

'FROM WORRIES TO WELLBEING...AND BEYOND'; A WHOLE YEAR OF WELLBEING SHINE FOR YOUR ENTIRE SCHOOL!

The Worry Wizard®; Mental Health & Wellbeing

People are always stronger Together. And at Bigfoot we are no exception... We are therefore delighted have joined forces with 'The Worry Wizard', Amy Smythe, an accredited counsellor and psychotherapist with the BACP. Amy boasts over twenty 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.

This incredible schools package 'From Worries to Wellbeing... and beyond!' is for every school who is committed to nurturing their children's Wellbeing. 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 inspiring staff and students, this exciting partnership seeks to fully embed the necessary tools proven to positively manage children's emotional Wellbeing.

Included are 2 days of Bigfoot visits to help launch 'The Worry Wizard' across the whole school, with storytelling sessions for EYFS and/or KS1, along with assemblies and workshops for years 2-6. Schools are then given a one year subscription to 'Introducing Wellbeing' which provides schools with a low input, high impact entry level programme that is packed with everything needed for a gentle, fun, and imaginative exploration of Wellbeing.



From Worries to Wellbeing...and beyond!

What's included within the whole year package?

1 DAY: From Worries to Wellbeing (KS1 & KS2)

(45 minute assembly & 4 x 1 hour workshops)

Comprising of a whole school assembly at the start of the day to help launch 'The Worry Wizard' in your school, plus 4 x 1 hour workshops with selected class groups of 30 students, this is the perfect way to excite and engage your staff and students about starting their journey from Worries to Wellbeing with us!

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

(Up to 5 x 45 minute storytelling workshops)

Designed specifically for younger students, this beautiful session aims to support 4-6 year olds recognise what they can do to help their Wellbeing Shine. Through story and song, this fun introduction begin to The Worry Wizard will help them explore the language and actions needed to get Active with their Worries throughout the year.

1 YEAR MEMBERSHIP: Introducing Wellbeing (EYFS, KS1 & KS2)

(Full access to WW resources & support- See below)



Whole school fully animated assembly



Classroom display pack



'How To Make Your Wellbeing Shine!' A1 poster



Lesson plans with extension activity ideas



Videos for both pupils and teachers



Jack and The Worry Wizard storybook



Fully illustrated classroom slides



Parental Engagement - Introduction letter and Homefun activity



Personalised Wellbeing Greeting Card from The Worry Wizard (sent after completion of the programme)

All membership plans include:

- Registration to our portal - our online home for all things Worry Wizard. 🖥️ ✨
- Access to additional supplementary activities published frequently throughout the year.
- Early access to new programmes when released (no additional fee).
- Additional physical resources mailed directly to your school each year.
- Access to monthly 'Time for a Chat' sessions via Teams call, with Amy, the Worry Wizard. Pop the kettle on and find out about what's coming up, ask questions, and get advice on using Worry Wizard resources with children in your school.

"I've already seen a big difference in children being willing to talk about their worries. I'm aware of at least 3 examples of children (quite shy children) who have shared really important worries that they may not have done without the Worry Wizard - it's brilliant!"

Headteacher



Programme Aims:

- 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.

****LIMITED TIME OFFER UNTIL JULY 2024****

Total Cost: £995 plus VAT (Normal RRP: £1,150)

(Includes 2 x in school visit days* and 1 Year membership to 'Introducing Wellbeing')

*Additional Bigfoot days may be booked for larger schools in order to deliver more workshops for £395 - £495 plus VAT per day.



FOR MORE INFORMATION OR TO MAKE A BOOKING PLEASE CONTACT BIGFOOT ON:
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