



Creative Wellbeing School Programme Information Pack for Teachers

Overview:

Delivered in five schools between November and December 2022, 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 storytelling performance, Map of Me, 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 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 Wednesday 19th October from 4pm - 5pm.** This training is open to teachers from each participating school 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. Resources will be sent to participating teachers ahead of the session. **If you plan to attend this CPD session, please email education@discover.org.uk to confirm.**

Storytelling Performance:

The project starts with the performance of **The Map of Me** in school for participating classes, and other classes where possible. 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 not feeling themselves today. Join Kit as they go on a journey of self-exploration, meeting wonderful animals along the way who help them discuss their feelings.

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), encouraging pupils to create their own artistic response to the topic. Session plans will be provided via our Creative Wellbeing Resources page, in advance of workshops.

Showcase of Pupils' Creations:

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. These ideas will contribute to the final installation at Discover Children's Story Centre. Pupils' work will be publicly showcased in the centre from mid-February, 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.

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, 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:

Teachers will be sent a risk assessment ahead of sessions.

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.