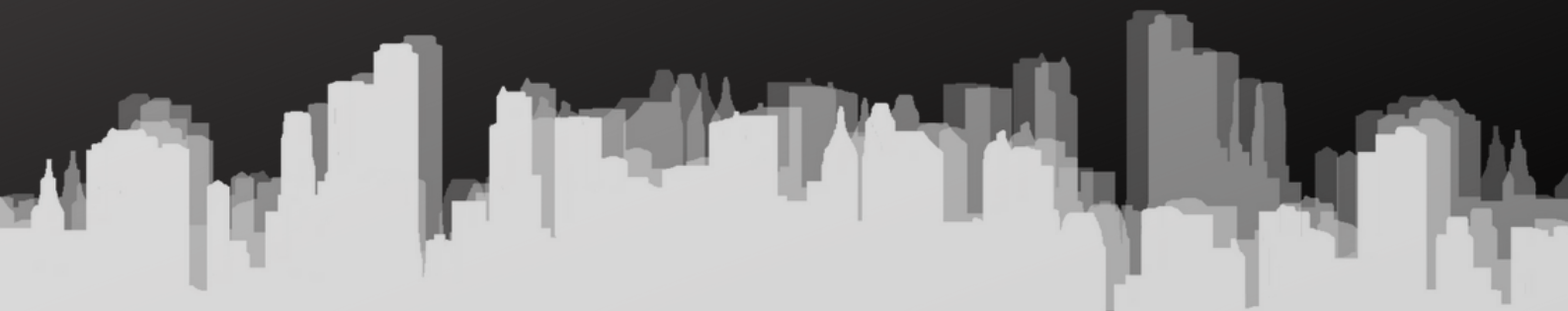


PROJECT GUIDE

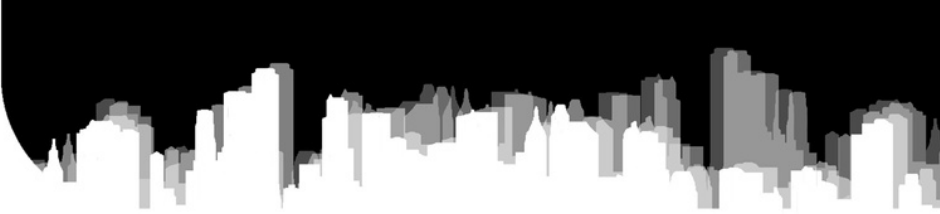
FOR PARENTS/CARERS



“

**I'VE BUILT MORE CONFIDENCE AND
FELT LIKE, INSTEAD OF BEING
SCARED, I CAN SHARE MY
OPINIONS AND I DON'T HAVE TO BE
SHY.**

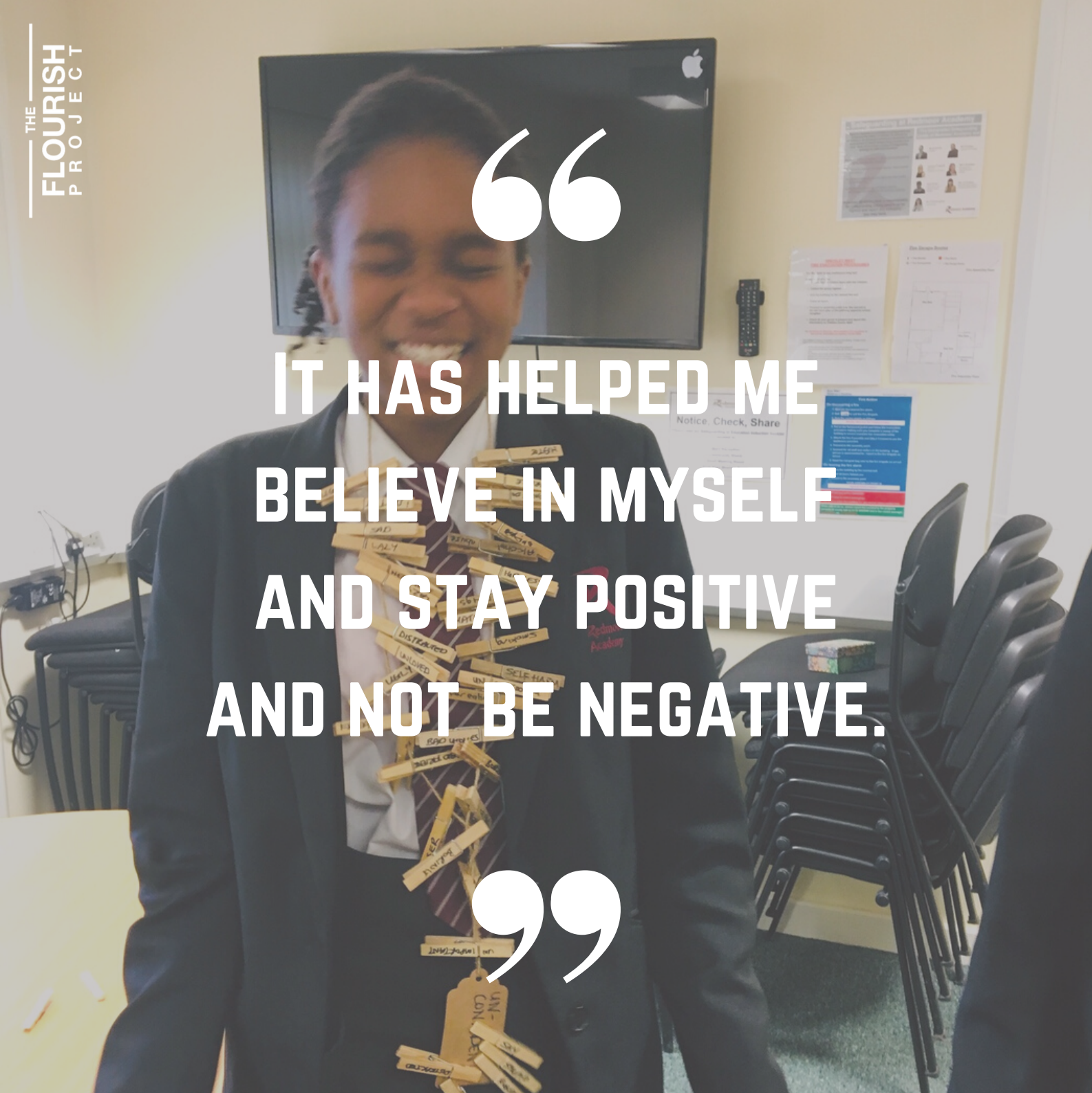
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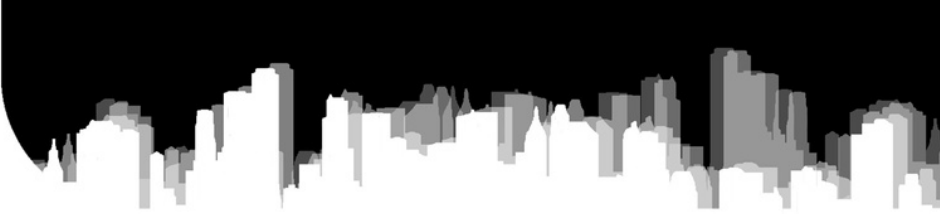


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“
**IT HAS HELPED ME
BELIEVE IN MYSELF
AND STAY POSITIVE
AND NOT BE NEGATIVE.**
”





WHAT IS THE FLOURISH PROJECT?

The Flourish Project exists to help young people to develop healthy self-esteem, mental and emotional well-being. The Flourish Project is passionate about seeing young people realise their full potential. Our goal is to equip each young person with tools and techniques, enabling them to be everything they have been created to be.

WHY DO WE DO IT?

Children and young people are at a vulnerable age during their school years. It is a key developmental time when they are trying to figure out who they are and where they fit in.

There is a correlation between student's mental wellbeing and their academic progress. We know that happy children thrive and unhappy children do not achieve their full potential.

Statistics show that 1 in 5 children aged 5-16 years old have clinically diagnosable mental problems. Equating to nearly 6 children in a typical classroom of 30 students.

WHAT DO WE DO?

