

Hamish and Milo



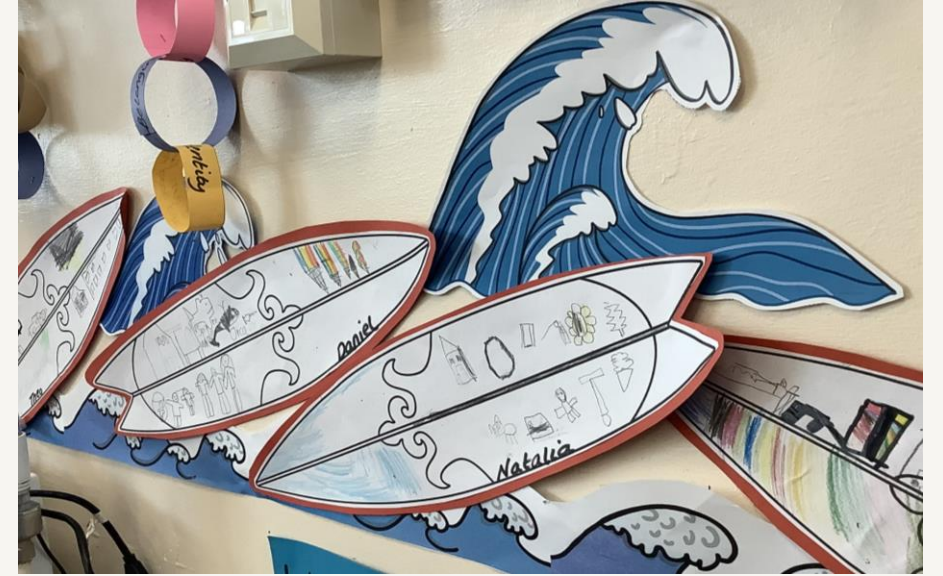
This is a wellbeing programme led by a professional in school covering various topics relating to Social, Emotional and Mental Health.

Amazing me

Helping children shine – inside and out.

Positive Outcomes We've Observed:

- ✓ Increased confidence and self-belief
- ✓ More willing to try and participate in class
- ✓ Happier to share thoughts and ideas in smaller groups
- ✓ Children coming out of their shell
- ✓ Greater resilience and sense of achievement
- ✓ More chatty, engaged, and enthusiastic children



Surfing the waves



Flying High



Nature Gardens



Shining Stars



Bucket Fillers

Amazing me

Pupil voice



I liked working
with others. I
can share
better and
take turns.
Y3

I liked meeting
new people. I
learnt that
we're all
different and
that's ok.
Y4

I liked drawing
and crafts. I
now put my
hand up in
class more.
y4

I liked working
with Mrs Gibbons.
She always has a
smile. She taught
me to share
better and take
turns.
Y3



Resilient Me

Aim:

To help children develop the inner strength and emotional tools to face challenges, manage their emotions, and grow through difficulties with the support of empathetic adults



Resilient Me

Empowering children to bounce back and thrive.

Positive Outcomes We've Observed:

- ✓ Greater willingness to try
- ✓ Not giving up as easily
- ✓ Greater confidence in class
- ✓ Not being so dysregulated when things go wrong or when they can't do something.
- ✓ Knowing more strategies they can use to help themselves
- ✓ More willing to ask for help



Totem Pole



Sunflowers



Rocket to the stars

Pupil voice

I liked being
creative. I have
learnt not to
give up!

Y4

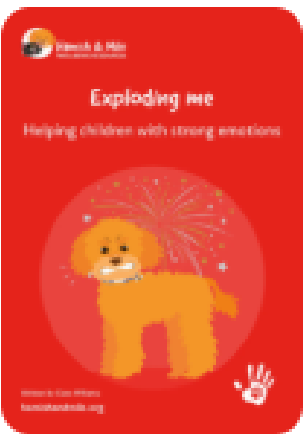
I liked working
with Miss Green-
she makes me
smile. I've learnt
to always try my
best.

