

Our **NEW Resilient Minds** programme provides flexible support for pupils, parents/carers and school staff with their resilience and wellbeing.

Resilient Minds!



Primary School Menu

Pupils

- 5 Ways to Wellbeing Assemblies
- Bounce Forward, our universal resilience programme, available for whole classes (Y3-Y6) with a transition focus for Y6 pupils.
- Bounce Forward for groups in EYFS and Key Stage 1



Staff



- Introduction to resilience seminar
- A resilience workshop on how to use the resilience framework along with resources on how to embed this approach in their lessons following the Bounce Forward programme
- Wellbeing Action Planning session to identify next steps for the school following our support

Parents/Carers



- Introduction to Resilience workshop and resources on how to embed resilience and positive coping strategies at home
- Wellbeing support packs
- Presence at parent evenings

Bounce Forward

Bounce Forward is our flagship preventative programme based on a resilience framework co-designed with young people. It teaches children about resilience and helps them to develop practical coping strategies to increase their ability to bounce forward in tough times. If children are supported to understand their mental health and know how to build their resilience, they are more likely to remain mentally healthy. It is delivered to the whole class for years 3-6 and we can offer a tailored transition programme to support Year 6 children with the move to secondary school.

We also offer group sessions for Key Stage 1 and EYFS!



Please email
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more information.