

We're delighted to launch our new Creative Wellbeing School Programme.

Delivered over ten in-school or digital sessions between October and December 2021, this whole-school programme will aim to raise children's mental health awareness, enhance literacy and oracy skills, and encourage confidence.

Through a storytelling performance and a series of creative workshops led by Discover Story Builders and a professional artist, pupils will learn to recognise, explore and creatively express ideas related to mental wellbeing. Concluding with a creative showcase for families, carers and the wider school community.

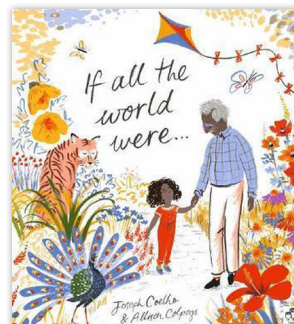
Teachers will also be invited to take part in digital Continuing Professional Development (CPD) sessions, enabling them to build on the work done with Discover and deliver their own sessions in the classroom.

We will be recruiting three East London primary schools in June 2021. Stay tuned to find out more about the programme in the next couple of months.

In the meantime, we'd like to share this curated reading list and free learning resource around the theme of children's mental wellbeing.



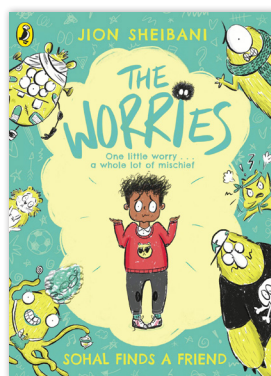
One Girl
Andrea Beaty



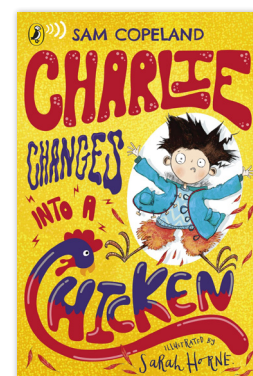
If All the World Were...
Joseph Coelho



The Sad Ghost Club
Lize Meddings



The Worries: Sohal Finds a Friend
Jion Sheibani



Charlie Changes into a Chicken
Sam Copeland

MINDFUL SELF PORTRAIT

WHAT IS MINDFULNESS?

Being mindful means paying attention to your thoughts and feelings in the present moment, as well as what's going on around you.

While you complete these activities, notice how you are feeling today.

My name is _____.

I am _____ years old. Today, I feel _____

because _____

_____.

Draw yourself here.



THE THINGS THAT MAKE ME SPECIAL

Draw or write down three things you are good at.

