



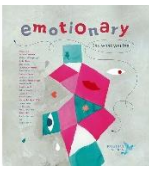
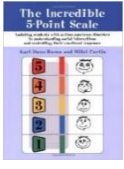


















STARS resource pack – Autism and promoting emotional wellbeing – parent/ carer workshop 2024

<p>The National Autistic Society - Good Practice Guide for Mental Health Professionals NAS-Good-Practice-Guide-A4.pdf (thirdlight.com)</p> <p>Walk in My Shoes – film describing burnout and school based anxiety Walk in My Shoes - The Donaldson Trust (donaldsons.org.uk)</p>	<p>Autistic Burnout – Purple Ella https://www.youtube.com/watch?v=fUSUGHWcKt4</p> <p>Autistic fatigue and burnout Autistic fatigue - a guide for parents and carers (autism.org.uk)</p>	<p>Stress Pot – 3 areas activity</p> <p>Yo Samdy Sam alexythimia</p> <p>John Simpson – autism and happiness https://www.youtube.com/watch?v=0zIxrXD7b8s</p> <p>Autistic joy clip What is autistic joy? (youtube.com)</p>
<p>To access the STARS Intro to guides (including pupil voice which explains how to use Talking Mats) STARS 'Introduction to...' guides Leeds for Learning</p> <p> Childs voice activity home.docx</p> <p> Student voice sorting activity secondary.doc</p>	<p>Mindmate website 'stress pot' interactive activity https://www.mindmate.org.uk/games/stresspot/stresspot-desktop/</p> <p> Body mapping emotions.docx</p> <p>All Birds Have Anxiety </p> <p>The Emotionary </p>	<p>The Incredible 5 Point Scale </p> <p>How to make an emotional rating scale:  How to make an emotional rating scale</p> <p>Emotional rating scale template (feelings and body):  5 Point Scale Blank.doc</p> <p>Emotional rating scale template (Good choices)  Blank 5 point scale with good choices.doc</p> <p>3 point scale example with visuals:  3 point scale symbols 2.docx</p> <p>5 point scale example:  minimised 5 point scale example 2.doc</p>

<p>All Pokémon Have Anxiety https://www.youtube.com/watch?v=nsOaj109Mj4</p> <p>My little pony emotional rating scale</p>  <p>my little pony scale - filled in.doc</p>		<p>Calming toolkit</p>  <p>Calm down box.docx</p>
<p>'Back up plans' – bus example</p>  <p>Visual support for traveling on the bus.d</p>	<p>Dysregulation plans</p>  <p>Dysregulation support plan.docx</p>  <p>Young person wellbeing support pla</p>	<p>Energy accounting</p>  <p>What is Energy Accounting.docx</p>  <p>What is Energy Accounting for youngi</p>  <p>My Energy Battery super simples.docx</p>
<p>How to make a happy book:</p>  <p>How to make a Happy Book.docx</p>	<p>Mindfulness</p>  <p>Relaxation tools to help you feel calmer.p</p>  <p>Take a moment book - calming activities.pd</p> <p>https://www.mindmate.org.uk/im-a-young-person/top-tips-feeling-good/mindfulness/introduction-to-mindfulness/</p>	<p>Useful links</p> <p>CAMHS transition to adulthood team Leeds Transitions Service - Leeds Community Healthcare Trust - (NCCMH) - Mental Health Service Directory (positivepracticemhdirectory.org)</p> <p>NAS Guide to energy accounting National Autistic Society Know Yourself series (thirdlight.com)</p> <p>MindWell Leeds Home - MindWell (mindwell-leeds.org.uk)</p> <p>MoodJuice Mental health NHS inform</p> <p>NAS Mental health pages Mental health (autism.org.uk)</p> <p>The Market Place (Mental Health drop-in Leeds) The Market Place – A drop in centre for young people</p>

		<p>offering advice and counselling on a range of subjects affecting young people (themarketplaceleeds.org.uk)</p> <p>Carers Leeds Carers Leeds – Supporting unpaid carers</p>
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