

Discovery Club:

Wellbeing Programme

A programme for 7 -10 year olds to explore creating and maintaining wellbeing



The Wellbeing Programme is a new programme from the Oxfordshire Discovery College. This programme has been designed around the Five Ways to Wellbeing and the Wheel of Wellbeing to allow sessions to be balanced, practical and accessible to all. The sessions combine practical skills such as gardening and sport with learning on topics including mental health & wellbeing, self-awareness, personal needs and coping strategies. This makes learning fun, accessible and embedded in action. We will utilise a recommended and evidence-based tool from the Anna Freud and Public Health England approved list, from the Mental Wellbeing Toolkit. Signposting is a key part of our work.

DATES

Please contact us to find out when the next programme will be running

VENUE

Available for delivery within school or community space

FAQS



Please let us know if you have any questions; we'll be more than happy to help!



Is my child too young to talk about difficult feelings?

We know that feelings like anger or sadness can feel very big when children are small, so we handle the topics really sensitively and in an age-appropriate way. We think that talking about wellbeing, emotions, and self-care strategies early helps children to find healthy ways to cope.



Who are the facilitators?

We'll have 2 friendly facilitators, running the programme. Between them they have a strong foundation of both lived and learned experience of the topic and a background in working with children. They're more than happy to answer any questions you may have before or after each session.



What does my child need to bring to the sessions?

We'll provide everything they need; from pens and pencils to games and activities! If there's anything that might help your child to feel comfortable they're welcome to bring it along. We may, at times, ask them to bring something from home for one of the sessions, but we'll always let you know in advance.