

Whole School Approach

Primary Schools: 2025/26

Children & Young People

- Getting to know Anxiety
- All about Emotions
- Looking after Your Wellbeing
- Coping with Change (Transition)
- Coping with Stress
- Coping with Anxiety from Tests
- Friendships & Big Emotions



Assemblies

Provides an overview of the topic.

10-20 mins

No max no. of pupils
Split by Key Stage

Class Workshops

More in depth discussion with group activities and individual worksheets.

45 mins - 1 hour
Max of 30 per group

Small Groups

Similar to workshops but greater discussion due to smaller number of pupils.

45 mins - 1 hour
Max of 10 per group

Staff Training

- Working with Young Minds Matter
- Supporting Children with their Mental Health in Schools
- Language that Cares
- Writing a Good Referral



Parents & Carers

- Parents Evenings
- Coffee Mornings
- School Community Events (e.g. Sports Day)
- Parent/Carer Talks (Topics to be confirmed over Summer Holidays)



Advice & Signposting

- We are able to offer advice & signposting around your school's Whole School Approach in our Consultations. Please speak to your Aligned Practitioner for further information.
- You can also find lots of further training, support and advice via GHLL: www.ghll.org.uk.



Children & Young People

Each school can book a total of 3 of the below psychoeducation topics, which can be delivered as an assembly, class workshop or small group. Examples of “one booking” can be seen on the right. Please discuss any changes to this with your aligned Young Minds Matter Practitioner.

We would be grateful if you could ensure that the usual class teachers remain with the class during assemblies/class-based workshops.

Examples of “One” booking

2 x Key Stage Assemblies
(EYFS & KS1, KS2)

or

Class Workshops

or

Small Groups

e.g. 2 x 1 hour workshops for Year 6 pupils on Transition.

Psychoeducation Topics

Getting to know Anxiety (All Ages)

Understanding anxiety as “another emotion”, the reason why we feel anxious and how to cope with uncomfortable feelings. The content focuses around anxiety being viewed as a “normal emotion” that we all experience.

All about Emotions (All Ages)

Understanding a range of different emotions and that there is no such thing as “good and bad emotions”. Strategies to support emotional regulation using the characters from Inside Out.

Looking after Your Wellbeing (All Ages)

Supporting students with understanding what mental health is, normalising that we all have mental health and that mental health is neither good or bad – it just is! Includes 5 Ways to Wellbeing framework and information regarding how/where to get help.

Each of the above can be delivered as an Assembly, Class Workshop or Small Group. We recommend a small group for Coping with Test Anxiety.

Coping with Change (All Ages)

Understanding transitions and as a normal change that we all go through. Validating different emotions around change and tips to cope. For Year 6 we will focus on moving to Secondary School.

Friendships & Big Emotions (All Ages)

Understand what friendships are and normalising disagreements in relationships. Building skills to cope with disagreements looking at regulating emotions and problem solving. Note: Skills taught will vary based on age.

Coping with Stress (Year 5 & 6)

Understanding what stress is, how it can help us and ways of staying emotionally healthy using the Stress Bucket analogy.

Coping with Test Anxiety (Year 6)

Understanding what anxiety/worries are and tips to cope with test anxiety including “Splat the NAT”, which is a form of thought challenging. **Small Group Only.**



Staff Training (1 Hour)

There is no limit to the number of Staff Training that you can book and these are additional to the Children/Young People offer. We aim to provide space for facilitated discussion within the session so that you and your colleagues have the opportunity to consider how you might implement topics discussed into your school community. Please discuss the below with your Aligned Practitioner so we can tailor these to your school community.

Working with Young Minds Matter

Find out more about what Young Minds Matter can offer your school. We will discuss our three core areas (Interventions, Whole School Approach and Consultation) as well as tips about how to notice pupils that may benefit from YMM support. Open to all school staff.

Writing a Good Referral

An extension to the above training focusing more on how to write a good referral. Can be booked in conjunction with the "Working with Young Minds Matter" training but please allow additional time for this. Open to all school staff but more relevant for staff members who write referrals.

Supporting children & young people with their Mental Health in school

Supporting all school staff to understand what mental health is and how they can support children/young people within their role. Topic includes an overview of what mental health is, understanding Fight, Flight, Freeze and the CARE approach (Curious, Approachable, Refer, Empathy) as a simple framework you could consider in your school. Open to all school staff.

Language that Cares

Understanding why the way we speak and write about a child or young person is important and how this can impact their education/care journey and how they and others view them. Open to all school staff.

Parent Engagement

Please list any Parents Evenings, Coffee Mornings or other dates that you would like us to attend on your booking form. We will review our capacity and attend as many as we can.

Further information about parent talks will be available in the new academic year.

Parents Evenings/Community Events

We can attend with a stand to advertise Young Minds Matter to your school community. We will bring leaflets and useful information/goodies that parents/carers and their children can take away with them. We can also provide a basic activity for families to complete at Summer Fairs or similar.

Coffee Mornings

Similar to Parents Evenings but more relaxed! We are happy to meet with parents/carers at any coffee mornings you run and talk about Young Minds Matter. Please note that whilst we can provide advice & signposting we are unable to provide an assessment or treatment of mental health needs at these events.

