

## Education Guru's Wellbeing courses 2018-2019

### Enhancing Achievement: Pupil and Staff Wellbeing Training

Wellbeing is increasingly being recognised as a vital aid for effective learning. Nowadays, stress, anxiety, and other mental health issues are big barriers to both teaching and learning. But there is so much you can do to help pupils and staff be more relaxed and happy. From using techniques such as breathing, meditation, and yoga, to even taking learning outdoors. We've been involved in the design and delivery of a number of wellbeing programmes in schools and behavioural units over the years, and we have seen firsthand how they transform schools and greatly improve pupils' ability to learn.

#### DAY ONE

This is a full-day CPD, either as a whole school or attendance at training day as an individual.

As a result of this course you will:

- Understand why our wellbeing and that of the children is important
- Learn how our brains work and how this affects our actions
- Know about current research and pedagogy
- Discover ways to measure our mental wellbeing
- Recognize how diet and exercise affects our wellbeing.
- Uncover ways to create a supportive learning environment.
- Leave with various activities to support emotional literacy and wellbeing to use back in the classroom.

#### DAY TWO

Put your learning into practice at your school! You will be supported by a wellbeing consultant who will work alongside you and the children in your class to introduce some of the strategies from the training day.

Time will be spent in each classroom introducing basic wellbeing activities to each class. There will also be one-to-one support for next steps in introducing wellbeing strategies throughout the school followed by a staff meeting to introduce next steps and answer any queries.

Further support is available to create bespoke programmes for the whole school if desired. If you're interested in improving the wellbeing of your staff and pupils, then please get in touch and we can talk through the process in more detail. We can design a tailored course to meet the specific needs of your class or school.

## Looking after our Mental Health Workshops

Children's Mental Health education needs as much attention, if not more, than the statutory National Curriculum. Nowadays, stress, anxiety and other mental health issues are big barriers to both teaching and learning. Children need some time out of their hectic world filled with electronic devices, social media and academic pressures.

There is so much you can do to help pupils be more relaxed, happy and resilient. Equipping children from an early age to be able to use breathing and relaxation activities can help prepare them to meet the demands of the world they are growing up in. Education Guru has an in depth understanding of young people's mental health and the factors that affect wellbeing.

We have designed a suite of workshops to help support children learn these vital techniques. Time will be spent in each classroom from Reception to Year 6 alongside the class teacher introducing an age appropriate breathing activity followed by either:

**Breathe & Chill Workshop 1 - meditation activity for the children**

**Breathe & Stretch Workshop 2 - flex and stretch activity for the children**

**Breathe & Gel Workshop 3 - co-operative resilience activities for the children**

This will then be followed by a staff meeting where staff will be introduced to breathing and relaxation techniques to help support their own Mental Health and to gain insight into the science behind the power of the wellbeing workshops delivered during the day.

Further support is available to create bespoke programmes for the whole school if desired and workshops are available for parents to develop their own mental health. Education Guru is also a trainer for The Youth Mental Health England First Aid Course, available for schools and establishments that work with children and parents.

If you are interested in improving the wellbeing of your staff and pupils, then please get in touch and we can talk through the process in more detail. We can design a tailored course to meet the specific needs of your class or school and discounts are available if two or more workshops are booked for the whole school.

To discuss or book the above courses please get in touch

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