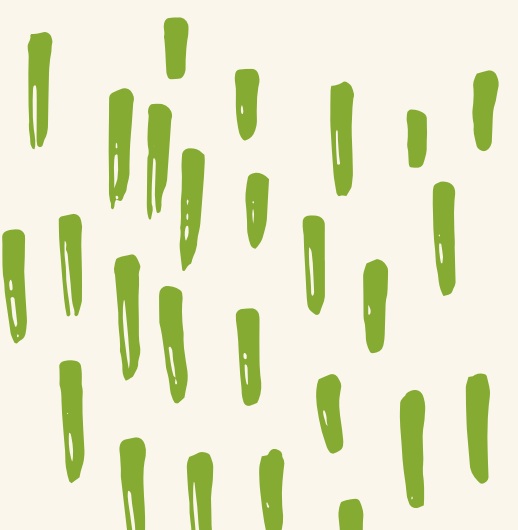





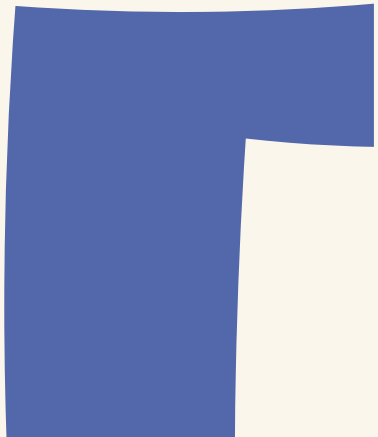
GROWING TOGETHER CMHW 2022 KS2 RESOURCE PACK



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.**
- 

LIFE WITH MIND CHANGES

WITH SMAYMI



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

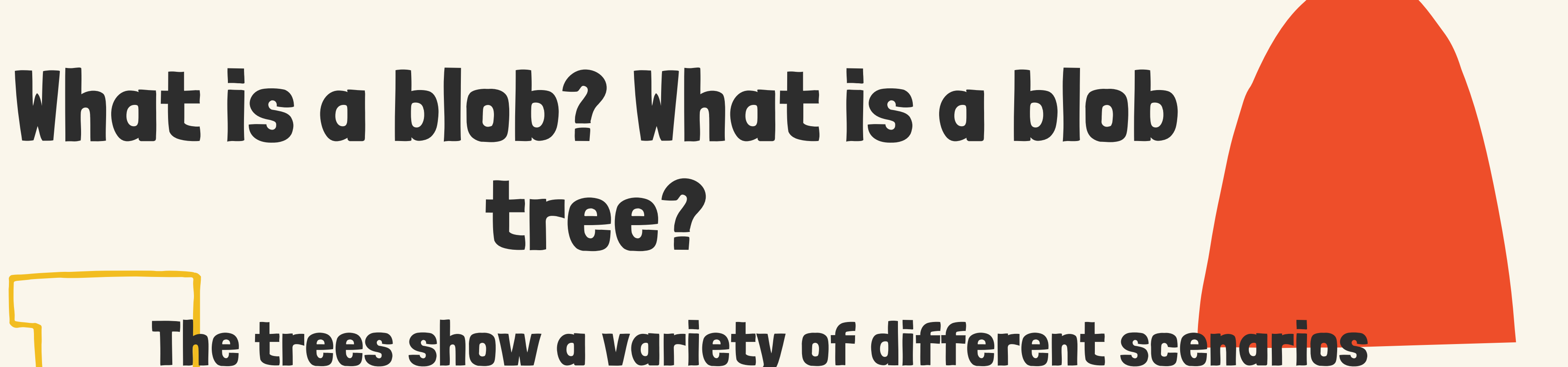


Liverpool City Council

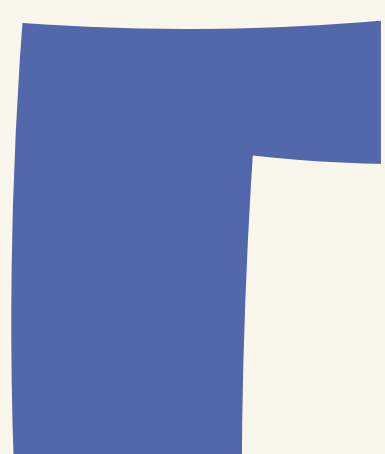


Liverpool CAMHS
Mental Health Services

What is a blob? What is a blob tree?

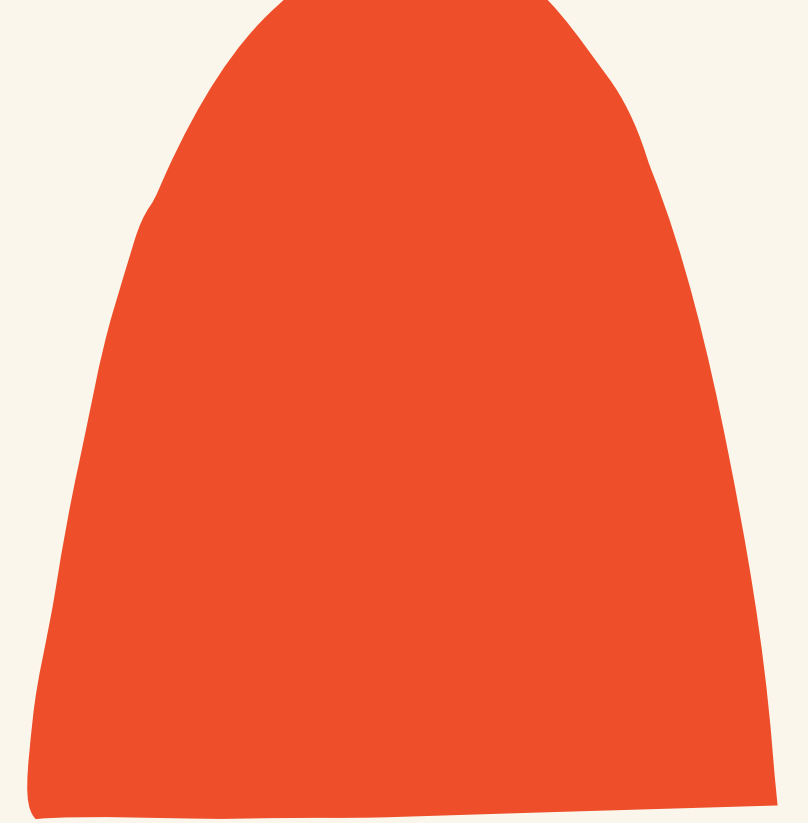
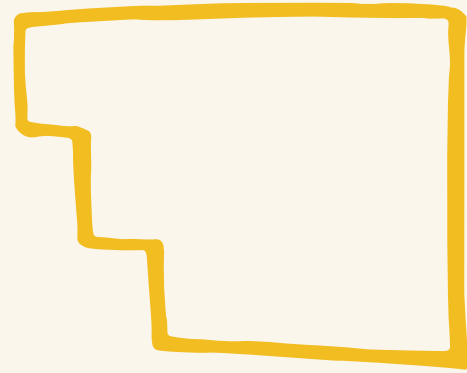


The trees show a variety of different scenarios that people may relate to and can be used as a springboard for conversations with people of any age group. Each Blob tree comes with suggested questions that can be used to guide the discussion.



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

Why talk about blob & blob trees?

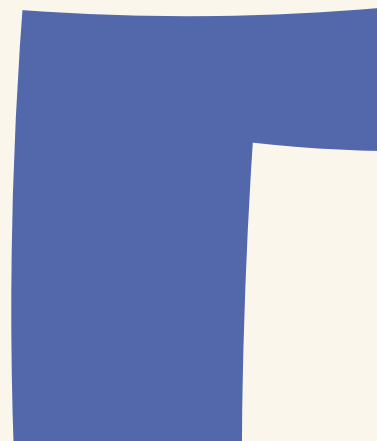


Blob trees are a way of opening up discussions about feelings and developing understandings of emotions, empathy and self-awareness.

