

Feelings Detectives

What is Feelings Detectives?

Feelings Detectives is a 12-week coping skills intervention programme specifically designed for young people aged between 7 and 13 years who need support with social communication and interaction difficulties. The programme teaches coping skills to help young people manage anxiety.

Key skills taught in Feelings Detectives

- How to recognise and understand body clues
- How to recognise and understand feelings
- How to manage helpful and unhelpful thought patterns
- How to use effective coping skills including problem solving skills, in the face of life challenges.

How does Feelings Detectives work?

The class teacher, Mental Health Team, or the school SENDCo refers children for support. The programme is led by an adult who takes children through the detective notebook. The programme lasts for 12 weeks. Each week there are new detective skills and key words to learn. Some of the sessions build on the following things.

- Ways to initiate social interaction with others.
- Developing a range of feelings vocabulary.
- Recognising situations and environments that may trigger certain feelings.
- Learning and applying a range of relaxation techniques.
- Learning and applying a range of problem-solving techniques.

The key features of the programme are:

- Overlearning
- Chunking of learning tasks and making learning personal.
- Familiar routines.
- Structure.
- Visual Resources
- Simplification
- Modelling
- Explicit support for generalisation.
- Reduce Literacy Demand
- Parent/Carer involvement