

Bigfoot's Summer of Wellbeing

This summer let us help your school's Wellbeing to SHINE!

We are delighted to invite schools to book one of our brilliant PSHE programmes this summer term, all created to support, celebrate and nurture ourselves and the world in which we live. Designed to coincide with a term packed full of National celebrations and UK wide events, our workshops are ideal for schools eager to help their students connect with important issues in a fun and creative way!

Perfect for Arts Week, Enrichment days, Post SAT's treats or as end of term celebrations, our 'Summer of wellbeing' programme menu is the essential ingredient needed to inspire your students to get up, get active and start talking together this summer!

Our '**Summer of wellbeing**' programmes will help students:

- Recognise what they can do together to actively manage their Wellbeing.
- Know that they have a duty to think and act with respect, kindness and care.
- Take responsibility for their thoughts and actions
- Understand how they can make a positive impact

SUMMER OF
Wellbeing



FOR MORE INFORMATION OR TO MAKE A BOOKING PLEASE CONTACT BIGFOOT ON:
t: 0800 448 0864
e: info@bigfootartseducation.co.uk
www.bigfootartseducation.co.uk

Mental Health Awareness Week: Monday 15th to Sunday 21st May

The below menu of 'Worry Wizard' programmes are for **EVERYONE**; everyone has Worries, and so everyone can benefit from this unique opportunity. Coupling the therapeutic techniques developed by our Worry Wizard expert Amy Smythe, 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:



From Worries to Wellbeing (KS1 & KS2)

(30 minute assembly & 4 x 1 hour workshops)

Comprising of a whole school assembly at the start of the day, plus 4 x 1 hour workshops with selected class groups of 30 students, this programme is the perfect introduction to nurturing 'Wellbeing'.



I've Got Magic Inside Me (EYFS & KS1)

(Up to 5 x 45 minute workshops)

Designed specifically for younger students, The Worry Wizard is pleased to be able to support children as young as 4 recognise what they can do to help their Wellbeing Shine. Through story and song, they will begin to explore the language and actions needed to get Active with their Worries.



From Here to There (KS2)

(Up to 2 x 2 hour workshops)

Focusing on how we respond to change, these workshops intricately explore how we can emotionally equip ourselves with the tools needed to navigate difficult transitions.



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World Environment Day: Monday 5th June



Uncle Beard's Garden (Reception, KS1 & KS2)
(Up to 4 x 1 hour workshops*)

Delia is the busiest of bees! She spends her days happily buzzing among the blanket of flowers on Wildflower Meadow. But her life is turned upside down the day she awakes to find her beautiful surroundings are being destroyed to build houses for the human folk. She has no choice but to escape. And so she begins her adventure to Pear Tree Lane, in search of a new home for her family. Along the way she has to overcome many obstacles, terrible traffic, nature-less gardens and dangerous pesticides. At the very end of the street is Uncle Beard's garden, full of every flower imaginable! Can she make it there and find a sanctuary for her family?

An interactive performance workshop that explores science, citizenship and literacy by examining habitats and what we can do to protect our precious wildlife.

*EYFS & Year 1 will have shorter 45 minute sessions

Refugee Week: Monday 19th to Sunday 25th June



Think Simple, Act BIG! (KS1 & KS2)
(30 minute assembly & 4 x 1 hour workshops)

SIMPLE ACTS



For Refugee Week's 25th anniversary we invite you and your students to celebrate what compassion looks like in action by participating in our 'Think Simple, Act BIG!' programme.

Join Bigfoot to explore, through a variety of drama exercises, what the word 'refugee' means, how refugees positively contribute to our society, and how important it is to empathise with those who seek refuge in our country. Together we will help children understand what compassion is and how we can show it to all our human neighbours and our one shared home, planet earth.

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Transition: Monday 12th June to Friday 21st July



Upwards & Onwards (Year 6/7) (45 Minute Film Assembly & Up to 4 x Workshops)

Bigfoot's filmed performance of our 'popular 'Upwards & Onwards' play is the ideal springboard to start discussions surrounding the move from Primary to Secondary school. Starting the day with a humorous insight into the various concerns associated with moving on, the assembly is followed by workshops that aim to reassure students, alleviate fears and anxieties, as well as explore the many positive elements of transition. This hugely successful formula of film + drama workshop really is the perfect opportunity to celebrate new beginnings in a positive and enjoyable way!



Upwards & Onwards (Year 6/7) (60 Minute LIVE Play)

This 60 minute interactive performance is perfect for larger groups of students to watch together, especially on induction days or with neighbouring Primary schools. Based on real life experiences, 'Upwards & Onwards' delves into the lives and minds of two students as they make the move from Primary to Secondary school. Providing a humorous insight into the various concerns associated with moving on, our play aims to reassure students, alleviate any fears and anxieties and moreover explore coping strategies and the positive elements of transition.



Little Steps (KS1) (Up to 4 x 1 hour Workshops)

We are delighted to offer schools the option of booking our 'Little Steps' workshops for younger students who are preparing themselves for the move between key stages. Working with Year 2 children our educators will focus on the challenges they will face being in KS2 or 'Junior School', the various new opportunities they will be able to enjoy being in Year 3, as well as some of the new responsibilities they will encounter; positive, encouraging and FUN!



Everything Changes (EYFS) (Up to 5 x 45 Minute Storytelling Sessions)

The Story Tree Stories are Bigfoot's collection of exciting, interactive early years programmes for foundation stage children. In the Rainbow clearing in the forest things are changing. The story tree wants to do something completely different; instead of collecting stories it wants to WRITE ITS OWN. Everyone in the forest is worried about this. Especially Tara, she doesn't want everything to change, happy with life as it is! This is a story tree tale about change and its ups and downs...



Upwards & Onwards (Year 6/7) (30 Minute Film ONLY)

Schools are able to buy a 30 minute interactive film version of our popular 'Upwards & Onwards' transition play for Year 6 and Year 7 students. This can be purchased either directly from Bigfoot or via our automated Vimeo platform: <https://bigfootartseducationtv.vhx.tv>



UPWARDS
& ONWARDS

