



Primary School Offer
Course Brochure

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Whole School Approach Offers:

We Eat Elephants

Y1 & 2 – Six x 1 hour Sessions

Y3, Y4, Y5 & Y6 – Five x 1 hour Sessions

We Eat Elephants focuses on children's emotional literacy and introduces cognitive behavioural therapy (CBT) principles, including the thinking-feeling connection and problem solving. The course is adapted depending on the year group, to offer an introduction to CBT at an age-appropriate level. The course uses engaging, story-based scenarios based on four individual characters to support children to identify emotions and consider helpful and unhelpful thoughts and behaviours. The aim of the course is to help children to understand why they feel the way that they do.

Feelings Sessions

Two sessions for 5–11-year-olds

Pupils will have activity packs to complete alongside the session.

Session 1 – KS1 and KS2 Content:

- Emotional Literacy – Linking feelings to words, Normalising feelings.
- Education on the Fight and Flight response – Interactive use of exercise to normalise body symptoms.
- Calming/distraction techniques – 5 star breathing.

Session 2 - KS1 Content:

- Recap Emotions/feelings
- What is worry – recognising worry
- Ways to help – Thinking of positive activities to help.
- Make a worry monster.

Session 2— KS2 Content:

- Recap Emotions/feelings
- What is worry – recognising worry
- Strategies to understanding and manage worry.
- Look at 5 ways to wellbeing – Look at own wellbeing and ways to maintain.
- What is resilience – Create own resilience tool kit.

Peer Mentoring Programme

Our Peer Support Workers empower children through group work and play to explore their talents and skills to communicate with and look out for their peers. They empower staff to support children in their setting, to promote the children's voice and to include every child who wants to contribute to a positive mental health culture.

ASDAN

The ASDAN training programme trains young people to become Peer Mentors. In the training programme we talk about different mental health topics, the importance of clear communication and the diverse ways in which young people can support their peers. Once complete, it is the Peer Mentors decision as to how they want to use the training e.g. starting an after-school club or having a lunchtime drop-in session.

CPD

The CPD training aims to work in conjunction with the ASDAN training. The CPD training is designed to:

- educate staff on how to support Peer Mentors
- train staff to provide low level support for emotional wellbeing and to encourage young people to talk about their issues.

Building Confidence

Two sessions for 5–11-year-olds

We recognise that young people can struggle with low confidence and have negative opinions of themselves, causing low self-esteem. Low confidence can impact on all areas of a person's life including family relationships, school and achievement, friendships, and how young people spend their free time.

Sessions focus on:

- The link between thoughts, feelings and behaviours
- Positive thinking/affirmations
- Focusing on personal strengths
- Overcoming challenges and improving resilience

Decider Skills

Six one-hour sessions delivered over 6 weeks as a whole class.

The Decider Skills is an initiative-taking and preventative approach aimed to reduce the impact of emotional distress, teaching coping strategies to use when experiencing difficult emotions. It uses a combination of Cognitive Behavioural Therapy and Dialectical Behavioural Therapy based skills to help children understand their thoughts, feelings and behaviours.

The 12 Decider Skills aims to teach young people new ways of how to deal with distressing situations; helping learn how to recognise their feelings, and how to have a good relationship with others in a more helpful way. The Decider Skills are delivered in a creative way, using role play, props, and imagery to make them easy to learn and memorable.

Children will learn the following skills:

- Distress Tolerance
- Mindfulness
- Emotional Regulation
- Interpersonal Effectiveness

Decider Skills will need to be discussed with a member of the team due to limited practitioners being able to facilitate the programme.

Managing Friendships

3 x 1-hour sessions delivered to whole classes in Key Stage 2

The friendships group workshops aim to support students with managing friendships difficulties, by exploring how friendships difficulties can impact young people, and how to practice skills and friendships when struggling with friendships. Sessions include:

- Understanding what friendships and being a friend means to you.
- Identifying and understanding thoughts, feelings and behaviours, using a case study of a friendship issue.
- Explore emotions linked to friendship difficulties.
- Understand ways to manage emotions and thoughts using practical strategies such as a self-soothe box.
- Exploring life factors and impact on friendships.
- Importance of empathy and developing this skill.

Transitions

Two sessions for Year 6

Each young person will have a workbook to complete alongside the two sessions.

The two sessions will explore:

- What is transition – focus on moving from primary to secondary school
- What will they miss and what are they looking forward to?
- Thoughts and emotions about the transition
- Normalising thoughts and emotions
- Scenarios they may face starting secondary.
- What is resilience and how to be more resilient?
- Getting prepared– who to ask for help?

