

Taking time to

Stop Understand and Move On

Top tips and tools to help your child develop greater resilience, understand themselves and embrace wellbeing.

Children are often asked to bring a pencil case to school with specific 'tools' and equipment for them to use in different lessons. This 4 week course is for any parent or guardian who wants to explore new ways to help their children navigate through the rollercoaster of life by providing a 'toolkit' to help manage the big emotions and challenges that come their way.

Taking the principles from Paul McGee's Sunday Times Bestseller book 'SUMO', each week will contain practical tips and tools and resources for you to take away and use.



Session 1 – Me, you and the big world out there.

In this session we will explore the meaning of wellbeing. For us and our family what does this look like? How can we be in control of this and how can we help our children be in control of this for themselves too? We will look at the importance of learning to press 'pause' in order to self-regulate, think and make good choices.

Sessions 2 – Shall we think about that?

We think a lot. We spend almost all of our time thinking, however, is all of that thinking healthy and helpful or can it sometimes be unhealthy and unhelpful? In this session we will be learning how to tell the difference between the two. This week will be full of really simple and practical tips and tools to help use when "faulty thinking" creeps in.

Session 3 – I just can't see it

Have you ever felt like you were speaking a different language to other people? Have you ever felt frustrated that you are not heard or really listened to? This session investigates the idea of perspectives and how these can affect how we respond and react to one another. We will also be discussing what we need to do when it all gets too much and how this time can provide us with the valuable opportunity to make choices about how we best move on.

Session 4 – Just do it

This final session is all about looking ahead. We will explore how to dream dreams again, how to celebrate successes and how to help your child make manageable steps forward.

We would love you to join us as we explore, learn and laugh together. This is 4 weeks not to be missed!