

# Contents

About the authors .....	iv
Acknowledgements .....	v
Foreword .....	vii
Introduction .....	1
<b>Section 1: Putting Mental Health and Wellbeing First in Schools.....</b>	<b>15</b>
Chapter 1: Identification, Responses and Intervention .....	17
Chapter 2: Ready to Learn .....	35
Chapter 3: A Whole-School Approach to Mental Health and Wellbeing .....	51
<b>Section 2: Wellbeing .....</b>	<b>71</b>
Chapter 4: Wellbeing for All .....	73
Chapter 5: Building Emotional Intelligence.....	89
Chapter 6: Managing and Mastering Screens.....	109
<b>Section 3: Mental Health Presentations and Conditions .....</b>	<b>119</b>
Chapter 7: Anxiety, Panic and OCD.....	121
Chapter 8: Low Mood.....	143
Chapter 9: Behaviours That Challenge – Anger and Defiance.....	151
Chapter 10: Attachment Difficulties and Trauma .....	167
Chapter 11: Autism Spectrum Condition .....	183
Chapter 12: Difficulties with Attention, Hyperactivity, Impulsivity and Tics .....	199
Chapter 13: Onset of Puberty and Gender Identity.....	213
Chapter 14: Eating Disorders .....	221
<b>Section 4: Transitions .....</b>	<b>231</b>
Chapter 15: Transition into the Early Years Foundation Stage.....	233
Chapter 16: Daily Transitions.....	239
Chapter 17: Yearly Transitions .....	249
Chapter 18: Transition to Secondary School .....	257
<b>Section 5: Resources and Lesson Plans.....</b>	<b>269</b>
Chapter 19: Resources and Lesson Plans .....	271
Further Reading and Guidance .....	307
Glossary of Terms .....	311
Index .....	321