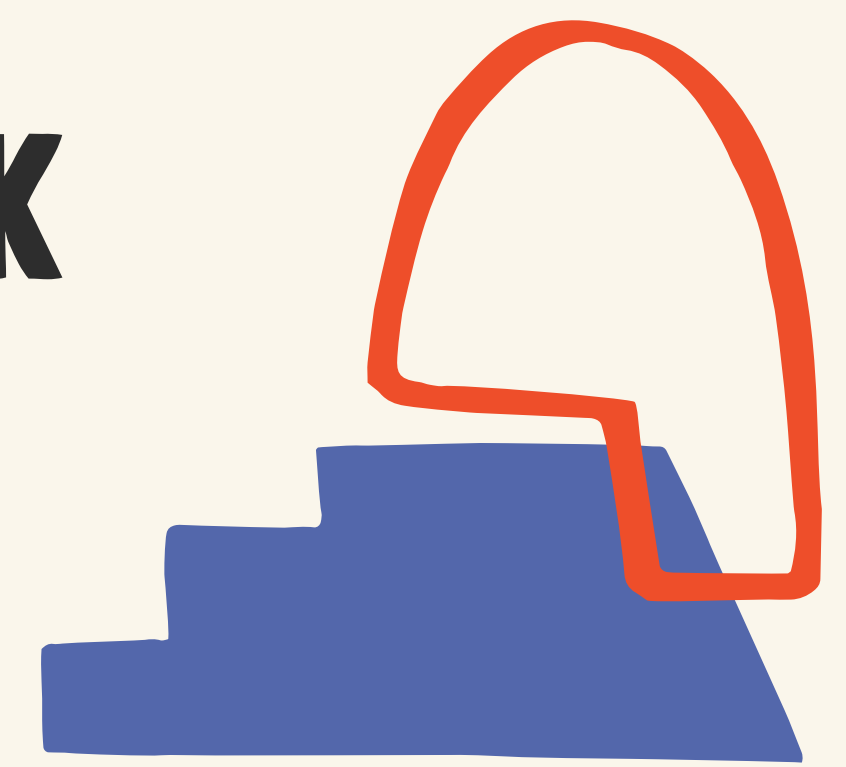




GROWING TOGETHER CMHW 22

KS1 RESOURCE PACK



This Years Theme

**GROWING
TOGETHER**

- **How they've grown**
- **How they can help others grow**
- **Growing emotionally**
- **Finding ways to help each other grow**
- **Challenges and setbacks help us grow and adapt and trying new things helps us move beyond our comfort zone into a new realm of possibility and potential.**
- **Emotional growth is often a gradual process that happens over time and sometimes we might feel a bit stuck.**

LIFT YOUR MIND WITH S.M.A.M.I.E. CHANGES



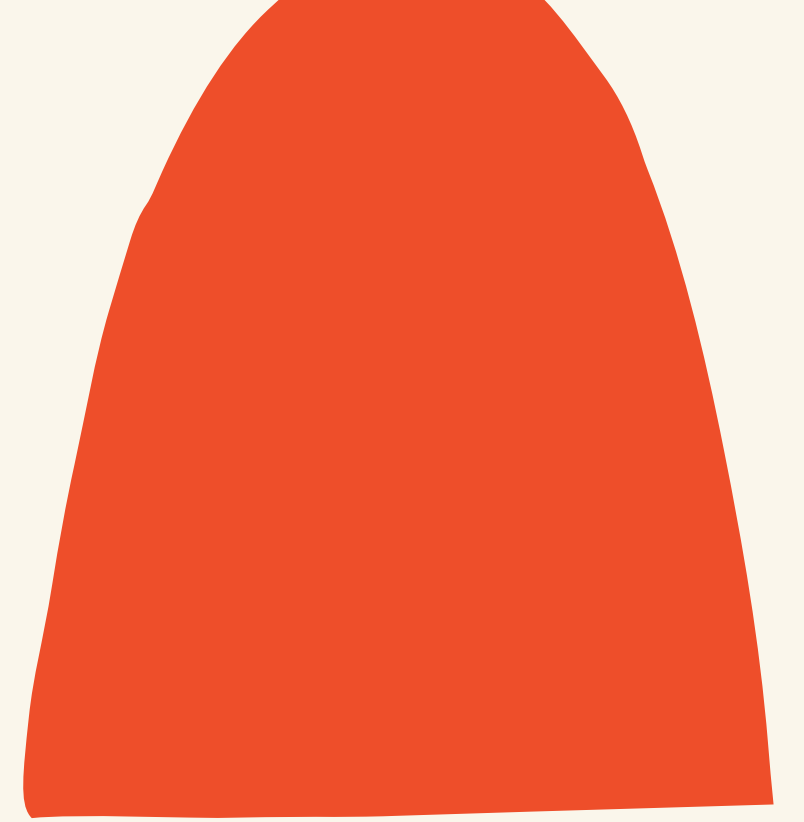
If you or someone you know is looking to improve mental wellbeing search Reach Out Liverpool CAMHS for help and advice.



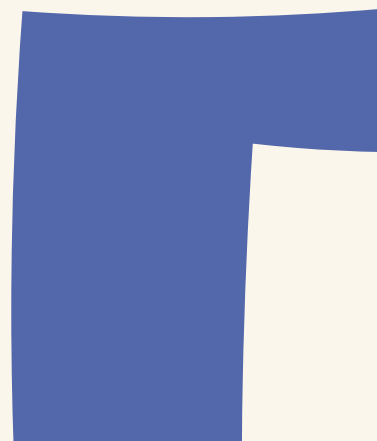
Liverpool City Council



What is a blob? What is a blob tree?

