

TRANSITION MOVING UP TO HIGH SCHOOL

A supportive workshop focused on helping young people cope with worries and feel more ready for the move up to high school.

What We Cover

- Share our worries around moving up to high school.
- Reasons for worrying about change & how change can be exciting too!
- Coping strategies to help with any anxious feelings about moving up to high school.

MOVING UP TO HIGH SCHOOL



Transition Workshops

Supportive workshops to help children feel more confident and prepared for moving up to high school.

Group 1 : Thursdays: 23 July, 30 July & 6 August

Time: 11:00am - 12:00pm

Group 2 : Thursdays: 13 August, 20 August & 27 August

Time: 11:00am - 12:00pm



SCAN HERE
TO REGISTER

or visit: <https://forms.cloud.microsoft/e/fkAntBVwNg>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF



SUMMER ONLINE WORRY MANAGEMENT GROUP



Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life and would they like to access support from Compass Bloom for the first time?

We're here to help.



online group



We're running an online worry management group for secondary school aged young people across Central & West Lancashire.

- Short online assessment
- 6-week course
- Delivered on MS Teams
- Join alongside other young people who feel the same

What we'll cover (one topic each week):

Session 1 - Understanding anxiety – fight, flight, freeze + intro to CBT

Session 2 - Spotting & managing physical symptoms

Session 3 - Challenging negative thoughts – fact or opinion?

Session 4 - Worry tools – the worry tree, letting go & problem solving

Session 5 - Behaviours – safety, exposure & building confidence

Session 6 - Emotions – self-soothing, safe spaces & moving forward

A safe space to learn, share and discover new ways to manage worries.



TO REGISTER FOR OUR NEXT ONLINE GROUP

Scan the QR code or use the MS link to complete a quick form.

Summer Workshops

Group 1: Tuesdays 21 & 28 July; 4, 11, 18 & 25

August : 11:00am – 12:00pm

Group 2: Thursdays 23 & 30 July; 6, 13, 20 & 27

August : 3:00pm – 4:00pm

SCAN ME!



<https://forms.cloud.microsoft/e/gA1tT3Fqf9>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM.

CONFIDENCE & SELF-ESTEEM STRATEGIES TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Negative Automatic Thoughts (NATs)

Question their evidence for any NATs, is it a **FACT** or your **OPINION**?

Reframe NATs E.G. 'I cant do this' to 'It's OK, I am still learning.'

Encourage Positive Self-Talk

Safety Behaviours

Avoidance and reassurance seeking are exemplified of common safety behaviours.

Alternative Strategies:
Encourage young people to try activities outside of their comfort zone, Starting with something small and reinforce NAT strategies if they seek reassurance from adults.

Reinforce Positive Beliefs

We cannot please everyone all the time
it is okay to be different.
We do not know what people are thinking.
Perfection does not exist.

Wellbeing Toolkit

Encourage **YOUNG PEOPLE** to use **THEIR** well-being toolkit completed within the workshop. **REMINDE** them to keep it in a safe place where they are more likely to use it.
For example having a photo of it on their phone or keeping it in their bedroom.

Confidence & Self-Esteem Summer Workshops

Build confidence, boost self-esteem, and develop new skills in a fun and supportive environment.

Group 1 : Mondays: 20 July, 27 July & 3 August
Time: 11:00am - 12:00pm

Group 2 : Mondays: 10 August, 17 August & 24 August
Time: 11:00am - 12:00pm



**SCAN HERE
TO REGISTER**

or visit: <https://forms.cloud.microsoft/e/cmwdWjg5mL>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

SLEEP SUPPORT

R= Routine

- Following the same routine each evening and going to bed at the same time can help your body to feel sleepy.
- Start a routine around an hour before you want to sleep. Try an activity that you find relaxing such as drawing, reading or listening to calming music.
- It needs to be repeated for it to become a routine, even on weekends!

E= Environment

- Make sure your bed and pillows are comfortable for you.
- Minimise the use of electronics in your bedroom. Blue light stimulates the brain and tricks us into thinking it is still daytime.
- Keep your bedroom environment dark, quiet and free from clutter.
- Make sure the temperature is a bit cooler in your bedroom.

S - Slow down

- It's important to reduce some activities towards bedtime, particularly those that can be stimulating for our brain and body!
- Regular exercise can help you sleep as it tires your body, but it's important to not exercise too close to bedtime.
- Avoid sugary food and drinks for 2 hours before bedtime, try sleepy foods like bananas, oatmeal, almonds and cherries.
- Avoid caffeine before bed. Caffeine is hiding in lots of things we think relaxes us like chocolate.

T - Thinking

- Bed time can often be a time where our thoughts are racing and we find ourselves worry. It can be helpful to try some strategies to change our thinking.
- Relaxation and mindfulness may help try a breathing activity or mindful colouring before bed.
- Create a worry diary. Write down any worries that come into your head and schedule a time to address them the next day.

Sleep Support Summer Workshops

Learn practical tips and strategies to improve sleep and develop healthy bedtime routines.

Group 1 : Tuesdays: 21 July, 28 July & 4 August

Time: 11:00am - 12:00pm

Group 2 : Tuesdays: 11 August, 18 August & 25 August

Time: 11:00am - 12:00pm



SCAN HERE
TO REGISTER

or visit: <https://forms.cloud.microsoft/e/cmwdWjg5mL>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

MARVELLOUS MOOD

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Session 1: Understanding Mood

- Defining what mood is and identifying different feelings.
- Exploring what factors can change our mood.
- Activities: Mood drawing, sorting positive/negative feelings, and discussion.

Session 2: Recognising and Improving

- Understanding how low mood affects us physically and mentally.
- Learning the cycle of sadness and happiness.
- Discovering a wide range of activities to help improve mood (connecting with others, being active, relaxing, spending time outdoors).
- Task: Keeping a Mood Diary/Tracker to increase self-awareness.

Session 3: Tool kit and Resilience

- Recap and review progress. Creating a "Mood Care Bag" and "Affirmation Pebble" as personal tools.
- Reflecting on learning and planning for the future.

Strategies to use in conjunction with the workshop

- Breathing and grounding techniques 5 ways to wellbeing
- Mindfulness
- Mood trackers
- Positive affirmations

Marellous Mood Workshops

Discover fun and practical ways to boost your mood, build resilience, and improve emotional well-being.

Group 1 : Wednesdays: 22 July, 29 July & 5 August

Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 12 August, 19 August & 26 August

Time: 11:00am - 12:00pm



**SCAN HERE
TO REGISTER**

or visit: <https://forms.cloud.microsoft/e/FBPbwazbCu>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

WORRY BUSTER

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

A practical, supportive programme to help young people understand worry, build coping skills, and feel more in control of anxious thoughts.

Week 1: Understanding Worry and the Feelings-Thoughts-Behaviours Cycle

Learn what worry is and how it works in the body and brain and how thoughts feelings and actions are linked.

Week 2: Spotting Unhelpful Thoughts and Reframing Them

Recognise unhelpful or tricky thoughts, and practice turning them into helpful thoughts.

Week 3: Turning New Thoughts into Positive Action

Realise that changing thoughts can lead to improved feelings and actions, practice strategies to manage worry or stress in the moment.

Worry Buster Workshops

A supportive programme designed to help children understand worries and develop calm, confident ways of managing them.

Group 1 : Fridays: 24 July, 31 July & 7 August
Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 14 August, 21 August & 28 August
Time: 11:00am - 12:00pm



SCAN HERE
TO REGISTER

or visit: <https://forms.cloud.microsoft/e/YqyMkLxHNR>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM_

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF