

The Coram Life Education & SCARF team will be visiting our school on 6<sup>th</sup> and 7<sup>th</sup> October.

The children's charity Coram Life Education provides Health and Wellbeing Education support to schools. Workshops are delivered by skilled educators and the **SCARF** resource is the framework of our PSHE (Personal, Social, Health & Economic) education curriculum.

### **Workshops – LifeSpace**

The fun, interactive and age-appropriate workshops help children to understand the importance of physical and emotional health; they learn vital life-skills that are also known to help their overall achievement.

#### **Year R Bouncing Back**

This workshop aims to develop the 'super power' of resilience. Harold is learning a new skill but is really struggling and feeling fed up! The children are encouraged to find ways to tackle these problems and different feelings, helping them to develop their ability to bounce back. Using visualisations, empathy, role-play, singing and the power of the magic word 'yet', resilience and growth mindset are explored and embedded. The children share their emerging knowledge with Harold and help him to feel the strength and importance of being resilient, as well as developing a little toolkit for themselves to help.

#### **Year 1 Taking care of our feelings**

In this workshop, Harold has a heavy bag of uncomfortable feelings and he's struggling to cope with them. With help from the children, Harold looks at each of the different feelings and explores a variety of ways to cope - or self-regulate. Linking feelings and emotions to the brain and thinking about the neuroscience behind our feelings, children learn about the mindful techniques of yoga movement, breathing, visualisations, nature sounds and exercise to help manage feelings. They discover ways to handle everyday tricky situations and uncomfortable feelings. The aim is to lighten the load in Harold's bag whilst having fun and developing practical solutions and skills that can be tapped into whenever they are needed - in school and beyond.

## Year 2 Gratitude

In this workshop we explore feeling gratitude towards others, about ourselves and the natural world around us. Harold feels grumpy about something he has to do. Through paired discussion, the children suggest ways for Harold to think positively. Using a 'Grateful Box', the children share what they are grateful for about themselves, using actions and role-play. Together, Harold and the class think about being grateful for nature. Through sounds, images and movement, they explore how nature can help with feelings. A 'Thankful Throne' enables the class to think and share about being grateful for others. The workshop connects gratefulness with mindfulness, being aware of people and nature around us.

### **Wider PSHE education and SCARF**

Over 45,000 teachers across the UK are now subscribers – here are some reasons why we have chosen this resource:

- SCARF provides a whole-school approach to building essential foundations – crucial for children to achieve their best, academically and socially
- Supports learning across all ages
- Timetabled lessons to support mental health & wellbeing
- Covers all the new DfE statutory requirements for Relationships and Health Education
- Regularly updated online curriculum
- Supports our school in meeting Ofsted's expectations
- UK's leading charity provider – not for profit

Click [here](#) to find out more about Coram Life Education & SCARF