



A group-based remote programme to equip primary school children to improve resilience and become 'Mental Health Buddies' in their school.

Wellbeing for Education is a government initiative which aims to help as many schools and colleges as possible to provide wellbeing support for children and young people within the Covid pandemic period.

'Positive Pals' is delivered over 5 sessions to children in Year 5.

Programme aims:

- To support children in exploring their wellbeing and emotions.
- Explore how we respond/treat others through acts of kindness and empathy.
- Provide children with strategies to build on their self-care and resilience skills.
- Teach children how to pass these strategies on to others, becoming their 'positive pal.'

For more information contact:

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Registered Charity No: 222533

Your school will be required to provide a staff member who will facilitate and become the 'programme champion' attending the sessions with the group.

A certificate will be provided at the end of the programme to the children, and we will support your school with an action plan to continue with Positive Pals.



HM Government

The team delivering positive pals represent the Emotional Health and Wellbeing Partnership, who have vast experience of supporting young people with mental health difficulties and are commissioned by LCC to provide Emotional Health Services to young people across Lancashire.



PROGRAMME OUTLINE

Week 1 - Introductory session: Physical/Emotional health

- Ground rules
- Ice breaker
- What is physical health?
- What is emotional health?
- What is the difference/connection between the two?

Week 2 - Emotions and feelings

- Interpreting emotions and feelings
- Understanding different emotions and feelings
- Mindfulness and yoga techniques

Week 3 - Positive Pals: Self-care and resilience

- What is self-care?
- Identifying and building self-care strategies
- Helping others to develop self-care strategies
- What is resilience and how to build it?

Week 4 - Kindness and empathy

- What is being kind and why is it important?
- What is empathy?
- How can we show empathy and be kind to others?

Week 5 - Our School Plan

- Create a school action plan to implement positive pals
- Children adopt their role as a positive pal to help others

in partnership with:

