

Creative Wellbeing School Programme Information Pack for Teachers



Overview:

Delivered in three schools between October and December 2021, the Creative Wellbeing programme aims to raise children's mental health awareness, enhance literacy and oracy skills, and encourage confidence.

With medical artist, writer and educator Merlin Evans, Discover Story Builders have created a digital storytelling performance and a series of craft and literacy workshops in which Year 2 – Year 5 pupils will learn to recognise, explore and creatively express ideas related to mental wellbeing.

The project culminates with a showcase of pupil's creations at Discover Children's Story Centre for families, carers and the wider school community.

The main objectives are:

- Improve opportunities and abilities to talk about mental health in participating schools.
- Empower educators to positively address the topic of mental health in the classroom.
- Engage vulnerable children and children with SEN and EAL.
- Engage parents and carers with their children's learning.

Teacher CPD:

As part of the project, educators are invited to take part in CPD (Continued Professional Development). An online CPD session led by Discover and Merlin Evans will take place on **Tuesday 16th November, 3.30pm-5.30pm**. This training is open to up to 10 teachers from each participating schools and isn't limited to teachers who teach a class involved in the workshops. The session will provide educators with tips and ideas to build on the work led by Discover and deliver another 5 activities in the classroom. Resources will be sent to participating teachers ahead of the session.

The filmed storytelling performance:

The project starts with the screening of *The Map of Me*. Created by Merlin Evans and Discover, *The Map of Me* is an original story exploring emotions and wellbeing through the eyes of the main character, Kit. Kit is feeling unwell, they don't know what's wrong but they're just not feeling themselves today. Join Kit as they discover a special map that will take them on a journey of self-exploration, meeting wonderful animals on the way.

Creative workshops:

A set of creative workshops will be delivered in participating schools, exploring the topic of mental health and wellbeing further. Workshops are fully inclusive and involve a range of art forms (illustration, storytelling, drama and movement, puppetry etc.), encouraging pupils to create their own artistic response to the topic. Session plans will be provided to teachers ahead of the sessions.

Showcase of pupils' creation:

The project culminates with a showcase of pupil's creations. Year 2 and Year 3 pupils develop characters and ideas that are passed on to Year 4 and 5 pupils with the aim of curating an installation at Discover Children's Story Centre. Pupils' work will be publicly showcased in the centre from mid-November, for a two-week period.

Evaluation:

To evaluate the project's impact and report back to our funders, we will ask pupils and teachers to fill out a pre and post visit survey. We will also conduct 1:1 interviews with teachers throughout the project.

Photography permissions:

If possible and in agreement with teachers, we would like to take some photographs during workshops in schools. We will send teachers photography permissions forms and would appreciate help communicating with parents and carers. Images will always be used without any reference to names or other personal information.

Additional resources:

Before we visit your school, you can take a look at previous resources created by Discover for educators to explore the theme of mental health and wellbeing in the classroom. Please visit our website where you can find our activity sheets and reading list: discover.org.uk/creative-wellbeing

Risk assessment and Covid-19:

Our staff have been inducted to Discover's Covid-19 safety measures. Where necessary, we can amend delivery structure to meet your school's Covid-19 safety requirements. Teachers will be sent a risk assessment ahead of sessions.

Staff will wear masks and/or visors while visiting your site and will maintain a 2-meter distance from pupils while facilitating sessions. Any essential resources that Discover brings into the school will be refreshed for each class i.e. wipe-cleaned, washed or quarantined for 48 hours prior to the visit.

Discover staff have recently undergone Safeguarding and Child Protection training and have current Enhanced DBS checks, which will be brought and shown to reception staff at your school.