

Session Overview – Year 5

Emotional Literacy

Brain House

An interactive story that helps to explain what happens to our brain when we become overwhelmed, and answers why we may panic or freeze. It can be confusing for young people when they don't understand why their brain acts in a certain way, and this session aims to give them some understanding.

Mental Health Myths Quiz

This session introduces students to a number of other mental health topics and some common misconceptions or unknown truths. In a group quiz format, we will ask them to vote on whether some statements about mental health are true or not.

Self-Esteem

Letting worries go

An interactive session where we will physically let our worries go. This is a session designed to manage worries and understanding we can't always get rid of them completely.

Growth Mindset

Growth mindset is already promoted across the Island's primary schools, engrained in learning and school values. We will emphasise the importance of a growth mindset whilst also highlighting how having a growth mindset can support our mental health and self-esteem.

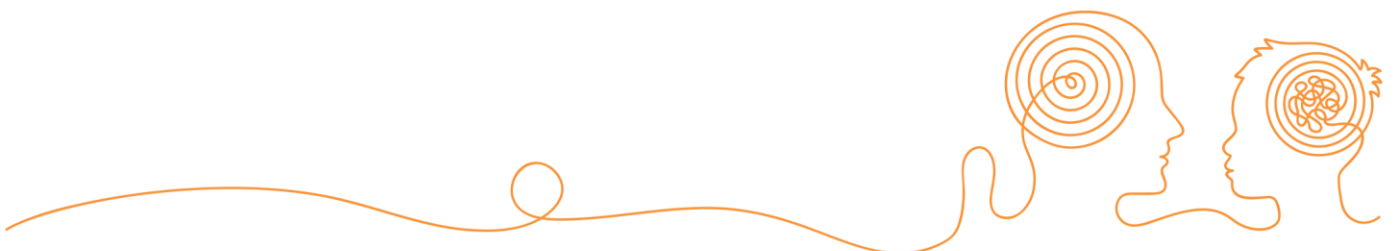
Positive Relationships

Arguments with friends

We all fall out with friends and that's okay. We do need to consider how our actions can cause friends to feel when we fall out and impact our mental health. This session introduces a few different scenarios and encourages students to think about what for them is an acceptable or an unacceptable way to act.

Power of words

Following on from the previous session, this session looks at the impact of our actions and words. Using a visual we will consider the power words can have on someone's mental health, not always just our friends.



Coping Skills

PMR

Progressive muscle relaxation is a tool that anyone can use when we find ourselves feeling angry or overwhelmed with a situation and can help some of us feel calm in our body which in turn helps our mind feel calm.

Mindfulness Scavenger Hunt

Teaching mindfulness techniques in a fun and engaging way, to help understanding of what mindfulness is and that it can be many different activities.

