

Healthy Minds Workshops and Session Yearly Overview for 2024-2025

Reception	Year 1	Year 2	Year 3/4	Year 5	Year 6	Whole school	Intervention	Parent engagement
Feelings 1 session Tuesday 20 th May	Everyone Worries 1 session Tuesday 13 th May 1:30-3:30	WEE (Emotions) 6 sessions Tues 4 th Feb- Tues 18 th March 1:30-3:30	WEE (Emotions) 6 sessions Tues 8 th Oct- Tues 19 th Nov 9:15-12:15	Self-esteem 3 sessions Tues 14 th Jan Tues 21 st Jan Tues 28 th Jan 1:30-3:30 5 Ways to Wellbeing 5 sessions Tues 3 rd June- Tues 1 st July 1:30-3:30	WEE (Emotions) 6 sessions Nov- Dec 9:15-12:15 Exam Stress 1 session April 1:30-3:30 Transition 1 session Wed 2 nd July 1:30-3:30	Healthy Minds Worship Refresher Tues 24 th Sep 10-10:30 Mental Health Worship Wed 5 th Feb 10-10:30	Understanding Myself (ASD) 6 sessions Decider Skills (Impulsivity) 9 sessions	Y6 Exam Stress Coffee afternoon April 2:30-3:30pm