

# HEALTH AND WELLBEING

## EMOTIONAL SUPPORT 'Me in Mind' Programme

Me in Mind is a NEW programme created to support Emotional Literacy, working with vulnerable primary aged school children. With ever-changing challenges in schools to support wellbeing following the pandemic, this programme aims to put the children's understanding of their emotions and feelings at the heart of what we are delivering. Emotional literacy is a key part of developing inside and outside of the classroom.

There is a growing demand for emotional literacy support for children in schools, recognised through the development of the ELSA role. We want to support schools by working with the key member of staff in this role, providing them with the resources, tools and experience to develop a long-term framework to support their most vulnerable pupils to help manage their emotions.

Summer 2023 half-term 2 we worked on a pilot with Stokes Wood Primary school where the teachers provided invaluable advice and feedback. Sessions included discussions around feelings and empathy and hands-on activities included the feelings monster, putting yourself in someone else's shoes, emotional roller-coasters and play-dough faces. We will be rolling the programme out to all our KS2 member schools in September 2023, a great addition to our programmes.

