

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.

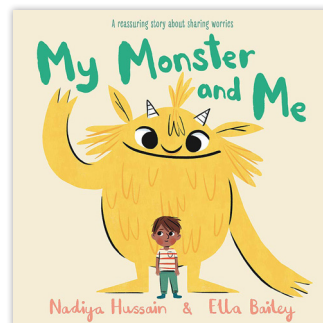
Teachers will also be invited to take part in digital Continuing Professional Development (CPD) sessions, enabling them to build on the work done with Discover and deliver their own sessions in the classroom.

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.



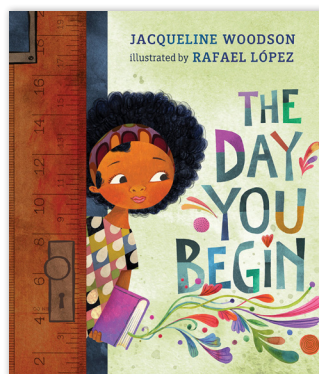
The Worrying Worries
Rachel Rooney



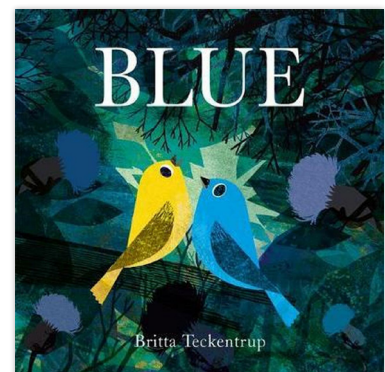
My Monster and Me
Nadiya Hussain



Happy
Nicola Edwards



The Day You Begin
Jacqueline Woodson



Blue
Britta Teckentrup

MAKE YOUR OWN WORRY CREATURE



THE ORIGIN OF WORRY DOLLS

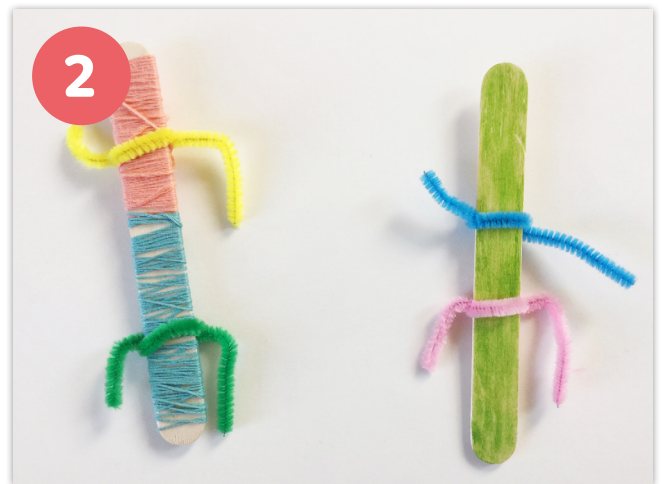
Worry dolls are small, hand-made dolls originating from Guatemala. Traditionally, these dolls are made of wire, wool and colourful textiles. Children tell their worries to the worry dolls before going to sleep and place them under their pillow. The worry dolls help eliminate children's worries or sadness by the time they wake up the next morning.



WHAT YOU WILL NEED:

- A lollipop stick or craft stick
- Coloured threads or pens
- Pipe cleaners or strips of coloured paper
- Googly eyes (optional)

INSTRUCTIONS:



1. Wrap each lollipop stick with colourful thread or colour them in with pencils.
2. Wrap the lollipop sticks with pipe cleaners to create arms and legs.
3. Add googly eyes or draw eyes to complete your worry creature.