



Mental Health Workshops for Primary Schools

Collaboration Opportunity:
Arden University Community Outreach Programme

As part of Arden University's Access and Participation Plan and its Arden Aspire community outreach network, the School of Psychology has successfully engaged with educators to provide access to mental health workshops for Key Stages 1 and 2 pupils, free of charge for eligible schools.*



Our innovative programme of 3 workshops can be booked as a package or as a single workshop.



Each 50/60 minute workshop is delivered by a trained member of our outreach team in the Psychology School.



Workshops are available to book for delivery within school hours at an agreed time with educators across the school year.



*Eligible schools are assessed on a case-by-case basis with published data that includes Pupil Premium, Free School Meals, English as Additional Language, socio-economic factors alongside attainment scores at Key Stage 2 where appropriate.



Workshops:



The Naming & Managing Emotions workshop:

- Acknowledge a range of emotions.
- Identify the way in which emotions are expressed.
- How to manage emotions.



The Courage & Resilience workshop:

- Understand that facing challenges is a normal part of life.
- Recognise that we need courage to overcome challenges.
- Identify and implement strategies to be courageous.



The Building Friendship workshop:

- Recognise what healthy relationships are.
- Identify the qualities of a good friend.
- How to make new friends.

If you are interested in exploring this collaboration further, please do not hesitate to get in contact:



Sue Windham-Peck

APP Outreach Lead Psychology School at Arden University



outreach@arden.ac.uk



arden.ac.uk



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As part of Arden University's Access and Participation Plan and its Arden Aspire community outreach network, the School of Psychology has successfully engaged with educators to provide access to mental health workshops for Key Stages 3, 4 and 5, free of charge for eligible schools.*



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Each 50/60 minute workshop is delivered by a trained member of our outreach team in the Psychology School.



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Workshops:



Managing Anxiety, Becoming Courageous workshop:

- Understand anxiety & where anxiety is normal and adaptive.
- Practical strategies for managing anxiety.
- Understand that facing our fears is good for building confidence.
- Know when to seek professional help.



Embracing Diversity workshop:

- Understand human nature & our inclination to create exclusive in-groups' with those similar to us.
- Understanding that diversity is beautiful and necessary for a strong society.



Building Great Friendship workshop:

- Good friendships for psychological health and well-being.
- Develop strategies to foster close friendships & manage distant connections.



Managing Your Environment For Wellbeing workshop:

- Understand the environmental factors that impact on wellbeing.
- Understand the importance of sleep.
- Sleep management strategies.

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