Our programme is run as 1 hour sessions by a trained facilitator, over an 8 week period. It is targeted towards 9-16 year olds.

OUR RESULTS TO DATE

Since our inception in January 2017, The Flourish Project has worked with over 4000 young people in 80 different schools.

We have seen an average increase per young person in the following areas:

- 16.96% improvement in mental well-being
- 14.81% increase in self-esteem
- 18.00% improvement in happiness

We monitor each young person's information using the Stirling Children's Wellbeing Scale, Rosenberg Self Esteem Scale and a in-house Happiness Scale.

“

BRILLIANT PROJECT, MY
SON COMPLETED IT AND I
NOTICED HE CAME ON IN
LEAPS AND BOUNDS, AND
IS MORE CONFIDENT.

”

SESSION OVERVIEWS

Session 1 - Introduction: to build rapport and self-evaluate.

Session 2 - Beliefs: to explore how beliefs are formed, how they can affect and shape us and how we can begin to form new beliefs.

Session 3 - Mindset: to understand the power of our thoughts and how they can have an effect on our behaviour.

Session 4 - Social Media: to explore the effects of social media on mental health, and to encourage young people to develop healthy online habits.

Session 5 - Self Esteem: to learn how to develop healthy self-talk and to begin to put it into practice.

Session 6 - Dreams & Aspirations: to discover that having dreams can help us to grow, and to begin to identify what those dreams could be.

Session 7 - Goal Setting: to understand the importance of setting goals, the positive effect it has on our mindsets, and to set 3 of our own.

Session 8 - Evaluation: To review and reflect on the course and personal development, and to celebrate and encourage positive aspects of each young person.

GENERIC SESSION OUTLINE

Welcome: reflection on the last session and the Toothbrush Challenge*.

Cards of Awesomeness: Each session a 'Card of Awesomeness' is written for one student in the group, expressing something positive and/or affirming to that person.

Introduction to the session: Brief overview of the session or a brief discussion around the topic.

Session content: Interactive and creative activities, video resources, facilitated discussion, and reflection.

End of session: Summary of the session and setting the Toothbrush Challenge* for the week.

***Toothbrush Challenge:** The Toothbrush Challenge is a challenge set every week to encourage the student to begin to speak positive statements over themselves on a daily basis, while cleaning their teeth and looking at themselves in the mirror!

“

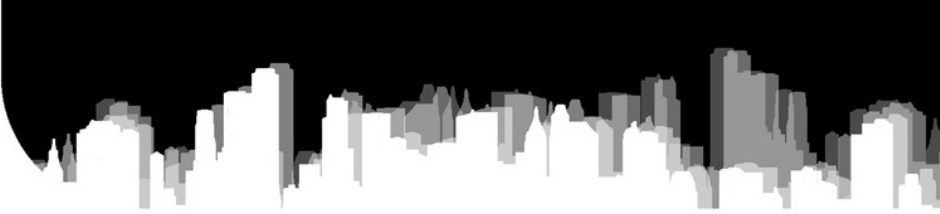
THEY'VE MADE IT SO YOU'RE NOT
AFRAID TO SAY THE TRUTH.
IT'S A GROUP WHERE YOU FEEL
MORE COMFORTABLE.

”

“

**IT'S NICE TO GET THE CARDS
BECAUSE YOU DON'T KNOW WHAT
OTHER PEOPLE THINK ABOUT YOU
AND WHEN YOU GET THEM YOU
SEE WHAT'S REALLY IN YOU AND
YOU START TO BELIEVE IT.**

”



PARENT/CARER SUPPORTING YOUR YOUNG PERSON

During the programme, your child will receive a variety of items to help them remember and implement what they have learnt as well as be given weekly challenges.

One of these is the 'Toothbrush Challenge'. Each week a different phrase is given to the child/teenager which they should repeat while brushing their teeth!

These statements include 'I am awesome', 'I am unique', 'I am confident', 'I am amazing'. Please encourage your child to do this activity, and the other exercises, as it will help them to receive the greatest benefit from the course.

We have found that, on some occasions, the activities and discussion may cause some children/teenagers to become unsettled or upset as they look at their own lives and challenge themselves and their own thought processes. All our sessions end in a positive way to minimise any negativity a particular individual may feel. Supporting your child/teenager through this time will enable them to grow as individuals so that they are better equipped for life now and as an adult.

We look forward to working with your child/teenager –and helping them grow and mature to “become the best that they can be”.

“

BEFORE FLOURISH I HATED MYSELF AND CALLED MYSELF HORRIBLE THINGS, NOW I'M LIKE: "WHY DID I DO THAT?"

“

“

MY FRIENDS HAVE NOTICED AN
INCREASE IN MY CONFIDENCE AS
THEY HAVE SAID TO ME:
‘YOU’VE BEEN PUTTING YOUR
HAND UP IN CLASS MORE!’

”

SCHOOL RECOMMENDATIONS

"The project enabled us to address the needs of a group of Year 5/6 boys who struggled with developing an awareness of their own personal values, beliefs and aspirations. The dedicated time allowed children time away from the classroom to reflect on these areas in a safe and supportive environment. Through engaging activities, some which challenged the children to think outside of their comfort zone, the boys were equipped with essential skills to work both individually and as a valued group member."

- Caroline Bowley, Deputy Headteacher,
Middlemarch School

"One [parent] said, 'This has inspired my daughter to audition for a lead role in the Year 6 play. She'd never have done that had she not been part of this project'. She auditioned successfully and did an amazing job! Through the project the girls showed improvement in all three areas, however the most impact was in their mental well-being which is so important for secondary transition."

- Rachel Ayres, Headteacher,
St Mary's C of E Primary School

"The focus on developing resilience, confidence, promoting positive self-esteem and a more positive sense of self remains incredibly relevant and Flourish has been able to provide a more specialised and in-depth approach to working on this with carefully selected students. Student feedback has been overwhelmingly positive and not only indicates a clear improvement in how they feel about themselves but also a raised awareness of their mental health and self esteem. Whilst we pride ourselves on the pastoral care and support we provide, Flourish has undoubtedly enhanced our provision. I will be using this team again and would recommend wholeheartedly."

- Mr M Nicolle, Principal, Redmoor Academy

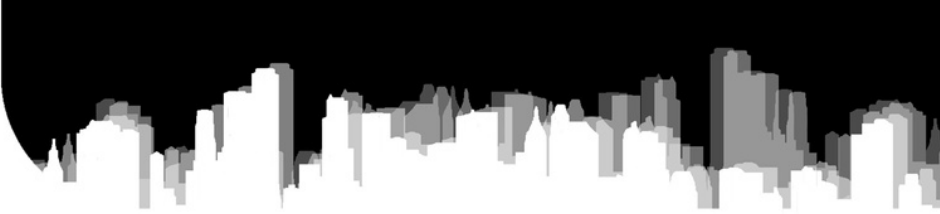
"The impact on their self-esteem and confidence is evident. As a school, we are very impressed with the programme(s) and cannot recommend them highly enough. Parents of pupils who have completed the courses have commented to us that they feel their child has had a confidence boost and are feeling more able to deal with what is going on in their lives."

- Margaret Greig, Headteacher,
Westfield Junior School

'THE PROGRAMME HAS BEEN ABSOLUTELY FANTASTIC & THE RESULTS HAVE BEEN OUTSTANDING, IN TERMS OF DEVELOPING POSITIVE MINDSETS. IT ABSOLUTELY HELPS CHILDREN LOOK AT THEMSELVES AS INDIVIDUALS, GIVING THEM STRATEGIES IN TERMS OF THEIR OWN SELF-ESTEEM.

THE TRAINING HAS BEEN SUPERB TO GIVE US AN UNDERSTANDING OF OUR OWN MENTAL HEALTH & WELLBEING AS ADULTS & CERTAINLY FOR CHILDREN. I AM REALLY PROUD TO BE APART OF IT'.

**JONATHAN LLOYD, HEADTEACHER,
YSTRAD MYNACH PRIMARY SCHOOL**



CONTACT US

If you wish to get in touch to discuss our project,
or any of the other opportunities we have to offer,
we would love to hear from you!
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Hannah Williams

CEO Proton Foundation