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 KS2 Xpress Yourself Session

The KS2 Xpress Yourself will cover:



Introduction to CMHW theme

ROAR Rainbow check in

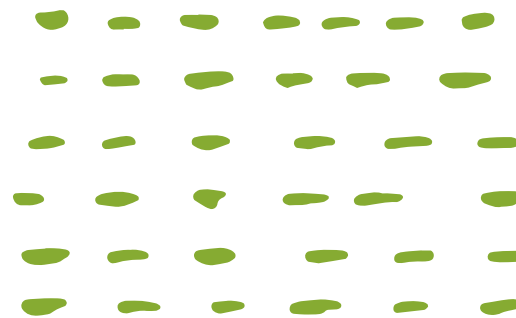
Meet Blob

Help Ralph and the Resiliants help Blob Grow ~ Activity

Meet the Blob Tree ~ Activity

How do I grow and help others grow too? What tools do we need?

Grow Your Strength & Confidence Mindfulness Exercise



Post Session Activity

Using the Blob Tree... Pick a Blob

How does your Blob feel?

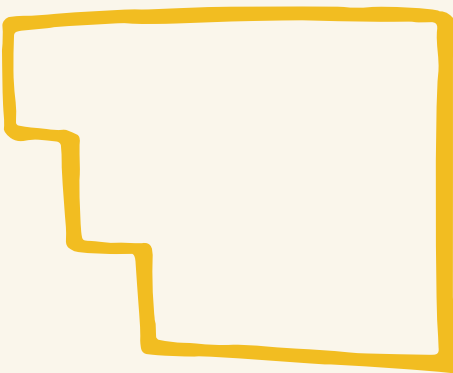
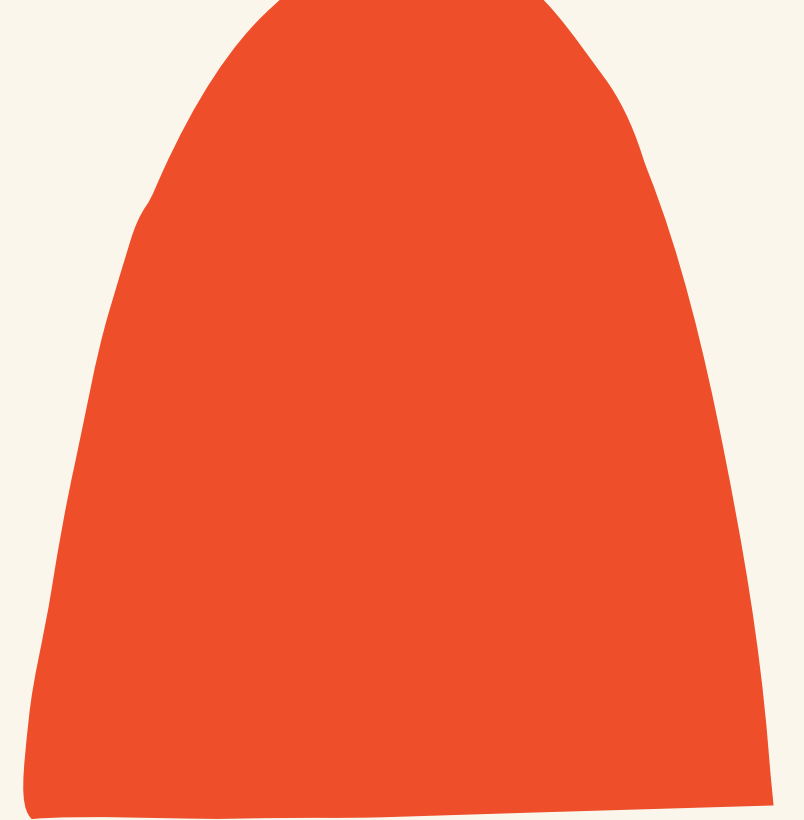
What makes you think the Blob is feeling this way?

Would the Blob like to be anywhere else on the Blob tree?

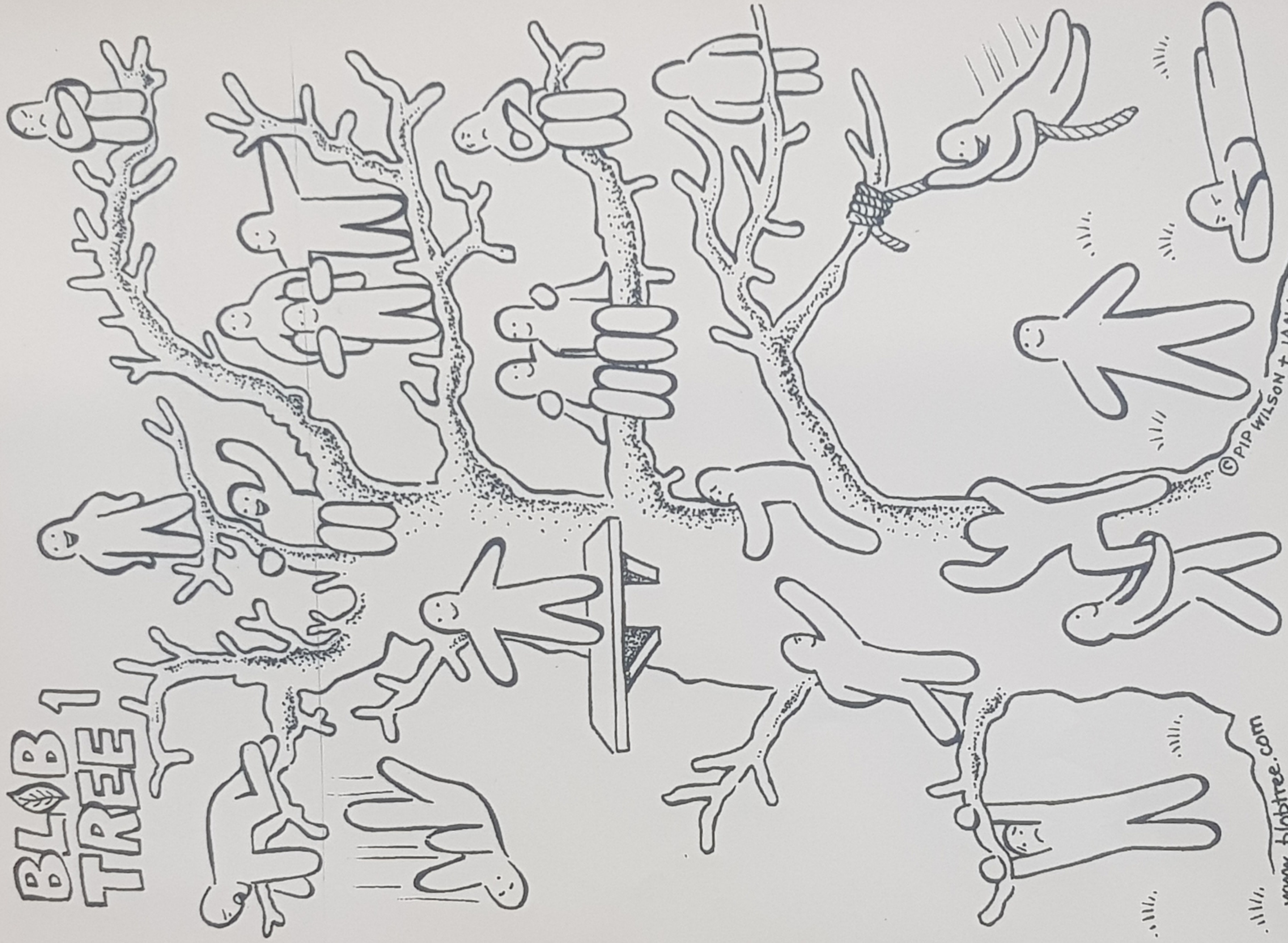
What Can help you Blob get there?

