

Conclusion - The Impact in PicoH for PSHE

As a year six teacher with experience in both mainstream and special provision. I found that children quite often are reluctant participants in PSHE lessons. They find it very difficult to be honest in those sessions. They can become very embarrassed in those sessions. Teachers can become very embarrassed teaching in those sessions, but PicoH really served almost at an in-between between what the teacher was delivering and the child was receiving and vice versa. Children were far better able to express their honest opinions about quite mature topics alongside all of the emotional expression they were doing at a side in terms of looking.

At the end of the project. I certainly feel that those groups of children are far better able now to express themselves emotionally. They've also got another thing in their toolkit.

In terms of their own emotional self regulation. So they are able now to check in with their trusted adult at the start of the day. They've had a very Rocky morning or perhaps the night before hasn't gone so well. They're able to say that to their class teacher rather than allowing it to affect their behavior in class, perhaps at a little bit of extra support before the start of the day is put in place. But yeah, for me, the children are enjoying PSHE with the help of this tool.