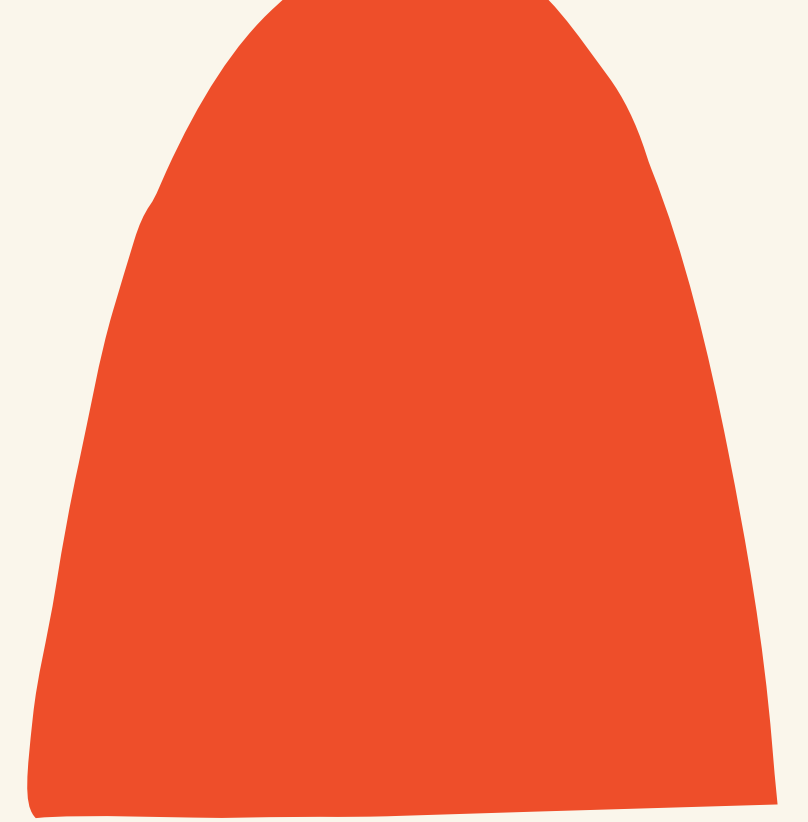


The trees show a variety of different scenarios that people may relate to and can be used as a springboard for conversations with people of any age group. Each Blob tree comes with suggested questions that can be used to guide the discussion.



The Big Book of Blob Trees (Blobs)
by Wilson, Pip and Long, Ian

Why talk about blob & blob trees?

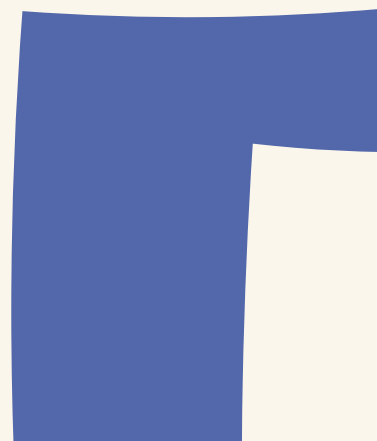


Blob trees are a way of opening up discussions about feelings and developing understandings of emotions, empathy and self-awareness..

The Blobs work on the premise that there is no right and wrong. They might increase your understanding and empathy about what makes the child or young person tick.

The Blobs are representative of two languages ~ feelings and body language.

The tree stands for a group – any gathering of people, a team or a class for example.



The KS1 Xpress Yourself Session

The KS1 Xpress Yourself will cover:



Introduction to the CHMW theme

ROAR Rainbow Check in

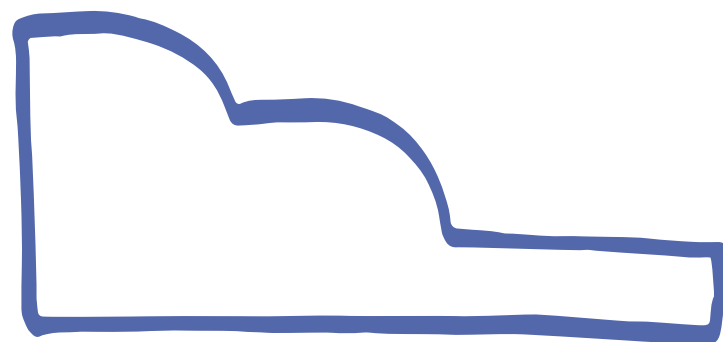
Resilient Ralph helps a Blob who's feeling stuck Story

How to grow a Blob Tree

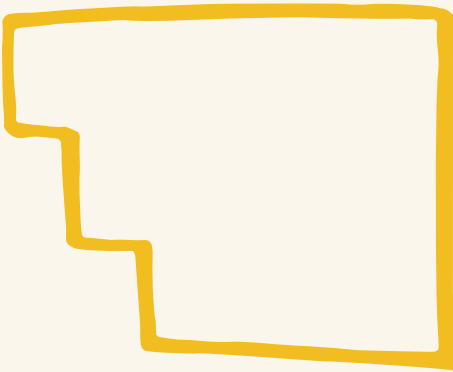
Things that help me grow~ Activity

Can you help others grow too? Activity

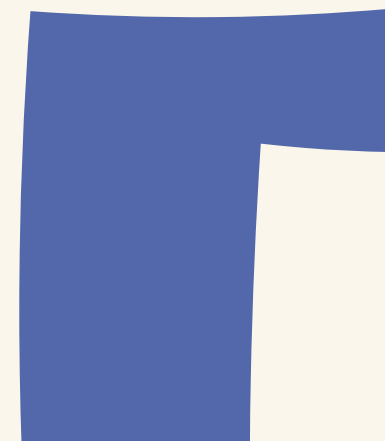
Rainbow Breath Singalong



Post Session Activity

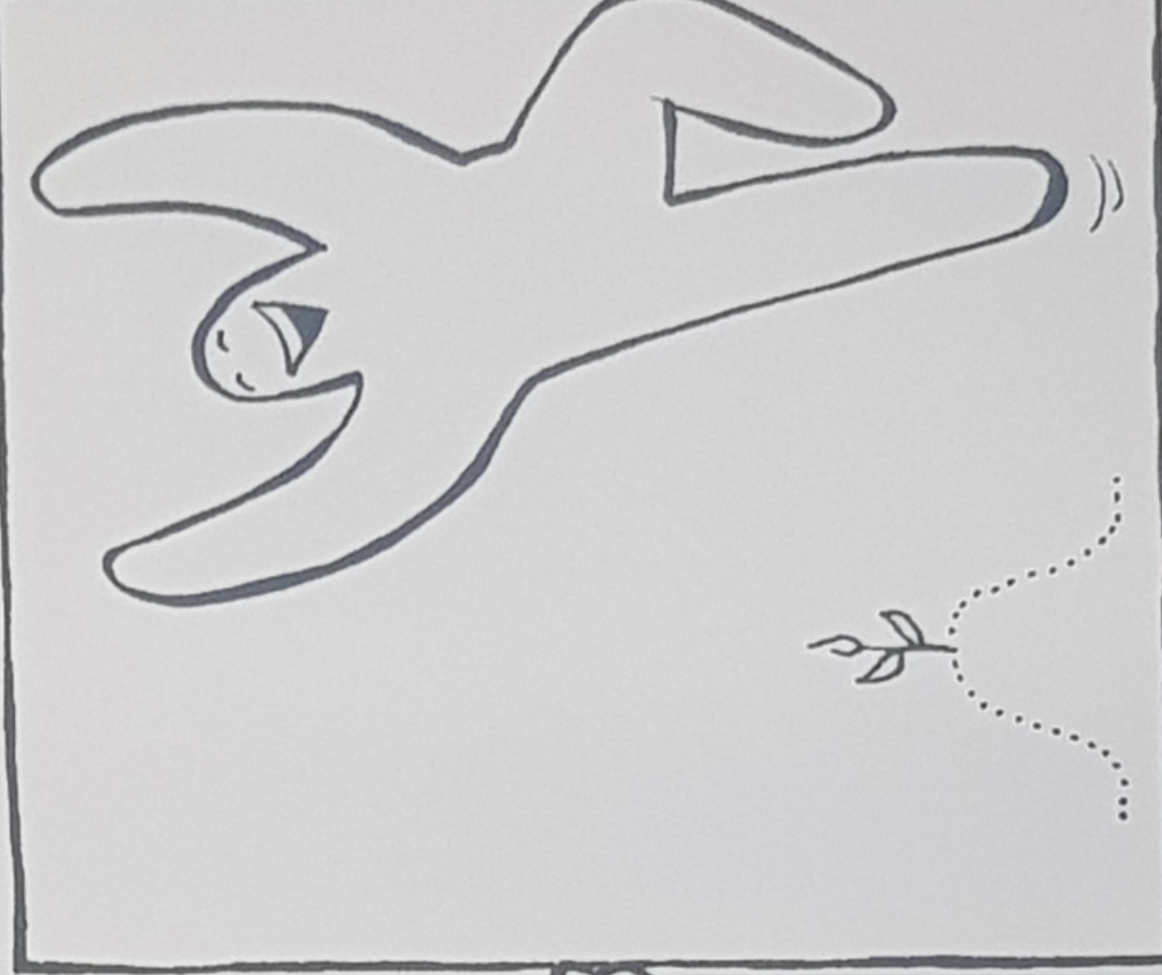
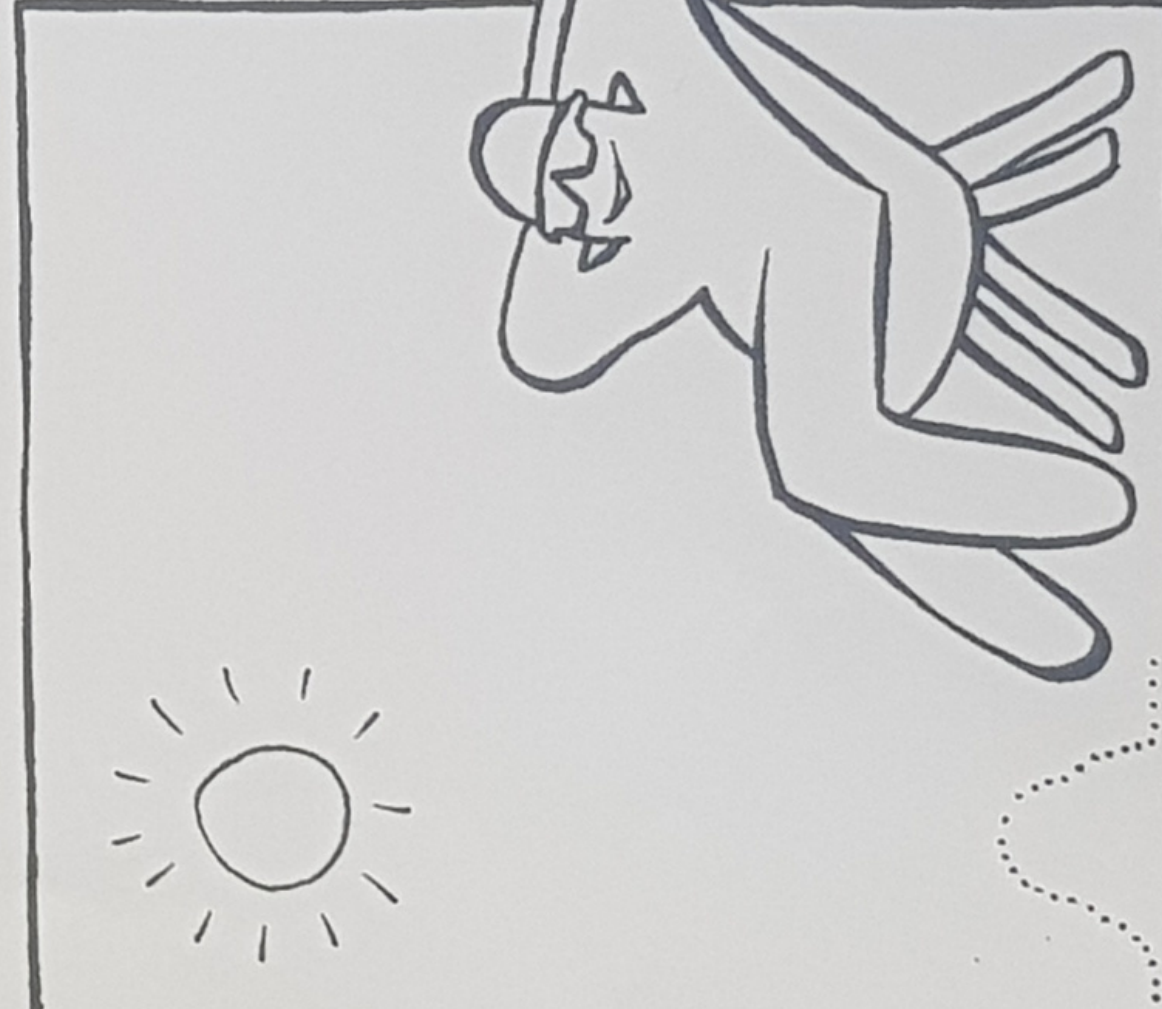
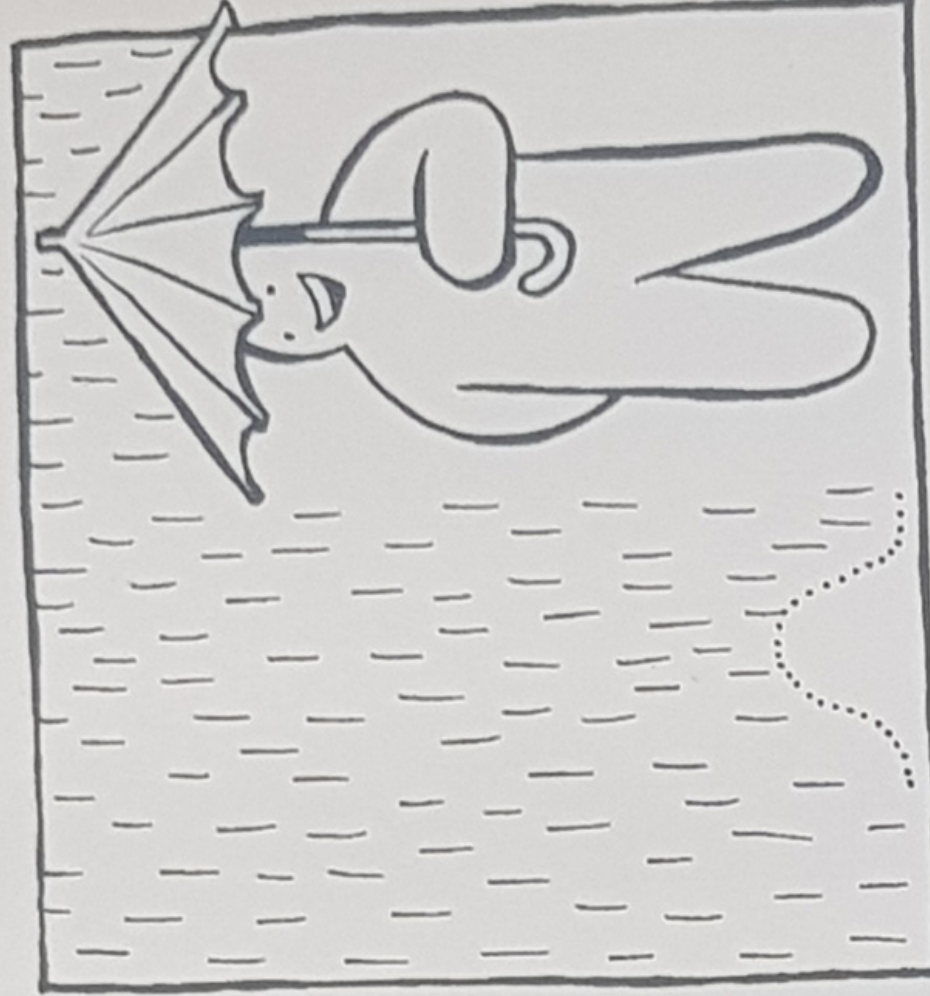
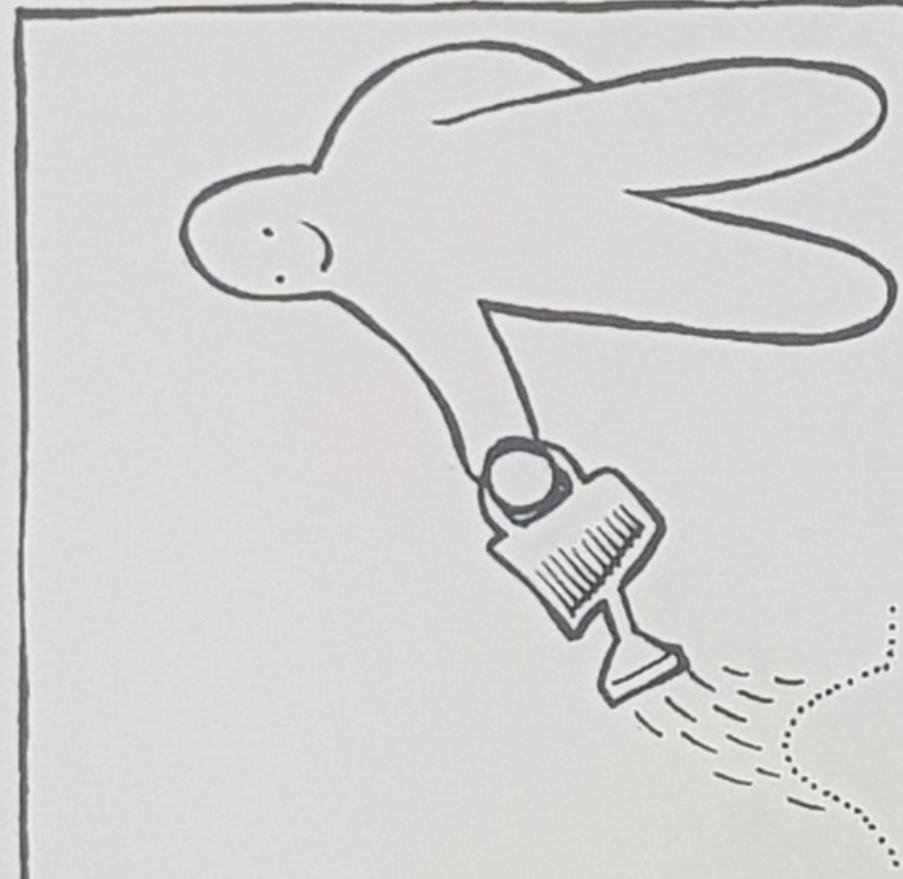


What do you notice about this story?
What do you think the Blob is really feeling?
How long do you think that this story takes?
What makes you grow?
When you have big feelings can you grow?
How long has it taken your class to grow?
What helps your class grow?



HOW TO GROW A BLOB TREE

How to grow a
Blob Tree...



Post Session Reflection

Use the resilience framework to support this discussion

To look at the way we can support ourselves to grow and others when it comes to our feelings there are lots of things we can do...

Like the blob tree we need water, food, what else? (Basics)

Having somewhere good to grow like soil or grass for the tree, and sometimes we need others to help us (like other blobs/ Ralph in the story) where can we grow? What friends and family and other people help us?

(Belonging)

To learn new things sometimes helps us grow what do we like to learn? Have we learnt anything new about how to manage big feelings? Or what to do when we are sad, scared, worried, overexcited? (Learning)

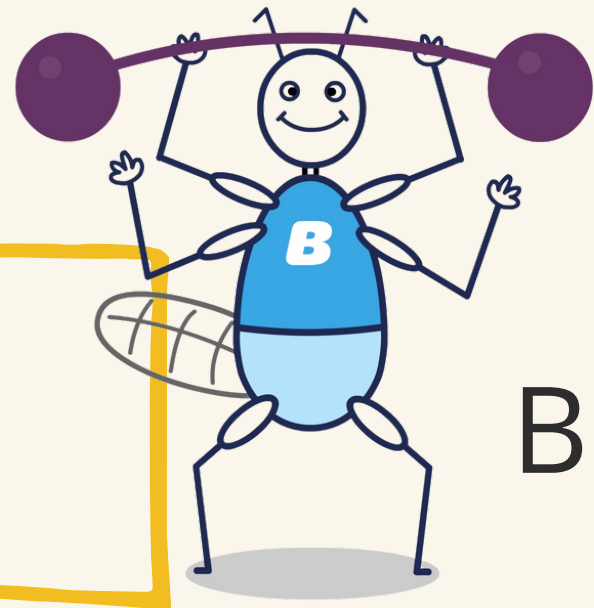
Sometimes it can be hard, you feel stuck (like the blob in the story) what can we do when we feel stuck?

(Coping)

Knowing what you are good at really helps too, what are you good at? Ask a friend what they are good at

(Core self)

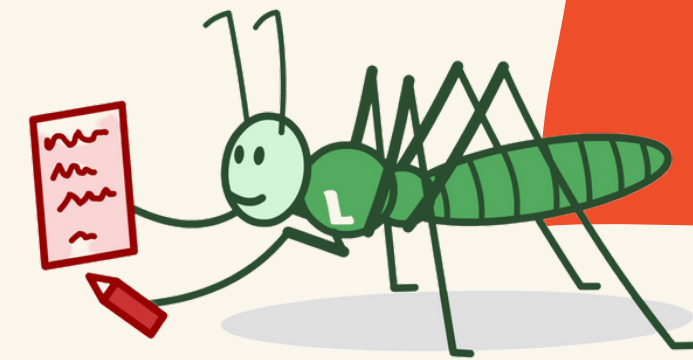
Use Ralph's friends the Ants to support!



Basics Bob



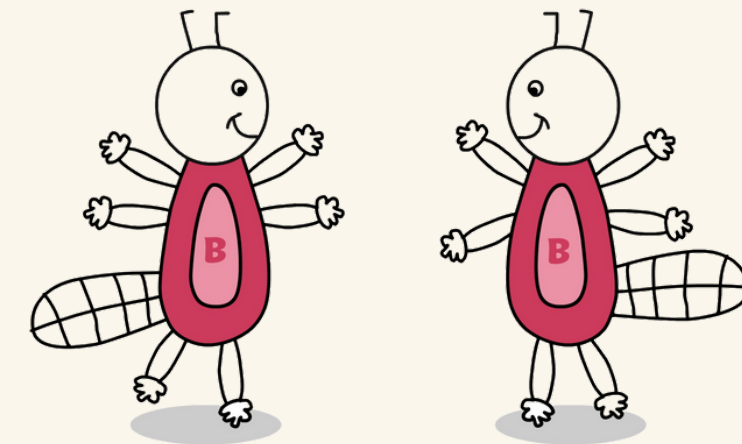
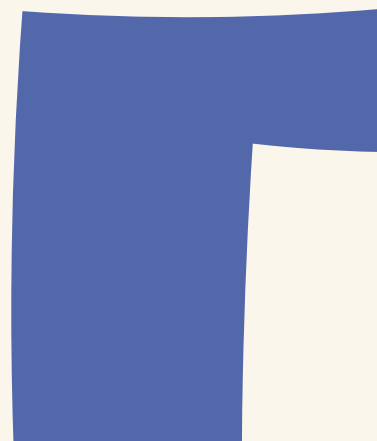
Core self Courtney



Learning Leo



Coping Cody



Belonging Billy & Bella



BASICS		BELONGING		LEARNING		COPING		CORE SELF	
 I have a good place to live.	 I feel that I belong.	 I know my place in the world.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.				
 Me and my family have enough money to live.	 I know what things are good for me.	 I can keep friends.	 I get on well with teachers and people who help.	 I can be brave.	 I try to empathise with others.				
 I feel Safe.	 I recognise my healthy relationships.	 I am able to maintain and keep good relationships.	 I think about my future plans.	 I like to make the most of the things that interest me.	 I am self-aware.				
 I travel to where I need to go.	 I have friends who support me.	 I know my responsibilities and what is expected.	 I like to plan what I am going to do.	 I can see things from another point of view.	 I am responsible for myself and my actions.				
 I eat healthy food.	 I have good memories from my past.	 I know about my history and where I am from.	 I am proud of my achievements	 I can calm down when I need to.	 I have talents				
 I have fresh air and exercise.	 I like to try new experiences.	 I can mix with others and make friends	 I aim to develop my skills and qualities.	 I can start again because I know tomorrow is another day.	 I have talents				
 I sleep well.				 I have someone to talk to when I am unhappy.	 I have talents				
 I play and socialize with others.				 I know how to have a laugh.	 I get medical help when I need it.				
 I see that we are all equal.									
NOBLE TRUTHS									
ACCEPTING		CONSERVING		COMMITMENT		ENLISTING			

Ideas for the rest of the week

~Design your own blob

~ Make a class blob tree and ask each child when adding their blob, how their blob helps other blobs grow in the tree

~ My achievements activity

~Time to explore what is resilience? (Using the resilience framework)

~Growing Goals Action Plan

~ My growth gift each child makes a pledge to help someone else grow and how

~The Resiliants challenge (school and or home)

~ Enjoy Rob the Runner Bean & Friends Story

MY RESILI-ANTS CHALLENGE

Over the next week set yourself some challenges to build your resilience. You can do up to 5 a day. Choose the Resili-Ant that you want to challenge you and write down what that challenge is. For example if it's Basics Bob, his challenge might be to eat a healthy breakfast. When you've done it cross it off.

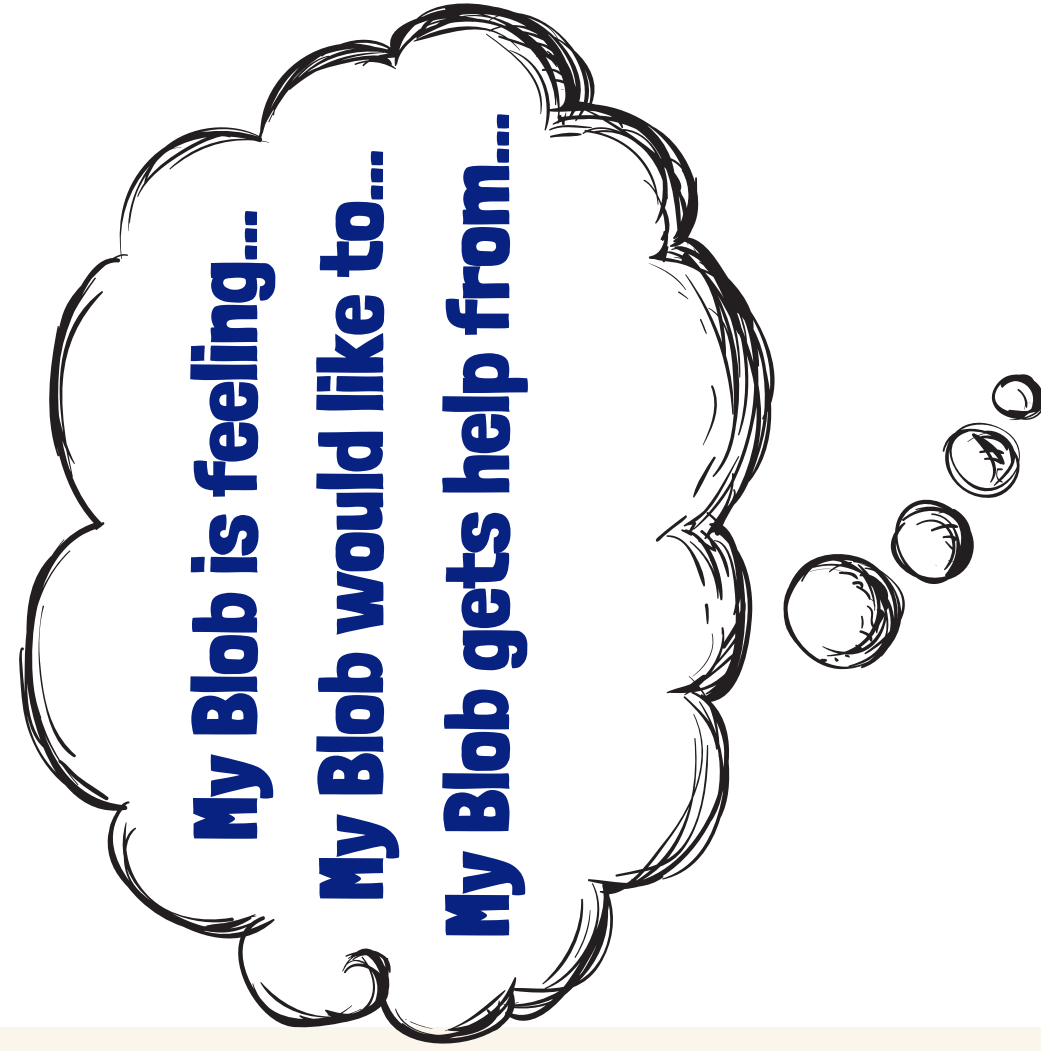
Before this challenge week I feel... 1 2 3 4 5 6 7 8 9 10