Can any other Blobs help?

Do the Blobs need any tools to help?



BLAB TREE

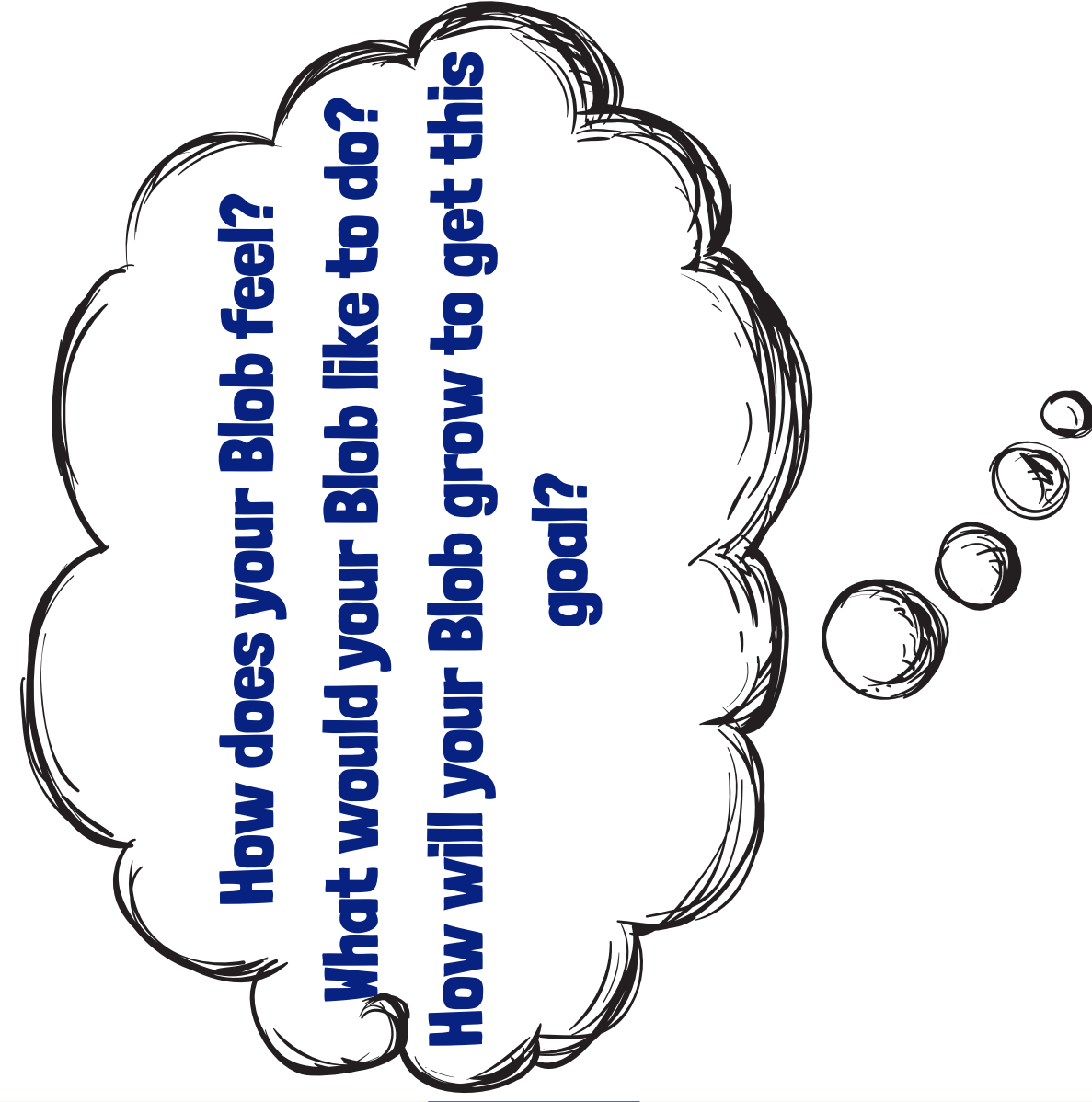


www.blabtree.com

© PIP WILSON + IAN LONG 2005

My Blob

Design your own Blob



Additional Post Session Activity



Higher K2: Thinking about a tree

