



New virtual sessions: enriching your curriculum

Our educators are back delivering new, innovative and exciting online workshops, using Zoom.

Children love these fun, memorable sessions, focusing on emotional health and wellbeing.

Specially-devised content supports the mental wellbeing aspects of your recovery curriculum and by booking these sessions your whole school will continue to benefit from our award-winning SCARF comprehensive PSHE curriculum, at no extra cost!

Give your children positive, enrichment experiences and enhance their emotional health.

"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

SCARF Live Online workshop for 5-7 year-olds – 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

SCARF Live Online workshop for 7-9 year-olds – learning outcomes

Children will:

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

SCARF Live Online workshop for 9-11 year-olds – 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

What teachers say about SCARF Live Online

"As excellent and engaging as ever."

"The educator really did make it feel like she was in the room with us."

"Well organised lesson, paced just right for the age of the children. Kept the children engaged as there was a lot of material covered. Relevant to the needs of the children."

"The topics covered mental well-being – a priority in the current circumstances and the children had a pre session to prepare them well for the online session. They loved completing the wellness booklet – a lovely resource to use."