



# WellBeings





Learning to **thrive**,  
mentally and emotionally





# An Invitation for Primary Schools

Join us in a 12-month transformational journey that **empowers** your teachers, pupils and parents to enhance their **emotional regulation** and **mental resilience** and make **wellbeing** simply a way of life.



## How?

Our comprehensive trauma-sensitive programme uses a wide range of different media forms to bring familiarity with a variety of beneficial tools and techniques including:

- Fun, enjoyable and immensely informative videos.
- Easy to follow audio practices which reinforce and enhance understanding.
- Engaging stories which use characters to explore challenging emotions while embedding powerful mindfulness practices.

## WellBeings are able to:

### Be Self-Aware

They notice emotional visitors, have chosen methods of self-soothing and are equipped for life.

### Emotionally Regulate

They respond to setbacks and challenges with healthy, safe and appropriate choices, saving staff time and energy.

### Be Mentally Resilient

Work to strengthen their mental muscles, cultivate positivity, kindness and optimism and have a growing understanding of the role of the mind on their behaviour.

### Focus and Concentrate more effectively

They notice their wandering mind, can self-choose an appropriate strategy to sustain quality attention and thereby improve their learning ability.

### Communicate and Connect

Pupils and staff have a broad range of ways they can express their thoughts and feelings both verbally and non-verbally to others.

## Staff WellBeings are able to:

### Respond, regulate and role model

Staff are equipped to respond better to emotional behaviours with safe, practical and appropriate actions. They demonstrate self-control and self-regulation by practicing for themselves and with the children.

## Parent WellBeings have:

### Tactics and tips to support home mental wellbeing

A broad range of strategies that they can share and use at home for mental and emotional wellbeing.

## DELIVERED ONLINE BY US

### Schools & Children get:

- 12-month digital access to resources and daily practices.
- Short introductory training for staff (live and pre-recorded).
- Regular tracking data for monitoring whole school staff engagement.
- Regular parent information and awareness sessions delivered digitally.
- Digital Governor training (pre-recorded).
- Invitation to WellBeings Ambassador Network for pupils and staff.
- Updates, ongoing support training and Q & A sessions provided throughout the year suitable for SLT, Designated Mental Health Leads & school staff.

- Invitation for children to create an 'Alert Squad' for school and the wider community.
- Access to a range of online materials including classroom posters, story books, certificates, visual cue cards and prompts.
- Thank you and Celebration Certificates issued throughout the year.
- Educator Area for staff personal wellbeing practices and guidance.
- Certification Award for schools upon completion.
- Regular opportunities for children and staff to contribute their voice to the programmes ongoing development.

### Parents and Families get:

- Regular parent information and awareness sessions delivered online.
- Weekly online shared wellbeing tools and strategies to practice at home with an opportunity for interaction and feedback.
- Access to a range of online materials including stories, certificates and visual cue cards.



## What makes this different?

- Co-created by professionals in mental health and education.
- Story telling is used to help approach difficult emotions and teach simple but effective grounding practices.
- Shaped and influenced by children and staff in schools.
- Covers requirements of the PSHE curriculum and other subjects such as literacy, science and art.
- Embeds neatly and smoothly into your school day with ease and simplicity for staff.

## Who are we?

WellBeings is brought to you by Alliance Psychological Services and Learnful Education. A combined collaborative approach bringing together two unique programmes; Mindfulness for Kits and Learnful Schools.





For more information or to register your interest in this transformational journey, please visit

[www.wellbeingschools.co.uk](http://www.wellbeingschools.co.uk)