The Roots~ What help us start to grow?

The Trunk~ What are your qualities? Skills do you have?

The Branches~ How do you want to grow? What are your goals?

The Leaves~ Who are the people who help you grow?

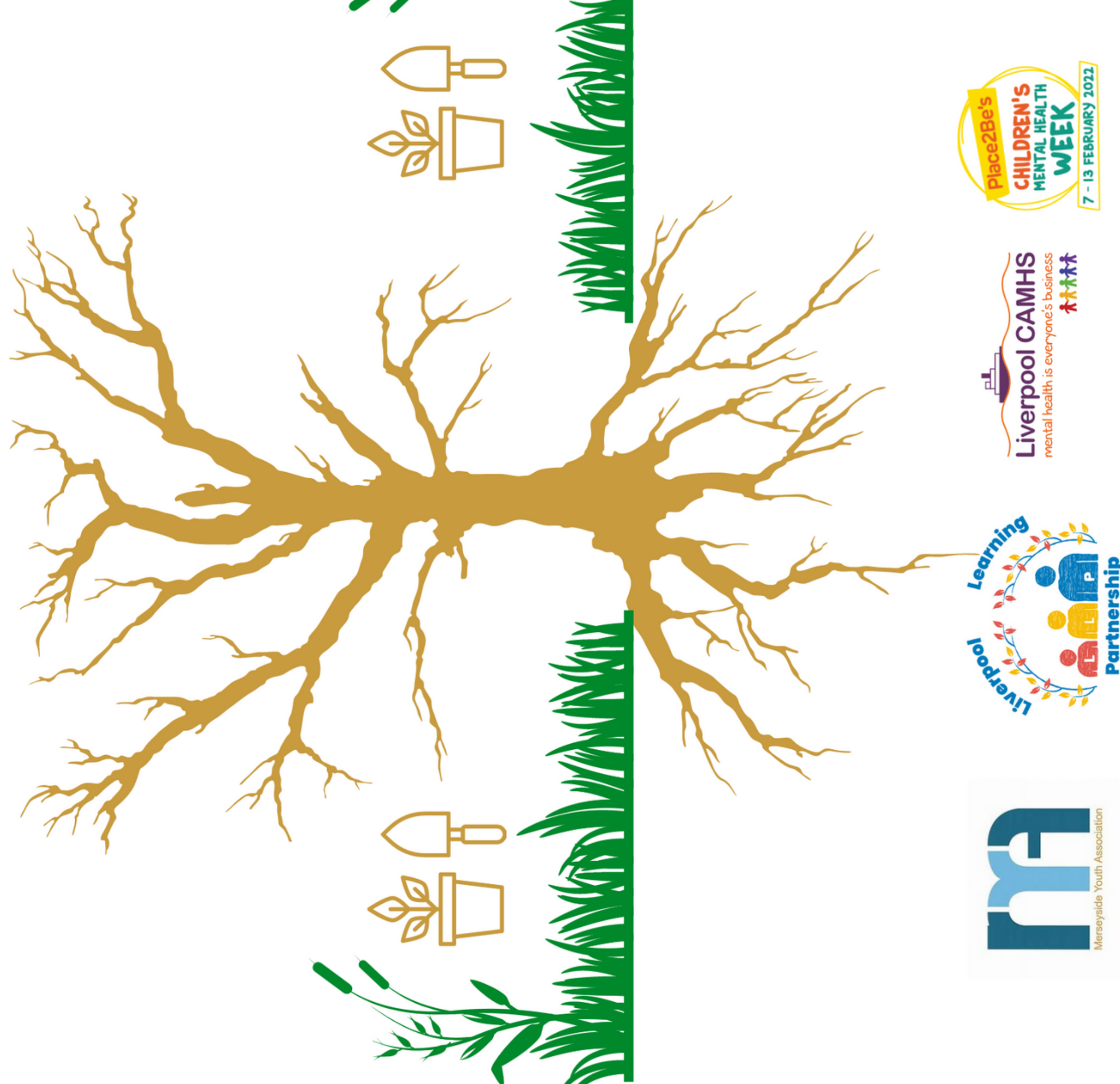
The fruit~ What have you learnt from those people?

