



BETTERING YOUTH

presents



OUT OF THE BOX

Supporting Children's Resilience &
Growth Mindset

Holy Trinity Primary School, 10 week PSHE year 4 & 5 programme



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The Objective:

- Improved growth mindset
- Increase focus and productivity
- Support year 4 and year 5 students in developing techniques to handle stress and exam anxieties

How the sessions will be delivered:

- A 45 minute session will be provided to each year group (year 4 and 5) once a week for the duration of 10 weeks

What do the sessions entail:

- Each session will include a specific skill that will serve to support students in attaining the objective.
- Our sessions are interactive, engaging and practical



OUT OF THE BOX

Over the ten weeks, we will cover the following core aspects:

Week 1 - Introduction to mindfulness

Week 2 - Learning about affirmations

Week 3 - Concentrating on positive emotions and outcomes

Week 4 - Learning how to manage negative thinking

Week 5 - Acknowledging one another

Week 6 - Teamwork; understanding goal setting as a group

Week 7 - Having a healthy body

Week 8 - Making friends; interpersonal relationships

Week 9 - No problems ... only opportunities

Week 10 - Celebrating successes





BENEFITS OF MINDFULNESS



Reduce worries, anxiety and distraction



Create a sense of calm



Learn how to relax and regulate emotions



Improve concentration and increase productivity



Develop a sense of empathy and connectedness



Enjoy better health and sleep

76% OF CHILDREN IN THE TRAINING GROUP REPORTED 'LIKING' PRACTICING MINDFULNESS AT SCHOOL

Bettering Youth provides emotional wellbeing coaching for staff and students

We build our program offerings around your school's unique need to ensure your staff and students get the best from their school experience.

We do this by assessing your school's requirements to improve moral and establish a stronger curricula to support social, emotional, moral development.

We believe that the most effective way to introduce mindfulness into the classroom is by taking a whole school approach and incorporating this completely into your school ethos (14). Equally, we understand that high-quality pastoral care makes a real difference to your students' attainment levels and their overall wellbeing (15).

Email: sarahlynnhodder@betteringyouth.com

RE: School Children Programme