



Online Workshops

Giving your children positive, enrichment experiences and enhancing emotional health

Our educators are now delivering new, innovative and exciting online workshops, using Zoom. Children love these fun, memorable workshops, focusing on emotional health and wellbeing. Specially-devised content supports the mental wellbeing aspects of your PSHE (including RSHE) curriculum and by booking these workshops your whole school will continue to benefit from our award-winning SCARF comprehensive PSHE curriculum, at no extra cost!

"The content was highly relevant for pupils, particularly during this time. It provided them with a safe space to talk and with practical strategies to support in school and at home. I know the pupils loved seeing Harold the giraffe!"

Teacher Feedback

Meet Harold workshop Nursery: learning outcomes

All workshops will include:

- Learning about what keeping healthy means; different ways to keep healthy

Additional learning outcomes – teacher to choose from:

1. Foods that support good health and the risks of eating too much sugar
2. How physical activity helps us to stay healthy; and ways to be physically active every day
3. Importance of sleep and different ways to rest and relax
4. Simple hygiene routines that can help stop germs from spreading
5. Dental care: visiting the dentist; how to brush teeth correctly; food and drink that support dental health
6. Things that help us feel good (e.g. outdoor play, doing things they enjoy, spending time with family, getting enough sleep)
7. Recognise what makes them special

Happy Healthy Me! workshop Rec/P1: learning outcomes

Children will:

- Identify and name a range of feelings
- Recognise how others might be feeling by reading body language/facial expressions
- Learn and practise calming, relaxation techniques

Feelings workshop for Y1/P2: learning outcomes

Children will:

- Identify and discuss a range of feelings
- Understand how others might be feeling by reading body language/facial expressions
- Recognise, name and understand how to deal with feelings (e.g. anger, loneliness)
- Understand that the body gets energy from food, water and oxygen
- Recognise that exercise and sleep are important parts of a healthy lifestyle
- Recognise the importance of regular hygiene routines

Keeping Safe with my Friends workshop for Y2/P3: learning outcomes

Children will:

- Understand more about the qualities of their friendships
- Understand that there are things we like about our friends and some things we don't like about them and that this is all right
- Know different ways to keep themselves safe in a variety of situations, including online
- Learn and rehearse some practical ways to keep themselves safe
- Learn and practise making decisions about personal safety

My Healthy Brain and Body workshop for Y3/P4: learning outcomes

Children will:

- Understand that there is mental as well as physical health and what they can do to improve their mental health and wellbeing
- Learn and remember the model of 5 ways to Mental Wellbeing at age appropriate level
- Understand ways in which they can maintain, manage and improve their own mental wellbeing using the 5 ways model

What Makes me ME! workshop for Y4/P5: learning outcomes

Children will:

- Identify personal strengths, skills, achievements and interests; how these contribute to a sense of self-worth
- Think about and understand personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)
- Develop problem-solving strategies for dealing with emotions, challenges and change, including the transition to a new school
- Consider and understand reasons for following and complying with regulations and restrictions (including age restrictions); how these promote personal safety and wellbeing in relation to social media, television programmes, films, games and online gaming

Looking after our physical and mental wellbeing. Workshop A for Y5/6 or P6/7: learning outcomes

Children will:

- Understand the importance of physical and mental wellbeing
- Understand the term mental wellbeing
- Learn ways to manage their own mental wellbeing
- Understand what might affect their mental wellbeing
- Learn strategies and skills to help them when feeling overwhelmed

Choices. Workshop B for Y5/6 or P6/7: learning outcomes

Children will:

- Learn how to be aware of and check their emotional needs, to help support their mental wellbeing
- Practise how to predict, assess and manage risk in different situations
- Understand the risks and impact on health of effects of legal drugs common to everyday life (with a focus on cigarettes)
- Understand why people choose to use or not use drugs (including nicotine, alcohol and medicines)
- Understand the actual norms around substance misuse and the reasons for common misperceptions* of these.

What's the Risk? Workshop C for Y5/6 or P6/7: learning outcomes

Children will:

- Learn to be aware of and check their emotional needs to help support their mental wellbeing.
- Practise how to predict, assess and manage risk in different situations.
- Understand the risks and impact on health of effects of legal drugs common to everyday life (e.g. cigarettes and alcohol)
- Understand why people choose to use or not use drugs (including nicotine, alcohol and medicines)
- Understand the actual norms around substance misuse and the reasons for common misperceptions* of these.

* The term misperceptions is taken from Social Norm Theory and defines the way in which people (children and adults) incorrectly perceive the norms around different behaviours.

What teachers say about SCARF Live Online

"The children loved the interaction with the educator and we got everything we would have got in the mobile classroom."

"The educator couldn't have been more helpful - the pre-workshop before the live one was really helpful and informative."

"The children were really engaged and the pace of the workshop went really well. I was really impressed with how the virtual workshop worked."