



Parent Information Leaflet

Six-Week Mental Health & Wellbeing Workshop

We are pleased to let you know that your child will be taking part in a six-week Mental Health & Wellbeing Workshop in school. The sessions are designed to help children understand their feelings, build confidence, and develop the skills they need to manage worries and everyday challenges.

The workshop is fun, creative, and tailored specifically for primary-aged children.

What this workshop will cover.

- What mental health is and why it is important
- What anxiety feels like and how to recognize it.
- The difference between helpful and unhelpful anxiety
- Building self-esteem and a strong sense of self-worth
- Developing resilience and coping strategies
- Practical tools for managing worries and big emotions
- Skills to support transitions, such as moving year groups, adapting to new routines, or facing new situations

Why This Learning Is Important

- 1 in 6 children aged 5–16 experience a mental health difficulty
- Half of all mental health conditions begin before age 14
- Early support helps children feel more confident, calm, and ready to learn
- Strengthening emotional skills helps children cope better with change and transitions

How the Workshop Will Support Your Child

- Better understanding and expression of their emotions
- Increased confidence, self-worth, and resilience
- Calmer responses to stress and everyday challenges
- Stronger friendships and communication skills
- Greater readiness to learn and adapt to new situations
- More confidence when managing transitions at school and at home

Our Approach

- Sessions are delivered by trained facilitators
- Activities are safe, supportive, and age-appropriate
- Children are never pressured to share personal information
- The focus is on building skills, confidence, resilience, and long-term wellbeing