Compass BLOOM

What we offer to support targeted groups of Secondary Young People!

A targeted group should:

- Be up to 10 young people.
- Have 'Targeted Workshop' referral forms completed for all young people.
- A light assessment will be completed with each young person prior to the group.
- Be delivered in a classroom or space with tables and chairs.
- Have a member of the school safeguarding team available following the intervention if needed.
- Be delivered by 1 Compass Bloom practitioner and a school staff member.

Sleep (Year 7 - 11) - Targeted workshop - 3 x 1 hour sessions
An overview of sleep and strategies to promote good sleep hygiene.

Emotional Regulation (Years 7-11) - Targeted workshop - 3 x 1 hour sessions
Focusing on managing strong emotions such as anger, frustration and feeling overwhelmed. Noticing what they are, associated feelings and learning strategies to cope.

Transition (Year 7) - Targeted workshop - 2 x 1 hour sessions
An overview of transition with strategies to support change. This is pitched at Year 6 who may be visiting school on moving up days or Year 7 who have recently started high school.

Calm Skills (SEND) (Years 7 - 11) Targeted workshop - 3 x 1 hour sessions
For up to 10 children who have SEND focusing on what anxiety is and common emotional and physical reactions. Learning strategies on how to calm their anxiety.

Exam Stress (Year 9 - 11) - Targeted workshop - 3 x 1 hour sessions
An awareness and overview of exam stress and strategies to support anxiety surrounding exams.

Marvellous Mood (Year 7 - 11) - Targeted workshop - 3 x 1 hour sessions
An overview of mood with strategies to promote a positive mood and regulation techniques.

Confidence and Self Esteem (Year 7 - 11) - Targeted workshop - 3 x 1 hour sessions
Focus on developing a sense of self and building confidence and self esteem to protect mental health.

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Whole Class Workshops/Lunchtime Drop In Sessions

Calm Skills (Year 7 - 11) - 1 hour session
An overview of anxiety and calming skills with strategies to help feel calmer.

Be Kind to Your Mind (Year 7 - 11) - 1 hour session
An overview of mental health with positive mental health and wellbeing strategies.

Anti-bullying and Protecting Mental Health (Year 7 - 11) - 1 hour
Learning about the long term effects of bullying, and strategies to protect your mental health if you have experienced bullying.

Digital Wellbeing (Years 7 - 11)- 1 hour session
Focusing on taking care of emotional wellbeing in a digital world.

Summer Wellbeing (Year 7 - 11) - 1 hour session
An overview of mental health with strategies to help promote mental health over the summer holidays.

Coping with Change (Year 7 - 11) - 1 hour session
Overview of change and strategies to support mental health and wellbeing when going through times of change.

Food and Mood (Years 7 - 11) - 1 hour session
Exploring the relationship between food and mood. Building awareness of how food and feelings are connected and making choices to feel mentally and physically healthy.

Festivities Wellbeing (Year 7 - 11) - 1 hour session
An overview of mental health with strategies to help promote mental health over the holidays.

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MORE ON THE OTHER SIDE

Compass BLOOM

Whole Class Workshops/Lunchtime Drop In Sessions

Wellbeing Champions (Year 8 - 11) - 4 x 1 hour session

Training to promote pupil voice of wellbeing and planning ways in which wellbeing can be improved within your school.

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