
Dawpool C.E (Aided) Primary School

. . . *Growing the Fruit of the Spirit*

*'The Fruit of the Spirit is Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness & Self Control'
(Galatians 5:22-23)*



Dawpool C.E. (Aided) Primary School
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Head Teacher: Mr D. Burrows MA, NPQH

Thumbs Up Family Wellbeing Sessions

We are so pleased to be able to offer a bespoke programme to parents/carers and children from Dawpool Primary School

We have been delivering our programme throughout Wirral for the past six years, and have worked in over 55 schools in our area and further afield too. Our programme is underpinned by core strategies associated with Cognitive Behavioural Therapy (CBT) and offers simplistic methods to bring about positive changes.

Essential Life Skills Programme

The Essential Life Skills Programme is our 'core' programme which we have adapted to incorporate pertinent topics for the present situation we are in, and of course to be effectively taught remotely. This programme is targeted to teaching staff, parents/carers and children; it can be enjoyed together. Team Thumbs Up pride ourselves on our unique presentation style. We take the important topic of 'mental health' and deliver it with fun, humour and interaction. Our ethos is very much – *if a child (or parent/carer) is smiling and enjoying learning, their ability to absorb positive and forward thinking strategies is so much better*

During our online sessions we will be addressing the following topics:-

- Effective communication
- Raising self-esteem
- Understanding ourselves (self-awareness/self-worth)
- Explanation of model of Cognitive Behavioural Therapy (thought cycles)
- How to turn negative thoughts and feelings around
- Building confidence
- Bouncing back (building resilience)
- An 'attitude of gratitude'
- Introducing mindfulness into everyday lives
- Having an 'I CAN DO IT' attitude
- Positive affirmations
- The impact a positive mindset has on learning
- Gaining a better understanding of emotions and feelings

'For I know the plans I have for you,' declares the Lord. 'Plans to prosper you and not to harm you. Plans to give you hope and a future.' (Jeremiah 29:11)

- The importance of talking about how we feel
- Anxiety/stress management
- Making good choices and the necessary changes
- Personal best
- Discover your superpowers

For more information about Thumbs Up and the work we do, please take a look at our website at www.thumbsupprogramme.co.uk.

Prior to our session, if there is any area you would like covered, please do get in touch and we will do our best to incorporate it in our sessions.

Also please note – following completion of the sessions, if you require any further advice or support, please do not hesitate to contact us.

Contact us at:- admin@thumbsupprogramme.co.uk

Zoom Invitation

Tuesday 26th January, 1:30-2:30pm

Tuesday 2nd February, 1:30-2:30pm

Tuesday 9th February, 1:30-2:30pm

<https://zoom.us/join>

Meeting ID: 686 089 4709

Passcode: 141002

We look forward to seeing you.

Sue and Cath from Team Thumbs Up