SECONDARY TARGETED GROUP SUMMARIES

SLEEP

Session 1
- Psychoeducation around sleep.
- Teenage sleep cycle and the effect of screens and sleep.

Session 2
- Understanding different stages of sleep.

Session 3
- Strategies for better sleep.

EMOTION REGULATION

Session 1
- Three minds DBT skill and mindfulness

Session 2
- The functions of emotions, recognising emotions, and reducing vulnerability to dysregulation

Session 3
- Riding the wave of dysregulation, and TIPP skill to manage emotions.

TRANSITION (Y7)

Session 1
- What is going well/what is challenging
- Think about real/hypothetical worries, and what's in our control
- Identify negative automatic thoughts

Session 2
- Reframing negative thoughts
- Sorting worries using the worry tree
- The importance of the 5 ways to wellbeing

CALM SKILLS (SEND)

Session 1
- Fight, flight, freeze
- How anxiety feels in the body

Session 2
- Circle of control and positive self talk

Session 3
- Breathing and grounding techniques
- Self-care/using a self-care diary
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EXAM STRESS

Session 1
- Psychoeducation around stress/anxiety
- Link between thoughts, feelings, and behaviour

Session 2
- Identify and sort types of worries

Session 3
- Identify and reframe negative thoughts, benefits of positive self talk.

MARVELLOUS MOODS

Session 1
- Psychoeducation - What is mood/what affects our moods

Session 2
- How low mood affects us, and the link between thoughts, feelings, & behaviours.

Session 3
- Design a mental health goodie bag, to put positive coping strategies inside.

CONFIDENCE AND SELF-ESTEEM

Session 1
- Learn what self-esteem is, and factors that affect positive/negative self-esteem
- Link between thoughts, feelings and behaviour.

Session 2
- Cycle of avoidance vs cycle of progress
- Look at identifying negative automatic thoughts, and how to reframe them.

Session 3
- The role of assumptions and beliefs
- Strategies to balance negative thoughts
- Create a wellbeing action plan

Compass BLOOM
CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

SECONDARY WHOLE CLASS SUMMARIES

CALM SKILLS

An overview of anxiety and calming skills with strategies to help feel calmer.

- Psychoeducation around anxiety
- The link between thoughts, feelings, and behaviours
- The happiness iceberg
- Calming strategies including mindful body scan, breathing and grounding, and mindful eating.

BE KIND TO YOUR MIND

An overview of mental health with positive mental health and wellbeing strategies.

- Defining what mental health means
- Learn about the impact of poor mental health
- Reflect on how we think of ourselves
- Reframing negative thoughts
- The importance of prioritising self-care

ANTI-BULLYING

Learning about the long term effects of bullying, and strategies to protect your mental health if you have experienced bullying.

- Defining different types of bullying
- The effects of bullying on mental health
- Bullying vs banter
- How to take care of your mental health while experiencing bullying

DIGITAL WELLBEING

Focusing on taking care of emotional wellbeing in a digital world.

- Defining digital wellbeing
- What impacts positive and negative digital wellbeing
- Responsible digital use and online safety
- Finding balance online and offline
- 5 ways to wellbeing

SUMMER WELLBEING

An overview of mental health with strategies to help promote mental health over the summer holidays.

- What can affect our wellbeing over summer
- Our thoughts, feelings, and behaviours
- Reframing negative thoughts
- Positive affirmations
- Self-care / routine planning over summer

COPING WITH CHANGE

Overview of change and strategies to support mental health and wellbeing when going through times of change

- Discussing different types of change
- Fight/flight freeze response
- Focusing on inside/outside our control
- Reframing negative thoughts
- Sorting worries with the worry tree
- Breathing/grounding techniques

FOOD AND MOOD

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.

- Exploring how what we eat has an affect on our mental health.
- The function of different food groups and their effect on the brain
- Hydration and mental health
- Designing a 'mood boosting menu'

SECONDARY WHOLE CLASS SUMMARIES

FESTIVITIES WELLBEING

An overview of mental health with strategies to help promote mental health over the holidays.

- Positive/negative factors affecting wellbeing over festive periods
- How our thoughts, feelings, and behaviours interact
- Strategies to maintain a positive wellbeing

WELLBEING CHAMPIONS

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

- This is aimed to train students to be a friendly face in school and promote wellbeing and mental health.

Please note: this training is for up to 10 young people, and is a total of x4 hour long sessions.