Gardening tool~ What coping strategies might you need?

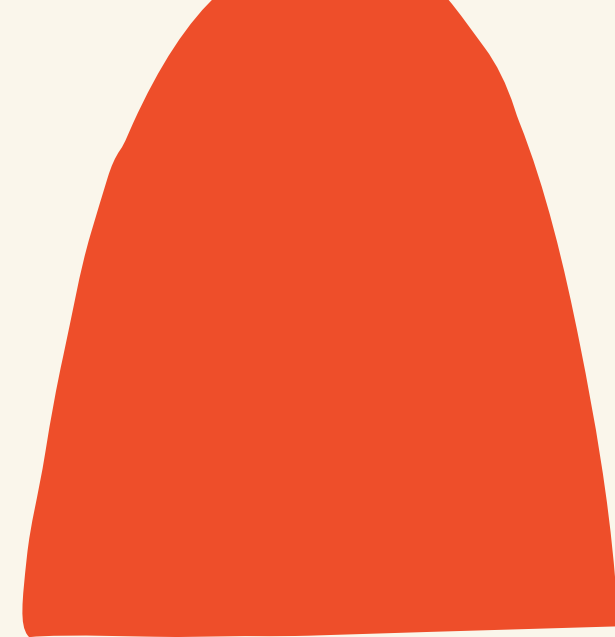
(Can be drawn out on worksheet)



My Growth Tree



Post Session Reflection



Use the resilience framework to support this discussion

Supporting and developing resilience helps us grow. In what ways did Ralph and the Ants help Blob?

With:

The Basics~ (Encourage the class to talk where did Blob feel safe? safe, eat, sleep, exercise etc)

Belonging~ (Encourage the class to think about mixing with others and making friends, good memories from the past, knowing what things are good for me)





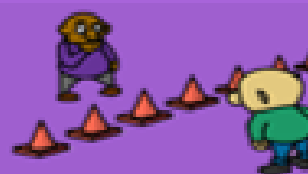


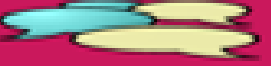








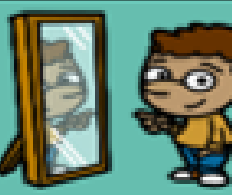






















Learning~ (Encourage the class to think about being proud of achievements, developing new skills and qualities)

Coping~ (Encourage the class to think about being able to calm down when needed, being able to have a laugh)