Additional School Offers:

Staff Training

We offer staff training to whole staff teams, for a variety of mental health and wellbeing difficulties experienced by children and young people, this includes:

Anxiety Training

We offer a one-off, hour-long training session that is appropriate for all school staff, to develop a greater understanding of anxiety and how it may present in children, both in and out of the classroom. The training aims to help staff develop an understanding of the following:

- What is anxiety and how it can develop.
- What could be maintaining a child's anxiety.
- Cognitive Behavioural Approaches and the link with anxiety.
- The types of treatment options available and how school can help an anxious child.

Sleep

Sleep workshops can be delivered to staff, to offer support and guidance for student's whose school day is impacted by difficulties with sleep. These sessions will provide psychoeducation about sleep hygiene and is delivered in a 30-minute session.

Joint Training Offer with Durham Council:

The following training is available at no cost for up to two members of staff per education setting.

Please book using: <http://www.durham.gov.uk/sendcoursedirectory>

- Attention difficulties/ADHD.
- Anxiety
- Self-harm
- Attachment and Trauma
- Staff Wellbeing

We can also offer bespoke training in relation to children's mental health – please speak to your allocated Education Mental Health Practitioner or Advisory Teacher to discuss individual requests.

Staff Wellbeing

We offer several different sessions to support the promotion of staff well-being:

- Social and Emotional Mental Health (SEMH) CPD to support building capacity of staff to identify and respond to the needs of their pupils within a whole school approach.
- The Durham Resilience Project.
- Consultation with staff to discuss concerns, offer support and signpost to appropriate services.

Other Offers

We are happy to discuss other needs in which your school may have. Some other examples of how we can support your school include:

Attending parents/caregivers' evenings, where we can:

- Introduce ourselves and our role.
- Offer advice and signposting.
- Have resources available for parents/caregivers to look at our takeaway.
- Encourage parents/caregivers to speak to school staff about a referral to the team if appropriate.

Attending assemblies, where we can:

- Introduce ourselves and our role.
- Talk about a particular topic relating to mental health and wellbeing.

Supporting with Summer Schools, where we can:

- Deliver specific workshops to support emotional wellbeing.

Targeted Interventions:

FRIENDS For Life (Feelings, Resilience, "I can try", Encourage, Nurture, Don't forget, Stay happy)

1-hour sessions over 10 weeks for KS2, delivered in small groups of up to 10 pupils.

All pupils will be provided with a workbook to use during the sessions.

Please note FRIENDS is an acronym and does not aim to support students with managing friendships.

- Feelings – *talk about your feelings and care about other people's feelings*
- Resilience – *do "milkshake" breathing, have some quiet time*
- "I can try" – *we can all try our best*
- Encourage – *step by step plans*
- Nurture – *quality time together doing fun activities*
- Don't forget – *be brave, practice skills every day with friends or family*
- Stay happy

FRIENDS is a social skills and resilience intervention that aims to reduce anxiety and provide young people with strategies to rise to life's challenges and bounce back from setbacks. It also improves social-emotional skills, the ability to focus, confidence, the capacity to relax, regulate emotions and develop empathy. **FRIENDS will need to be discussed with a member of the team due to limited practitioners being able to facilitate the programme.**

Parent Led Cognitive Behaviour Therapy

10-week course to support parents/carers of 4–12-year-olds struggling with anxiety.

The aim of Parent Led Cognitive Behavioural Therapy (CBT) is to provide strategies to parents that they can use at home, to support their child to overcome problems with anxiety. This is done by increasing their confidence by teaching skills and techniques to help their child manage their anxiety through building up brave behaviour and supporting them to face their fears.

Parent Led CBT is run as a group, with parents/carers only. The 10-week course consists of six face-to-face sessions, either delivered in person or on Microsoft Teams, and some working breaks to allow time to practice the skills they have learnt.

Please note: There is no current evidence base that demonstrates that Parent Led CBT is completely effective for children with neurodevelopmental diagnoses.

Behaviour Intervention

8-week course with parents/carers

The course aims to increase a parent/carers confidence in their ability to help and support their child and to manage their child's difficult behaviours. The course is delivered in a group with parents/carers only, and handouts will be given to complete out of session.

Parent/carers will be supported to:

- Learn about their child and their behaviour.
- To enhance their relationship and support children's communication
- Building self-esteem and improving behaviour through praise
- Using routines and boundaries to set limits for their child.
- Reducing problematic behaviour through withdrawing attention
- Supporting emotional regulation through calm time and dealing with non-adherence to commands in children over 5 years

*Please note this is a brief intervention to support parents/carers to manage the early onset of behavioural difficulties