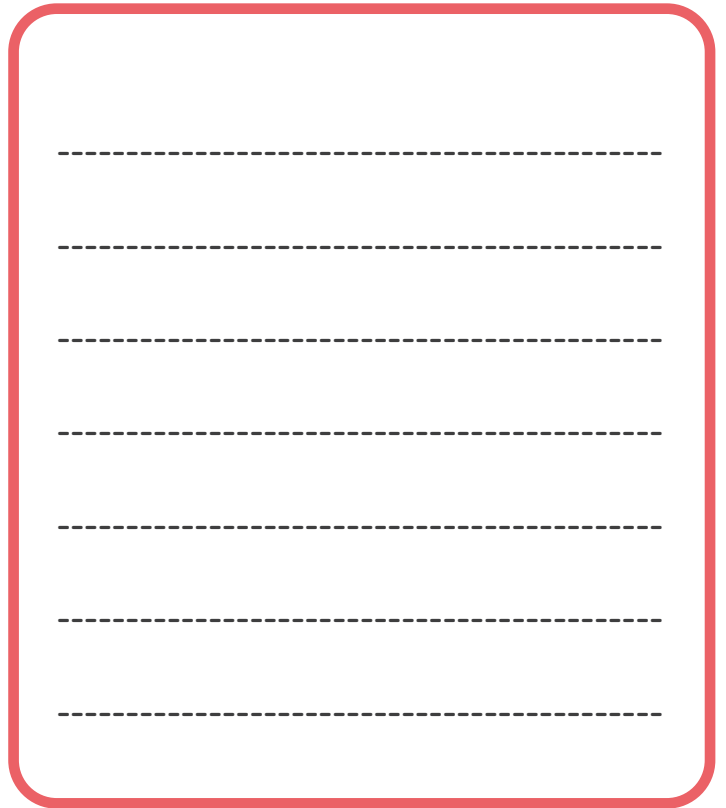

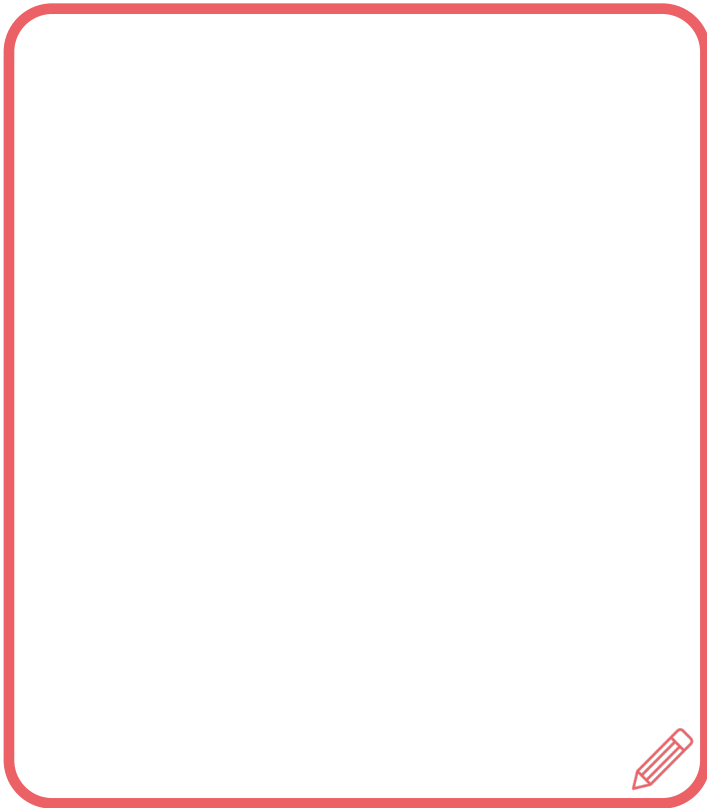
1

2

3

MY FAVOURITE MEMORY

Draw or write about a memory that makes you feel happy.


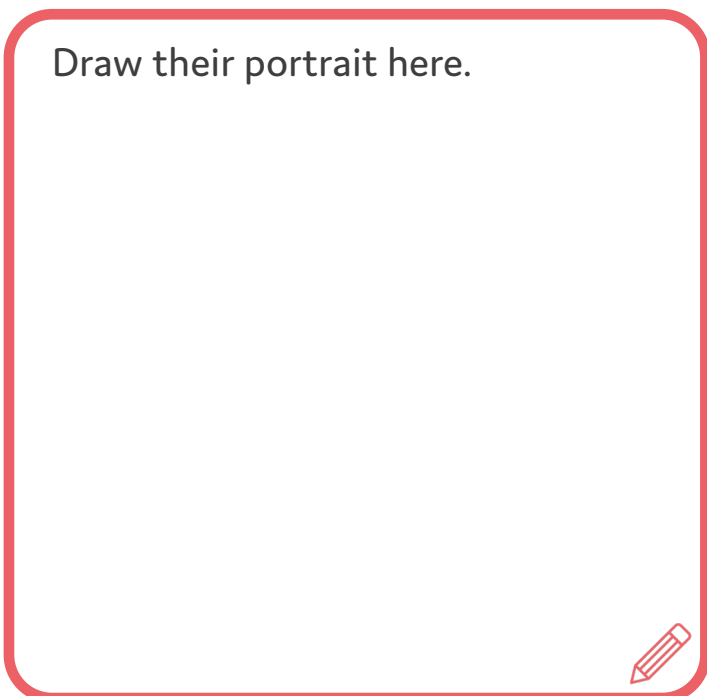


SOMEONE I CAN TALK TO

Tell us about someone you can talk to when you feel worried. This could be a friend, an adult, a teacher or anyone else you can think of.

When I feel worried, I can talk to _____.

Draw their portrait here.



List three things you like about them here.

- 1 _____
- 2 _____
- 3 _____