	Basics Bob	Resili-ants	Resili-ants	Resili-ants	Resili-ants
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

After this challenge week I feel... 1 2 3 4 5 6 7 8 9 10

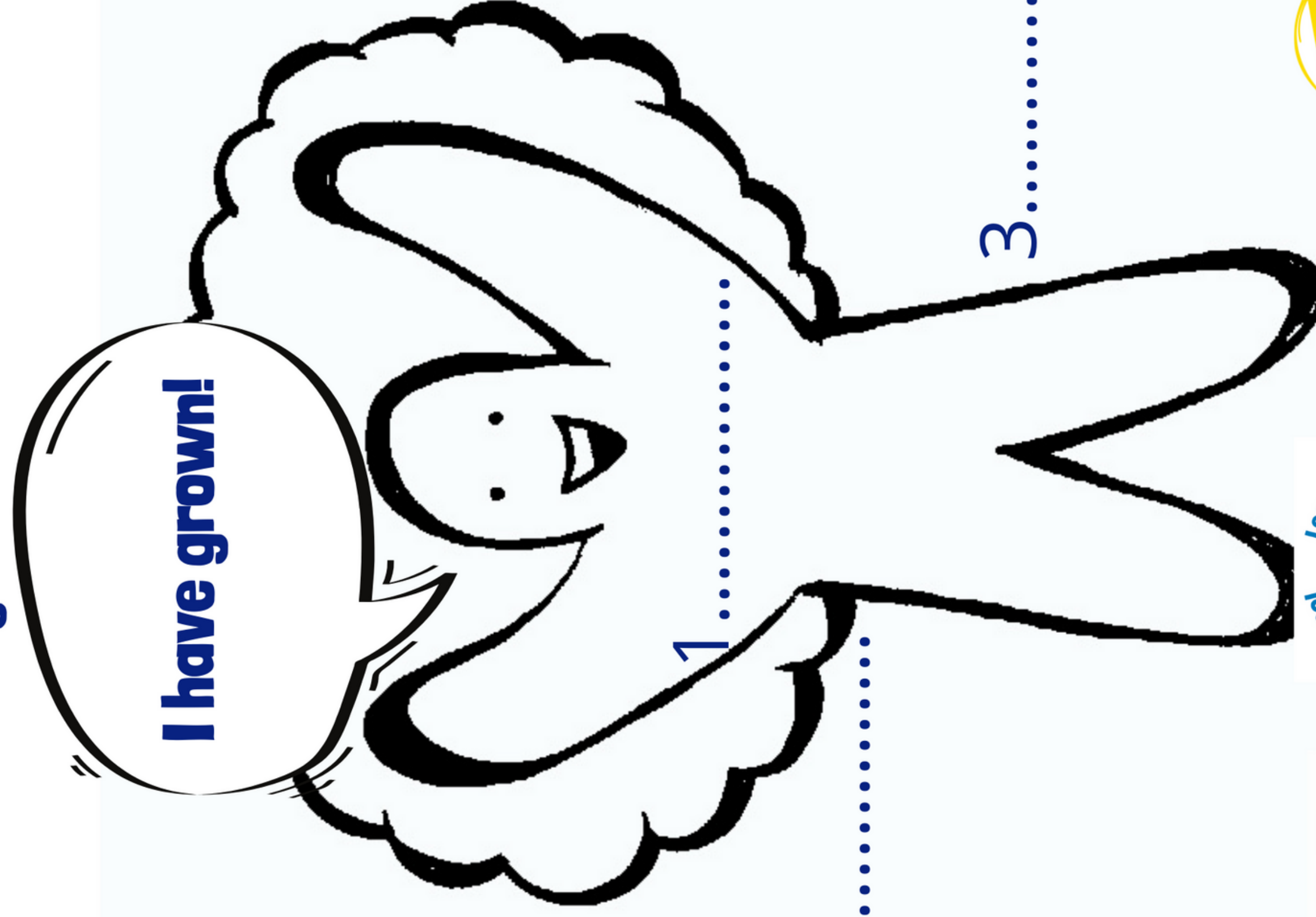
My Blob

Design your own Blob



My Achievements

3 things I have achieved



My Growth Goals

My goal

Who can help me?

What might I need to help me?

Have I grown?

WONDERS!

ma
Merseyside Youth Association



My Growth Gift

I will



.....

.....

.....

.....

.....

To help.....

.....