Y5

I enjoyed being in a
small group with
Mrs Gibbons-
I have learnt to
keep going and
never give up.

Y6

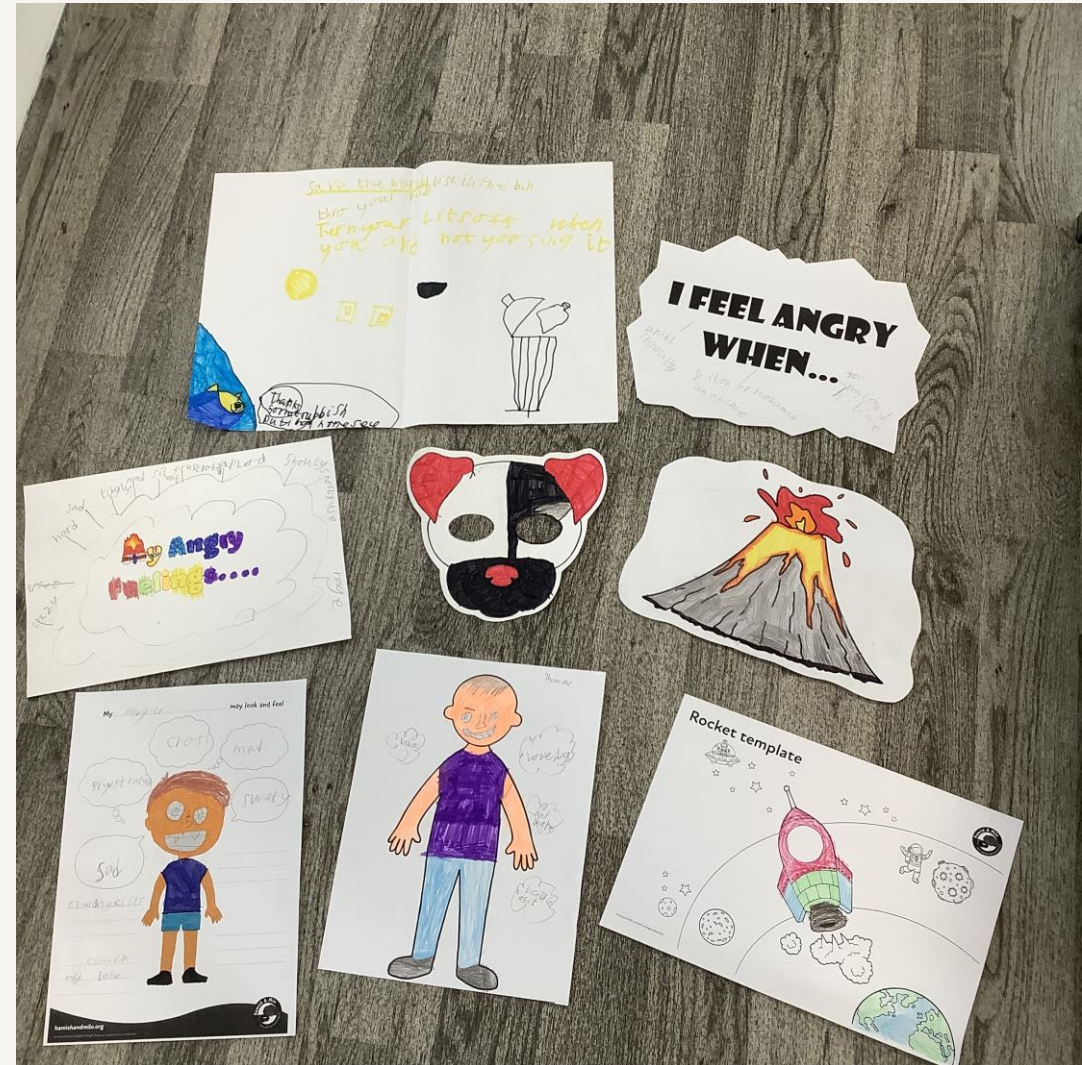




Exploding Me

Aim:

To help children recognise and understand their emotional responses, particularly anger, and develop safe, effective ways to express and manage strong feelings with the support of trusted adults.

