes.

RELATIONSHIP SKILLS

Learning that people are unique & may have differing opinions teaches respect & helps us to work as a team.

Recognise

Emotions

Stop

Think

Engage

Awareness

Support

Yourself

The Rest Easy Method © All rights reserved Emily Gearing 2019

SELF-REGULATION

Knowing ourselves & our needs helps us to understand why we make the decisions we do.

Creating a self-help strategy & setting goals nurtures confidence.

Knowing when & how to ask for help encourages independence.

SOCIAL AWARENESS

Engaging awareness of ourselves, the moment, our surroundings & others helps us to develop empathy & understanding.

www.resteasytraining.com

WHOLE SCHOOL APPROACH

How Rest Easy meets the DfE core principles

PSHCE LESSONS

The children are taught how to
Rest Easy through PSHCE
lessons. They deliver assemblies
to the other children & have Rest
Easy time at the beginning of
afternoon lessons.

CURRICULUM, TEACHING & LEARNING

ENABLING STUDENT VOICE

LEADERSHIP & MANAGEMEN

CPD

The Rest Easy team are offered ongoing CPD & training options to deliver group interventions & 1:1's in addition to the whole school approach.

STAFF DEVELOPMENT

IDENTIFYING NEED & MONITORING IMPACT

WORKING WITH PARENTS / CARERS

GROUP INTERVENTION

The Rest Easy Practitioner is able to provide group intervention & 1:1 support to children with the most need.

TARGETED SUPPORT

AN ETHOS & ENVIRONMENT THAT PROMOTES RESPECT & VALUES DIVERSITY

STAFF TRAINING

We train all school staff in the Rest Easy Method. A Rest Easy team are nominated to manage the initiative in school. Staff are supported through ongoing reviews.

PEER AMBASSADORS

Rest Easy Ambassadors are selected to support their peers. They have input into how their role is implemented in school.

REAL WORLD VALIDATION

We're being validated by the University of Chester & they are monitoring the impact from the data collected.

PARENT/CARER WORKSHOPS

We provide parent/carer workshops to educate families how to Rest Easy at home.

A UNIVERSAL APPROACH

Rest Easy encourages children to recognise how they feel & how others feel. The support yourself skills help them to learn about different personalities & interests. It also helps them to discuss gender, race, culture & religion if desired.

REST EASY ZONES

Our zones are safe spaces to talk about issues in a respectful way being mindful of privacy & boundaries.

www.resteasytraining.com