

BRITISH VALUES: All children have the right to thrive in an inclusive and safe environment. To do this we must help our children establish a pattern of healthy mental, emotional, social and physical wellbeing which can sustain them into adult life.

The Worry Wizard®; Mental Health & Wellbeing

People are always stronger together. And at Bigfoot we are no exception... We are therefore delighted to be joining forces with 'The Worry Wizard', Amy Smythe, an accredited counsellor and psychotherapist with the BACP. Amy boasts over fifteen years of experience helping children develop tools to manage Worries before they become more significant mental health issues that can seriously affect a young person's mental Wellbeing.

"It is widely recognised that early intervention in children's mental health significantly reduces both the scale and duration of support required."

The menu of programmes we have developed together is for EVERYONE. Everyone has Worries, and so everyone can benefit from this unique opportunity. Coupling the therapeutic techniques developed by Amy, with Bigfoot's own creative approach to working, this proven method of managing children's emotional Wellbeing is now available to all schools wanting to nurture their student's mental health.

The sphere of activity is not confined to the classroom; students are invited to take Wellbeing activities home. Consequently, children are supported to develop a shared language to explore Worries and Wellbeing, both at school and at home, allowing all key adults around the child a greater insight into their emotional world.



The Worry Wizard programmes aim to:

- Involve children in creative activities that will spark questions and Curiosity about mental health and how it can affect our everyday Wellbeing.
- Encourage children to develop a sense of self worth, Belief and Courage so that they feel empowered to approach a trusted adult if they have a Worry.
- Increase emotional literacy so students understand that, together, Worries can be a force for positive change.
- Raise awareness about how Worries, if not challenged, can manifest into greater issues that can have a big impact on our Wellbeing.
- Help children to recognise and celebrate their accomplishments in order to Shine.
- Help support parents/carers to unlock hope when supporting a child with Worries.

FORMATS:

One Day 'Wellbeing' Workshop

(30 minute assembly & 4 x 1 hour workshops)

Comprising of a whole school (KS1 & KS2) assembly at the start of the day, plus 5 x 1 hour workshops with selected class groups of 30 students, this programme is the perfect introduction to nurturing 'Wellbeing'.

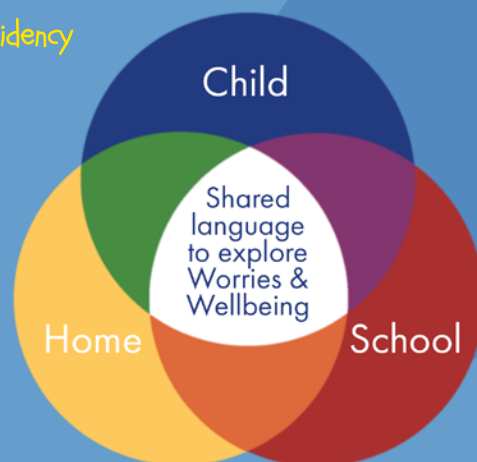
COST: £375 plus VAT

12 Week 'The Worry Wizard' In School Residency

(12 days with up to 5 x classes per day)

Delivered across a 12 week period, up to 5 x classes will participate in 1 hour weekly sessions with their teachers in order to explore the ten Worry Wizard qualities necessary to embed long term emotional resilience.

COST: £3,300 plus VAT (£275 per week)



10 Week 'Shine' After School Club

(10 sessions with 15 students)

The Worry Wizard 'Shine' club gives 15 students the unique opportunity to fully develop their emotional health and Wellbeing by participating in weekly 90 minute sessions after school.

COST: £1,050 plus VAT
(£105 per week/ £7 per head)

SPEAKING & LISTENING:
Bigfoot's mental health & wellbeing programmes enable children to communicate with each other by participating in a range of guided activities that demonstrate interaction skills and explore the different ways they express their emotions, including verbal, visual, body language and facial expressions.

Important to know:

- It is hugely important that we support children to learn skills that can help them to manage their Worries.
- If a child is unable to manage their Worries, their Wellbeing may be affected. A child may feel that Worries have removed the fun from their day, leaving them feeling lonely and lost.
- Adults may notice changes in a child's behaviour; perhaps they are unable to enjoy the activities they used to enjoy.
- The Worry Wizard's tried and tested techniques can be utilised to help children develop tools in order to manage their Worries and build a positive sense of self.



FOR MORE INFORMATION OR TO MAKE A BOOKING PLEASE CONTACT LAUREN SENATORE

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