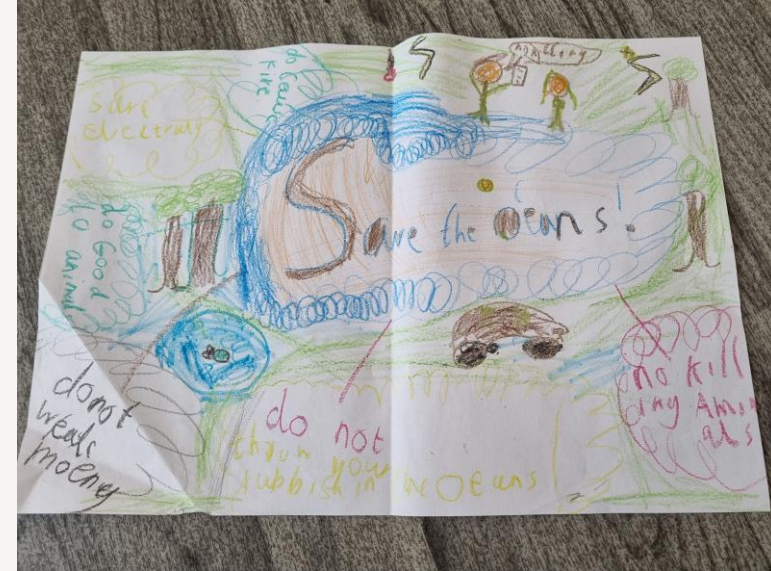


Exploding me

Helping children shine – inside and out.

Positive Outcomes We've Observed:

- ✓ Fewer outbursts in class
- ✓ More openness to regulation/reflection time
- ✓ Use of a range of self-regulation strategies
- ✓ Improved ability to pause before reacting (e.g., stop and walk away)
- ✓ Fewer incidents during PE and lunchtime



It's ok to be angry



My Inner Guard Dog



Volcanoes and Earthquakes

When I'm feeling angry

Exploding me

I liked the creative activities.
I have learnt to calm down quicker.

Y4

I learnt that it's OK to be angry- standing up for myself is important but I need to make sure my reaction is better- I need to do it in a more respectful way.

Y6

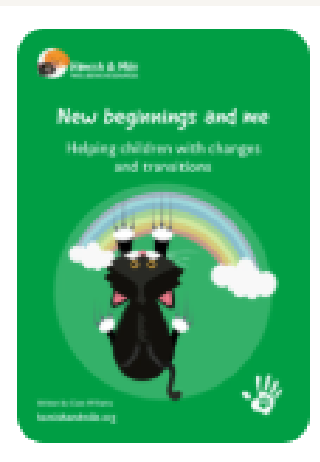
I enjoyed being with people who get it.
I try to stay calmer now.

Y6

I liked doing crafts and talking.
I have learnt that it's ok to need time to calm down.

Y5





New beginnings and me

Aim: To provide children with a safe space to reflect on changes, talk about their feelings, and celebrate endings so they can feel confident and positive about new beginnings.



New beginnings and me

Helping children reflect, connect, and move forward with confidence.

Positive Outcomes We've Observed:

- ✓ Greater openness in discussing change
- ✓ Increased positivity and excitement about what's next
- ✓ Reduced transition-related anxiety



Accepting Change



Winds of change

New beginnings and me

I was able to
share my thoughts
and nobody judged
me.
Y6

It was like a snowball-
once one person shared
how they were feeling it
made it easier to share
my feelings too. It was
surprising that we all
felt the same.
y6

I liked being able to
talk in a small group. I
thought I was
worrying alone but
then realised we all
have worries and these
feelings are normal.
Y6

