

Facts4Life

Pastoral Resource



Facts4Life: A health resilience programme for primary and secondary schools
Helping young people take ownership of their mental health.

www.facts4life.org

Facts4Life Pastoral Teams Training

A Facts4Life Mental Health & Wellbeing Intervention Resource

This intervention would suit 1:1 or small group work.

Format of each session:

- Check-in activity to start
- Key theme activity
- Soother to finish

Shorter sessions may require revisiting of key themes to ensure understanding.

Baseline Assessment Activity – Likes and Dislikes

Check-in - choose from the pack

Activity - Both practitioner and child should each have a piece of paper upon which to write their name: bubble writing or stylised writing is a fun choice. Using words and pictures, record the things you like and dislike anywhere on your page. You might want to use faces and hearts drawn next to each entry to show your feelings towards them.

Why?

This simple activity is a scene setter. It helps the practitioner to bond with their focus child by creating a meaningful opportunity for conversation, identifying commonality, and highlighting potential triggers (and soothers) from the child's day to day experiences.

Soothen - choose from the pack

Check-In Activities



Check-In Activities – Ups and Downs

Use these regularly, at least daily, to measure the emotional temperature of the group. These can be spoken, gestured or drawn/written and can be extended to allow for deeper reflection and greater expression e.g. using your check-in choice, turn your selection into an artistic representation of that feeling. You may prefer to simply draw and colour or you may wish to sculpt, build or model using what's available to you.

Note the fluctuating nature of feelings and highlight this to the learners - we all have ups and downs, this is normal.

- Pick an emoji that reflects how you are feeling at the moment.
- Pick a colour that reflects how you are feeling at the moment.
- Choose a word that describes how you are feeling at the moment.
- Show a number with your fingers that reflects how you are feeling at the moment with 1 being low and 10 being great.
- Pick a LEGO element that reflects how you are feeling at the moment.
- Pick a food that reflects how you are feeling at the moment.
- Pick a drink that reflects how you are feeling at the moment.

Theme 4 – My Busy Brain

Check-in – choose from the pack

Activity - watch the video:

<https://facts4life.org/wp-content/uploads/2021/01/My-busy-brain-and-how-I-can-help-it-video.mp4>

Discuss what sorts of things might cause a flappy lid? How might we recognise when our lid is getting flappy? What physical sensations might a person experience when feeling scared, sad or angry?

Explain that there are lots of things that we can do to help soothe these tricky feelings. Let's find out more.

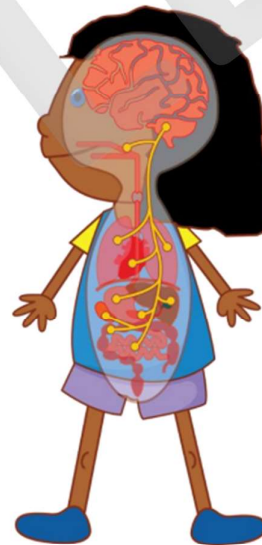
There's a long nerve in our bodies that connects our brain to our throat, heart lungs and digestive system. It's called the vagus nerve and working with it helps our brain and body to regain a happy, healthy balance.

Here are some actions to help us work with the vagus nerve:

- Deep, slow breathing
- Singing, humming or gargling
- Exercising
- Having a cuddle or a massage
- Splashing cold water on your face

Some of these activities link up with boosting 'feel good' hormones. Share <https://facts4life.org/wp-content/uploads/2021/01/Feel-Good-Hormones-Resource.pdf>. Try the challenge described on the 'Feel Good Hormones' resource.

Soother - choose from today's discoveries. These are all important ways in which we can care for ourselves. We call this 'self-care' or 'self-kindness' and its very important for wellbeing.





Getting
ready for
school

Arriving at
school

Maths

Break
time

English

Lunch
time

Art

Journey
home

Bed time