



# A FREE Wellbeing Programme.

Available to all primary schools in Hertfordshire.  
3 delivery phases across the academic year.

**Positive Minds: is a FREE, award-winning 10-week programme for Year 6 pupils designed to support them to:**

- Improve their understanding of Mental Health
- Identify coping strategies that they can use to help manage their emotions and promote positive mental wellbeing.
- Identify their support network and who they can go to for help.

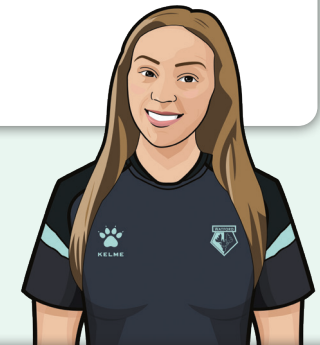
**Topic Covered:**

- Introduction to Mental Health
- Building Positive Relationships
- Body, Mind and Resilience
- 5 Ways to Wellbeing
- Gaming
- Social Media and Internet Safety
- Body Image
- Emotional Literacy and Emotional Regulation
- Talking about Mental Health
- My Next Steps



**Taylor Morrison**  
Mental Health Project Officer  
taylor.morrison@watfordfc.com

◀◀◀ **For bookings, contact** ▶▶▶



**Kennedy Morgan**  
Mental Health Project Officer  
kennedy.morgan@watfordfc.com

