

# SUPPORTING MENTAL WELLBEING IN SCHOOLS



Nurture

Optimism

Creative

Partnership

Adaptable

## PROGRAMMES WHERE CHILDREN AND THEIR SUPPORTING ADULTS LEARN:

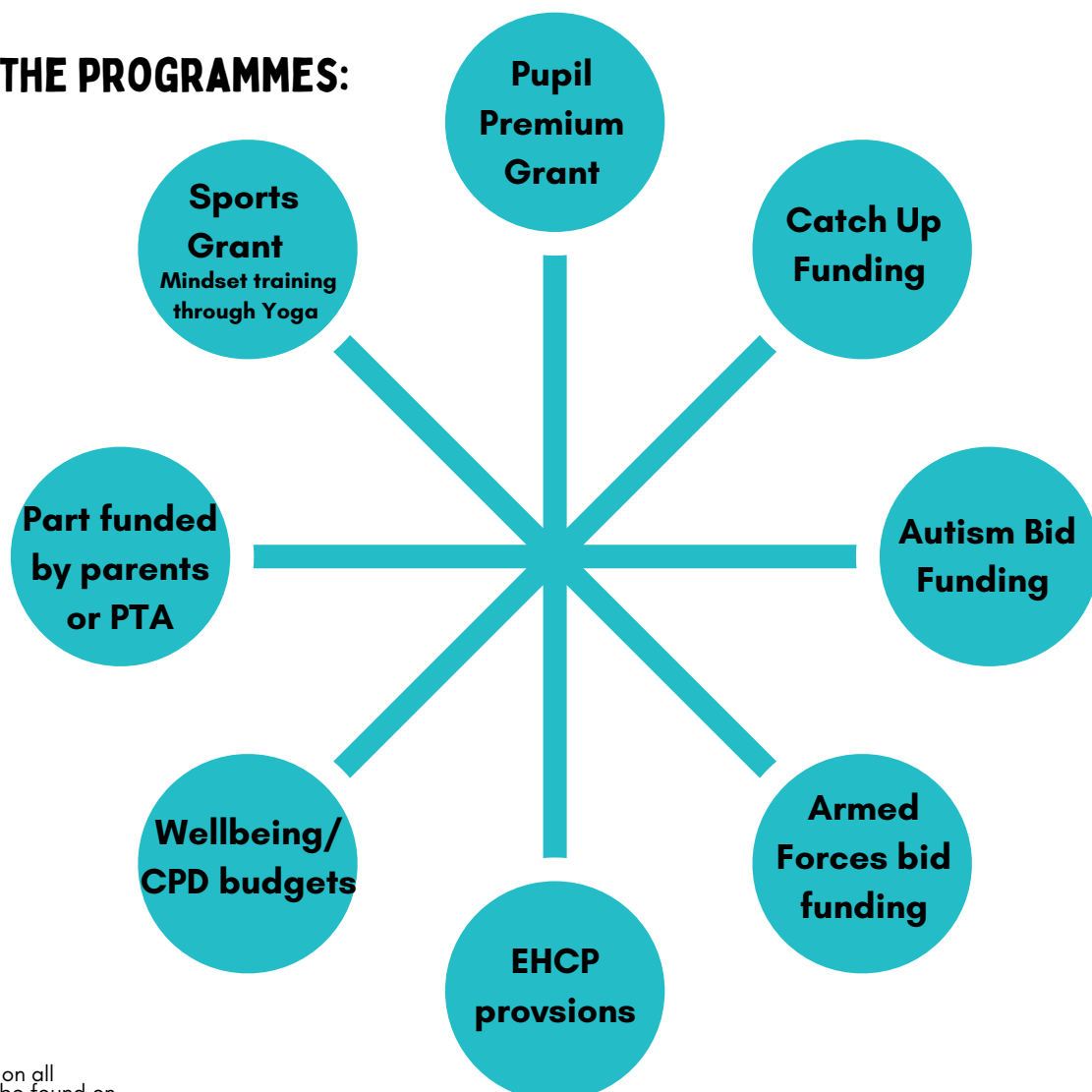
the building blocks for emotional intelligence and resilience.

knowledge and skills to be self-aware and to self-regulate.

practices within the field of psycho-education, mindfulness, yoga philosophy and Neuro-Linguistic programming.

through creative, practical and age/stage appropriate activities which are tailored to meet the needs of the group.

## FUNDING THE PROGRAMMES:



More information on all programmes can be found on the Mindful Brain website:

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

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## An overview of our in-school programmes:

For parents and educators:

	<p><b>THE BIG A ANXIETY WORKSHOP</b></p> <p>Specialist training focusing on anxiety in children. 4 week online course for parents and educators. £99 per participant. Sign up: <a href="http://www.mindfulbrain.co.uk/usefullinks">www.mindfulbrain.co.uk/usefullinks</a></p>
	<p><b>STAFF MENTAL WELLBEING</b></p> <p>Support programme for staff. 1/2 day training course (twilight and full day options available, email for a tailored quotation) £760 per half day INSET Sign up: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
	<p><b>A MINDFUL RESPONSE TO BEHAVIOUR:</b></p> <p>For ECTs, ITTs and experienced teachers who would benefit from support with day-to-day behaviour management.</p> <p>Financial investment varies depending on programme request from school. For a quotation: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>

All costs exclude travel

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## An overview of our in-school programmes:

For 1:1 or small groups

	<p><b>THE SUPER HERO PROJECT</b></p> <p>1:1 or small group</p> <p>12 week programme for children and their supportive adults in the primary phase.</p> <p>1/2 day - £3,168* (2 groups or 1:1 sessions per half day)</p> <p>*Cost excludes travel and resource kits.</p> <p>Sign up: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
 <p>The Power of Us</p>	<p><b>THE POWER OF US</b></p> <p>1:1 or small group</p> <p>12 week programme for students and their supportive adults in the secondary phase.</p> <p>1/2 day - £3,168* (2 groups or 1:1 sessions per half day)</p> <p>*Cost excludes travel and resource kits.</p> <p>Sign up: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
	<p><b>GET CREATIVE! GET CALM</b></p> <p>Small group/ whole class</p> <p>Can be delivered as:</p> <ul style="list-style-type: none"> <li>• a termly programme during curriculum time.</li> <li>• an extra curricular activity which parents part/self fund.</li> <li>• a one off workshop as part of a themed week.</li> </ul> <p>Financial investment varies depending on programme request from school.</p> <p>For a quotation: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>

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## An overview of our in-school programmes:

For whole classes

	<p><b>MINDSET TRAINING THROUGH YOGA</b></p> <p>A termly programme for children and their class teachers in reception, key stage 1 and key stage 2.</p> <p>1/2 day - £3,168* (2 classes per half day)</p> <p>*Quote based on 12 weeks</p> <p>Sign up: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
	<p><b>BRAINOLGY</b></p> <p>An introductory course for whole classes. This can be delivered within curriculum time, as part of a themed week, to support transition to secondary school or at the beginning of a new term to compliment PSHE/ 'settling in'.</p> <p>Financial investment varies depending on programme request from school.</p> <p>For a quotation: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>
	<p><b>GET CREATIVE! GET CALM</b></p> <p>Small group/ whole class</p> <p>Can be delivered as:</p> <ul style="list-style-type: none"><li>• a termly programme during curriculum time.</li><li>• an extra curricular activity which parents part/self fund.</li><li>• a one off workshop as part of a themed week.</li></ul> <p>Financial investment varies depending on programme request from school.</p> <p>For a quotation: <a href="mailto:katie@mindfulbrain.co.uk">katie@mindfulbrain.co.uk</a></p>

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