



# Inspire Story

# HEALTH AND WELLBEING

## ME IN MIND

Me in Mind is an emotional literacy intervention programme where learners investigate their own thoughts and feelings and learn techniques to better manage their emotions and understand how to be happier and calmer more often.

The pupils at St John Fisher Catholic Voluntary Academy have made great progress over the 10-weeks, learning how to recognise and manage their emotions through informative and fun activities, games, and challenges. They all agreed that the 'feelings monster', used at the beginning of each weekly session, allowed them to talk about how they were feeling in a safe environment where they could be confident. By the end of the programme they reported what they have learnt by creating a poster, one student wrote, "I have learnt that it is ok to express your feelings and not to bottle it up", and another wrote that they "learnt how to be calm when you are angry". It was a pleasure watching these pupils grow in confidence each week, and learn techniques that will help them for years to come.

I have learnt that it is ok to express your feelings and not to bottle it up.

My feelings are relevant and it matters 😊

Everyone deserves to be heard. 🗣️

In me in mind we learn a lot of important things

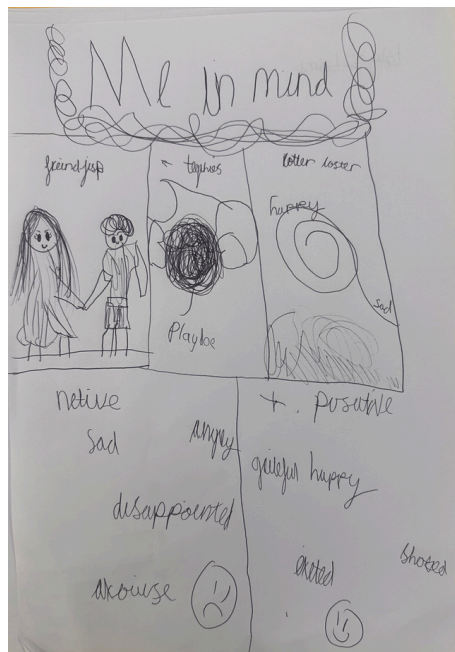
Nobody should go through something alone 🎸

Mindfulness helps.

Everyone is different and different things work.

Nobody is alone

Drawing your feelings helps.



Week one → who is feeling an outside emotion  
Sad Nervous Calm Shoked Angry Worried

Week two → your negative feelings  
Angry Happy Nervous Sad Shocked

Week three → empathy  
Put your self in other Peoples shoes  
Feel what other People feel

Week four → how to Deal with negative feelings  
Pause close your eye Count to 5  
Serenity Grounding See hear think touch

Week five → bad emotions  
When your feeling negative

Week six → be happy with Friends  
make Sure you Play nicely

No Here week seven at Meryps

Week eight → Healthy eating  
BE Healthly by having 1 mix as the Food in the good

Week nine → being anxious  
happy things draw or write or feeling