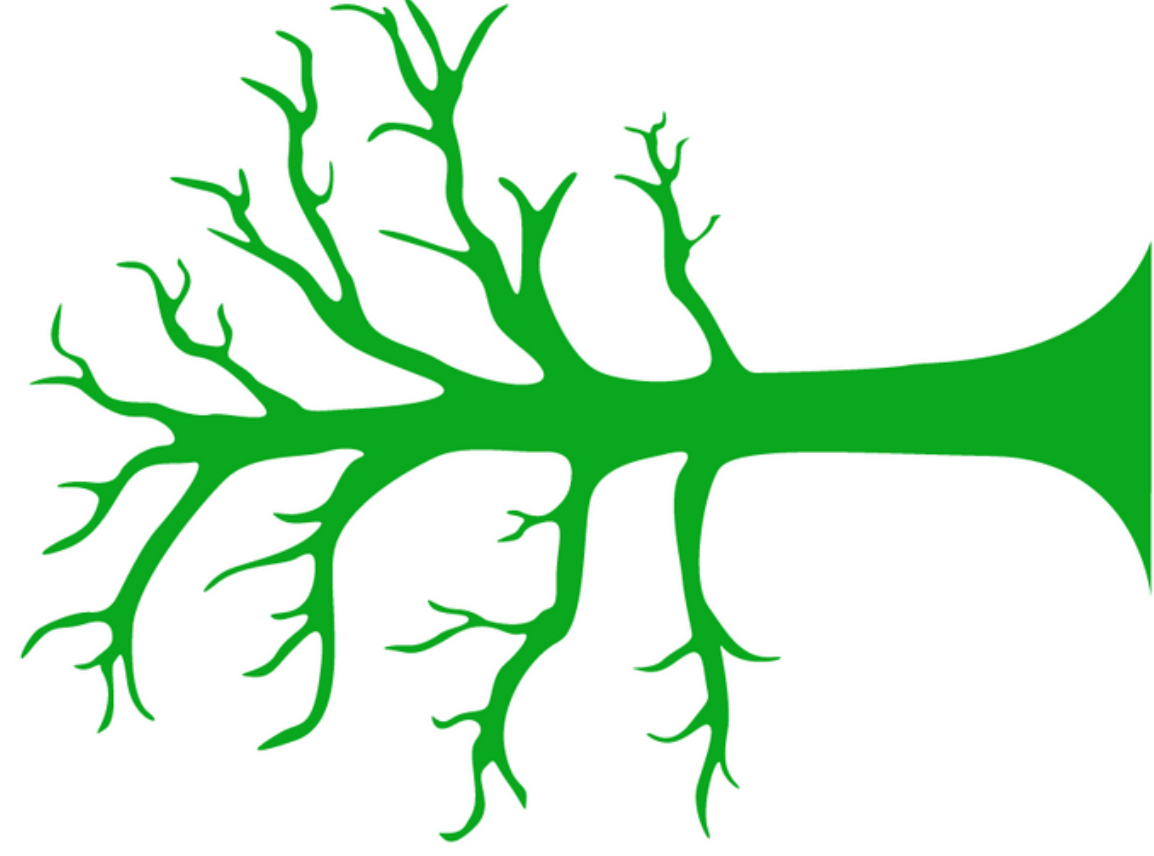
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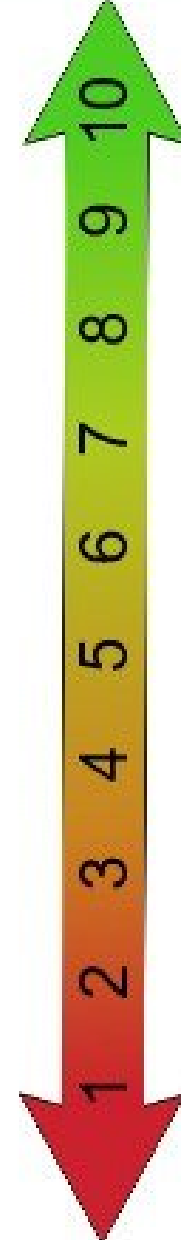
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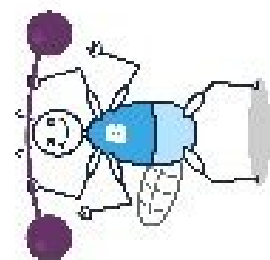

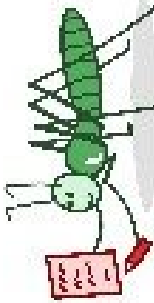
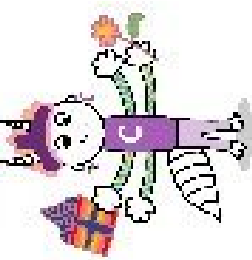
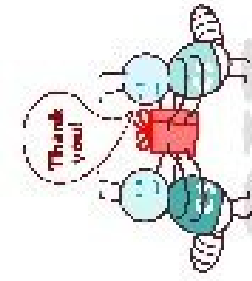
grow.

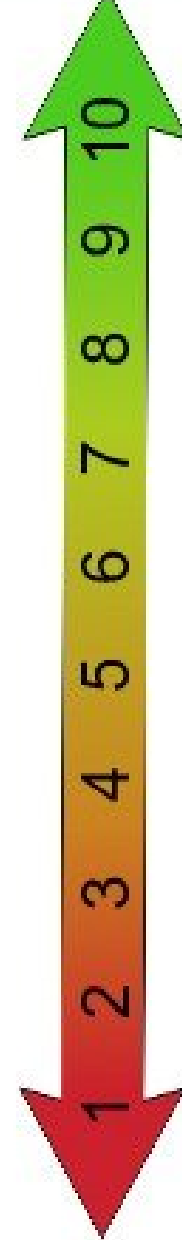


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Before this challenge week I feel... 

												
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

After this challenge week I feel... 

**TAG US @MYARAISETEAM TO
SHOW US WHAT YOU ARE
DOING!!!**

