

MHST WSA

Primary offer

5 Ways to Wellbeing – Connect, Give, Take Notice, Keep Learning, Be Active

Our Spring Term 2 focus is ‘Take Notice’

Awareness of the present moment and your own thoughts and emotions can support positive changes in how you experience life.

Name	Delivery	Aim	Objectives
Feel It, Name It, Tame It	Class Workshop	To learn what emotions are and why they matter	<ul style="list-style-type: none">• To take notice of our feelings and ‘feel’ them• To be able to put words to those feelings and ‘name them’• To learn strategies to manage difficult feelings and ‘tame them’
Parent and Child Activity Session	Parent and Child Workshop	Provide a space for parents/carers to connect with their children	<ul style="list-style-type: none">• Demonstrate the importance of connection for wellbeing through activities based on principles of special time and nurture• Introduce MHST practitioners to parents in a wellbeing focused session to build relationships and reduce barriers

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Secondary offer

5 Ways to Wellbeing – Connect, Give, Take Notice, Keep Learning, Be Active

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Name	Delivery	Aim	Objectives
What the Feeling	Workshop	To develop understanding of mental health, reduce stigma, and explore how language, identity, and our environment affect wellbeing, while learning how to support ourselves and others.	<ul style="list-style-type: none"> • To explore what mental health means • Consider common mental health struggles young people face • Think about why language matters • Discuss how culture, identity and the world around us affect how we feel • Reflect on what we can do to support our own and each other’s mental health
CALM	Workshop	To understand that taking notice of the signs of stress early in our mind and body helps us deal with it better.	<ul style="list-style-type: none"> • Understand what stress and worry are • Learn about common causes and signs • Explore what makes stress worse • Try the C.A.L.M. technique, a way to feel more in control • Discover who and what can help
Feel It, Name It, Tame It	Workshop	To take notice that learning to understand emotions helps us feel more in control, less	<ul style="list-style-type: none"> • Learn what emotions are and why they matter

		overwhelmed, and better able to support others.	<ul style="list-style-type: none"> • Understand how to recognise and name our feelings • Try out techniques to manage big emotions • Build confidence in talking and listening about feelings • Feel able to use the 'Feel it, Name it, Tame it' technique in real life • For students to build mindfulness into their everyday life
Mindful or Mind Full	Workshop	Develop an understanding of what mindfulness is and why it matters	<ul style="list-style-type: none"> • To practice a different mindfulness activity every day for a week • For students to build mindfulness into their everyday life

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Parent offer

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Name	Delivery	Aim	Objective
Stress, Anxieties and Worries	Parent Support Group (online)	To give parents and carers a greater understanding as to what stress, anxiety and worry are in young people and share useful tools to support their young person at these times	<ul style="list-style-type: none"> • Be able to understand and describe what is stress, anxiety and worry? • Common signs and symptoms of stress, anxiety and worry. • Explore how we can support our young people to reduce their symptoms • Where else to seek further information and support
Take Notice Coffee Morning	Coffee Morning	Introduce parents to the MHST and create a safe space to share ideas and resources.	<ul style="list-style-type: none"> • To help young people slow down and stay present
Parent and Child Activity Session	Parent and Child Workshop (Primary Based)	Provide a space for parents/carers to connect with their children	<ul style="list-style-type: none"> • Demonstrate the importance of connection for wellbeing through activities based on principles of special time and nurture