

Treetops group provision at Wheelock

Mental Health and Wellbeing

Anxiety

6 week intervention

Self esteem

6 week intervention

Low-mood

6 week intervention

Attachment

6 week intervention

Managing emotions

6 week intervention

Social

Getting along and turn taking

6 week intervention

Friendships

6 weeks intervention

Building resilience

6 week intervention

Conflict and resolution

6 week intervention

Forest School Nurture

6-week provision

Special focuses:

Confidence
Self esteem
Resilience
Independence

Cactus Healthy Heroes

6-week provision

Special focuses:

Key skills for life
Healthy lifestyle choices

Cactus and Healthy Heroes passports are completed to show the children's progress.