

Growing Through Lockdown - Whole School Wellbeing Programme Benefits

Increases mental health awareness	Promotes a positive mindset in dealing with change	Improves motivation and productivity of students	Supports students during, and post, lockdown
			



Steve Daniels,
Founder of Strengthening Minds

About Us

Over the past 5 years, Strengthening Minds has established itself as one of the leading providers of emotional wellbeing interventions, successfully supporting young people in making long lasting behavioural changes.

To date, Strengthening Minds supports over 50 schools nationwide in delivering our unrivalled packages of support. Our programmes have been created to ensure a cost-effective and a sustainable solution to positively tackling mental health and wellbeing.

Programme Overview

The Covid-19 Pandemic has had a huge impact on students' well-being across the nation, bringing unprecedented changes to their every day lives. The pandemic has altered the way in which schools are able to support students, highlighting the need for a creative approach to the way in which we as educators can work. With this in mind, we are extremely proud to launch our whole school approach to supporting student's well-being through our unique '**Growing Through Lockdown**' programme.

The **Growing Through Lockdown** programme has been created to allow schools access to meaningful wellbeing sessions that can be delivered **online** and in the **classroom**. Not only does this programme support students' wellbeing throughout these unprecedented times, but it also ensures that students are equipped with the vital tools to successfully overcome life's challenges once normal school hours return.

This effective programme allows students to participate in weekly sessions that genuinely help them to explore their feelings during lockdown, as well as giving them an opportunity to break bad habits, find motivation and prepare for life post-lockdown.

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10 Sessions to unlock potential and ensure positive change

Session	Session Summary	
<p>Session 1 Life in Lockdown</p>	<p>Students will develop an understanding of the Covid-19 Pandemic, identifying personal feelings and the importance of positively expressing emotions through conversation.</p>	
<p>Session 2 Changing Habits</p>	<p>Students will explore habitual behaviours, identifying habits that negatively impact progression and understand the need for change, developing habits that will lead to long term success on both a personal and an academic level.</p>	
<p>Session 3 A Better Me</p>	<p>Students will learn to recognise the opportunity to re-invent themselves during this time, identifying areas in which improvements are needed for continued growth, ensuring commitment to making a long lasting change.</p>	
<p>Session 4 Finding Motivation</p>	<p>Students will learn to understand the need for motivation and its link to success and happiness. Future planning, implementing structure/routine and returning to school as motivated students will make up the core of the learning in this session.</p>	
<p>Session 5 Reducing Stress</p>	<p>This session will identify student stress factors, exploring their responses to stressful situations and the need for effective stress reduction strategies. Students will learn to manage and control the inevitable stresses they may be feeling.</p>	
<p>Session 6 Positive Mindset</p>	<p>Students will learn to adopt a 'growth mindset' when dealing with challenge, overcoming self-limiting thoughts through using positive affirmations and developing a vocabulary of positivity.</p>	
<p>Session 7 Implementing Strategies</p>	<p>Students will begin to implement effective strategies to support wellbeing, recognising the support structures that are in place and where these can be developed. This will help change attitudes toward challenge - embracing help and supporting others.</p>	
<p>Session 8 Expressing Ourselves</p>	<p>Students will be encouraged to recognise the need for positive communication, the power of words and how they can express their emotions effectively. Students will also explore how others can feel as a result of the communication we exhibit.</p>	
<p>Session 9 My Future Self</p>	<p>Students will identify the progress that has been made, using new knowledge to better themselves. This will help students plan and prepare for a brighter future in which success and self-pride will play an important role.</p>	
<p>Session 10 The Journey Ahead</p>	<p>The final session allows students to recognise their own potential and the need for continued hard work. This session will help prepare students for a full return to school and will also give them the chance to celebrate success.</p>	

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The Need for Support



The emotional wellbeing of students continues to be a priority in schools across the country. We are all greatly aware of the damaging impact that poor wellbeing can have on our students. Not only can these feelings lead to long lasting emotional damage, but they can also affect students' ability to interact positively with others, leading to poor behaviour and academic disengagement. The need for this intervention is more prevalent than ever; many students have been, and will continue to be, isolated from their natural school environment, bringing feelings of stress, fear and anxiety.

If these needs are not met, the ability to teach students will be more difficult than ever. A lack of motivation to learn, anxiety of being around others and a genuine unwillingness to engage are just a few of the problematic challenges schools will have to combat. The 'Growing Through Lockdown' Programme addresses all these issues and more, providing effective support that will enhance our students' wellbeing long after these unprecedented times pass.

How the Programme Works



10 x 60 minutes Sessions



Delivered online (8 students per group)



Delivered in the classroom (30 students per group)



30 staff virtually trained to deliver the programme



Full colour workbooks packed With fun and engaging activities



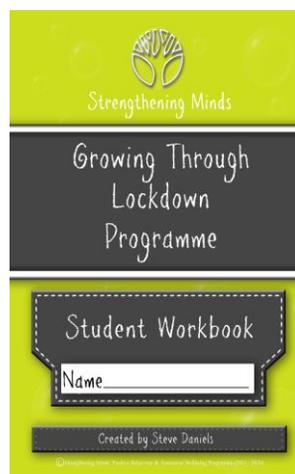
Engaging PowerPoint presentations for each session



Facilitator handbook – step-by-step guide



School given full Strengthening Minds support



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Moving Forward



Free Training

We recognise that schools are working tirelessly to ensure student wellbeing is fully supported during these difficult times. The effective 'Growing Through Lockdown' programme will certainly alleviate some of this pressure and add to the fantastic work taking place.

We strongly believe it is important that schools are given the opportunity to learn more about the programme and to ensure it is the correct fit before committing to taking it forward. As a result of this, we are offering schools the opportunity to sign up 1 member of school staff to **access our 'Growing Through Lockdown' Introduction Training for FREE.**

The introduction training will be delivered virtually, covering all aspects of the programme, providing an opportunity to ask questions and ensure the programme is the best fit for your school.

Following the initial training, interested schools will receive full training for up to 30 school staff, equipping them with everything needed to successfully take the programme forward.



Key Information

- **The cost of the 'Growing Through Lockdown' programme is £995.00 this includes full staff training, resources and year round support**
- An opportunity for a member of school staff to attend our 'Growing Through Lockdown' Introduction Training, **FREE** of charge
- **The 'Growing Through Lockdown' programme is compatible with all virtual learning platforms**
- The programme can be delivered both **during**, and **post lockdown**
- **The programme can be delivered in both classrooms and virtual learning settings**
- The programme provides a **whole-school** approach to supporting student wellbeing
- **Purchasing the programme will enable your school to be a part of the nationwide Strengthening Minds Community:**

Your school will receive year round support and will have the opportunity to access our wide range of targeted wellbeing interventions at a heavily discounted rate

Contact Us

To register your interest in attending one of our upcoming virtual training sessions, please get in touch via the contact details below.



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