

The Worry Wizard is for anyone who has ever had a Worry. And Everyone has Worries. So, The Worry Wizard is for EVERYONE.



Bigfoot Arts Education and The Worry Wizard®; Case Study

What is The Worry Wizard and how can it help pupils?

Introduction – Bigfoot and The Worry Wizard

People are always stronger Together. And at Bigfoot we are no exception! We have been privileged to have worked in partnership with Amy Smythe, 'The Worry Wizard', since 2019 to deliver a range of important Mental Health and Wellbeing programmes in schools across the country.

Amy is an accredited counsellor and psychotherapist with the BACP, boasting nearly twenty years of experience helping children develop tools to manage Worries before they become more significant mental health issues that can seriously affect their Wellbeing.

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 has been enjoyed by hundreds of schools who have used our programmes to help nurture their pupil's mental health.

What are the programmes?

Current programmes for Primary Schools include:

- **From Worries to Wellbeing (KS1 & KS2)**
Assembly and Workshop programme; an introduction to nurturing Wellbeing
- **Worries We've Got This (KS1 & KS2)**
Follow up workshops for pupils who have participated in From Worries to Wellbeing
- **I've Got Magic Inside Me (EYFS & KS1)**
Storytelling workshops designed specifically for younger pupils
- **From Here to There (KS1 & KS2)**
Exploring how we navigate change and tricky transitions in school
- **Here for You (KS1 & KS2)**
Guiding children and young people in conversations about grief and loss
- **Wellbeing Shine Residency (KS1 & KS2)**
Regular weekly sessions to embed emotional resilience



CLICK ABOVE to see the Worry Wizard programmes in action

What are the Aims and Objectives of The Worry Wizard?

All 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.



What are the benefits of The Worry Wizard programmes in schools?

The Mental Health Foundation states that: *Children’s emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.*¹

It is therefore essential that children are supported 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. 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. Activities are carefully designed to ensure that all pupils feel safe to share their thoughts and feelings, supporting children to develop a shared language to explore Worries and Wellbeing, both in school and at home.

Amy explains that: *Many children ‘clam-up’ when an adult tries to speak to them about their Worries; they may not yet have developed the language to verbalise their emotional world. The process of being asked to speak about it can raise levels of anxiety so much that withdrawal from the conversation feels like the safest option.*

The Worry Wizard works to help adults connect with their child’s emotional world. Together, you can read stories of children who have struggled with their Worries and found tools to help them to manage them. Engaging with stories is a safe and familiar activity for children. It is easier to explore the actions and feelings of a character in a story than it is to explore your own.

Worries can create a sense of isolation and children can lose hope that things can get better. Learning about other children who have faced similar struggles introduces the idea that things can get better for your child just as it did for the characters in the stories.

The PSHE Association states that: *When used well, visitors can add interest and expertise to enhance an embedded PSHE education curriculum...They bring ‘novelty’ — we know the brain recalls novelty. Well planned sessions can therefore add emphasis to important learning elements.*²

Schools regularly use Bigfoot’s PSHE programmes to enhance, challenge and extend classroom teaching, and teachers tell us that a Bigfoot visit can be fundamental to embedding pupils learning and understanding of complex issues. Working with Bigfoot and The Worry Wizard, therefore, enables pupils to access evidenced, therapeutic, creative experiences within the school day that can have a transformative impact on their Wellbeing both in and out of school.

We work carefully to ensure that teachers and support staff are very much included in our workshops, giving them a creative lens through which to listen to their pupils worries, thoughts and feelings. Following our visits, teachers are then able to identify areas for further work and targeted support both within and outside of the classroom.

Who delivers The Worry Wizard programmes in schools?

The Worry Wizard programmes are delivered by Bigfoot PSHE Educators; experienced facilitators who are trained and skilled in exploring sensitive issues safely. Educators attend Bigfoot induction, training and safeguarding courses and are fully vetted and DBS checked. All Educators delivering The Worry Wizard are trained and supported by Amy to ensure the highest quality of provision.

Educators are skilled in creating rapport with pupils so that children and young people can have discussions and share their feelings in a safe learning environment. They are practised at engaging pupils in activities which help pupils to explore their values and attitudes and to share their feelings and opinions, whilst also considering those of others.

We regularly monitor and assess Educators practice and evaluate their programme delivery to ensure the very best of learning experiences for pupils.

How can The Worry Wizard programmes offer sustainability?

All Worry Wizard programmes are accompanied with a comprehensive resource pack which includes useful information and support for teachers about the Worry Wizard therapeutic, creative approach. A variety of follow up activities are provided that can be implemented in the classroom to consolidate and further learning.

In 2024 we were thrilled to offer schools an amazing opportunity to secure a whole year of Wellbeing shine for their entire school, enabling them to commit to nurture their pupils Wellbeing all year round.

The package includes a range of Bigfoot visits but also membership to Introducing Wellbeing; The Worry Wizard's low input, high impact entry level programme that is packed with everything needed for a gentle, fun, and imaginative exploration of Wellbeing.

Membership includes ALL the following:



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



For £995 plus VAT (Normal RRP £1150 plus VAT – discount available until 30th August 2024) schools will receive:

1 DAY - From Worries to Wellbeing (KS1 & KS2) – 45-minute Assembly & 4 x 1-hour workshops

1 DAY - I've Got Magic Inside Me (EYFS & KS1) – 5 x 45-minute storytelling workshops

1 YEAR MEMBERSHIP – Introducing Wellbeing (EYFS, KS1 & KS2) – Full access to WW resources and support.

What do schools say about The Worry Wizard?

"This programme has brightened up our week both as a staff team and for the children, positive energy when talking about worries has empowered all our children." (Lady Banks Primary School)

"Outstanding programme that teaches about feelings in an exciting and interactive way. Professional and passionate providers that engage enthusiastically with children." (Durstun House School)

"After the sessions I conducted a pupil consultation to see what they had taken away from the sessions. Some of their responses were very mature... 'I am bigger than my fears' and 'I am responsible for my actions' were two that stuck in my mind. A brilliant way to introduce the concept of wellbeing and how the children can change their outlook on more difficult situations to ensure they are keeping themselves well! These workshops haven't just impacted out children but also the adults who attended. Mindset is a powerful tool- make it positive!" (James Dixon Primary School)

"A fantastic, beautiful refresher programme that allows pupils to discuss their worries/wellbeing at a deeper level. Interactive sessions that children love and learn and leave the room with a huge smile and buzzing!" (Rossington Grange Lane)

"Very enjoyable with advice and strategies that will be useful for children to improve their mental wellbeing." (St. Joseph's Catholic Junior School)

We never underestimate the responsibility of working with pupils and the impact our programmes can have on their learning and Wellbeing. We have been so delighted with the wonderful feedback our Worry Wizard programmes have received from pupils and their teachers over the last five years, and thoroughly appreciate teachers taking the time to tell us about their experiences, helping other schools gain an insight into the benefits of our work.

Read more feedback about our various Worry Wizard programmes [HERE](#)

For more information about The Worry Wizard programmes or to discuss how your school can work with Bigfoot Arts Education please visit our website [HERE](#), email us [HERE](#) or call us on 0800 448 0864. We'd love to hear from you!