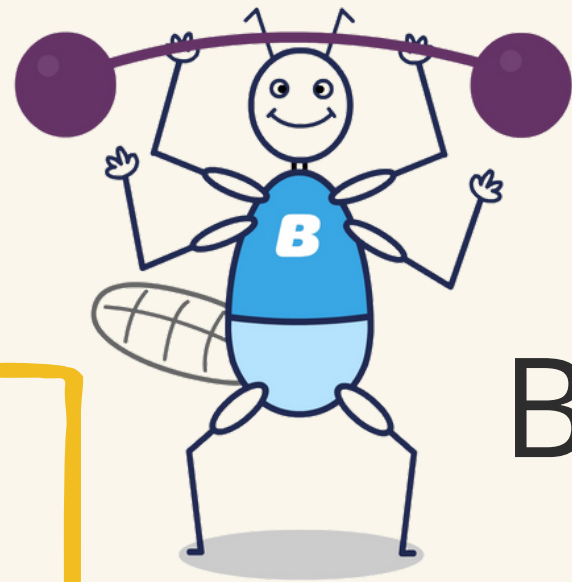
Core Self ~ (Encourage the class to think about believing in yourself, being self aware)

using the framework: ASK EACH CHILD TO PICK 1-3 THINGS THAT IS RESILIENT IN THEM AND WHY, ask peers to help point them out if child needs support/ encouragement.

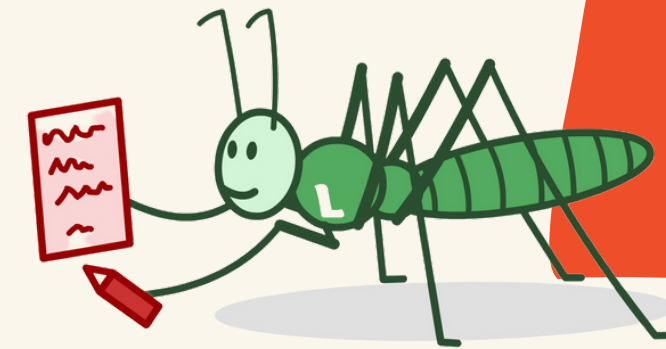


BASICS		BELONGING		LEARNING		COPING		CORE SELF	
 I have a good place to live.	 I feel that I belong.	 I know my place in the world.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.				
 Me and my family have enough money to live.	 I know what things are good for 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 am good at solving problems.	 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 get medical help when I need it.				
 I sleep well.				 I have someone to talk to when I am unhappy.					
 I play and socialize with others.				 I know how to have a laugh.					
 I see that we are all equal.									
NOBLE TRUTHS									
ACCEPTING		CONSERVING		COMMITMENT		ENLISTING			

Use Ralph's friends the Ants to support!



Basics Bob

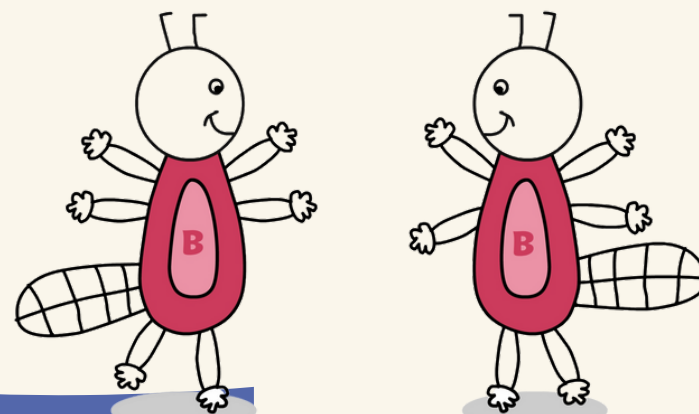


Learning Leo

Belonging Billy & Bella



Core self Courtney



Coping Cody

Ideas for the rest of the week

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

~ How have I grown reflection time

~ Time for each children to explore the resilience framework & Identify goals to grow

~ Growing Goals Action Plan

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






~ Write you own story about how Ralph and the Ants help the Blob

~ The Resiliants challenge (school and or home)

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

					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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

How have I grown?

Something important I have learnt...

Something I have found hard is....

The people who have helped me are...

What did I use to cope with my feelings?

I am so proud of me because...

ma
Merseyside Youth Association



My Growth Goals

My goal is...

What skills have I got ?

What skills do I need?

Who can help me?

What can I do if things get hard?

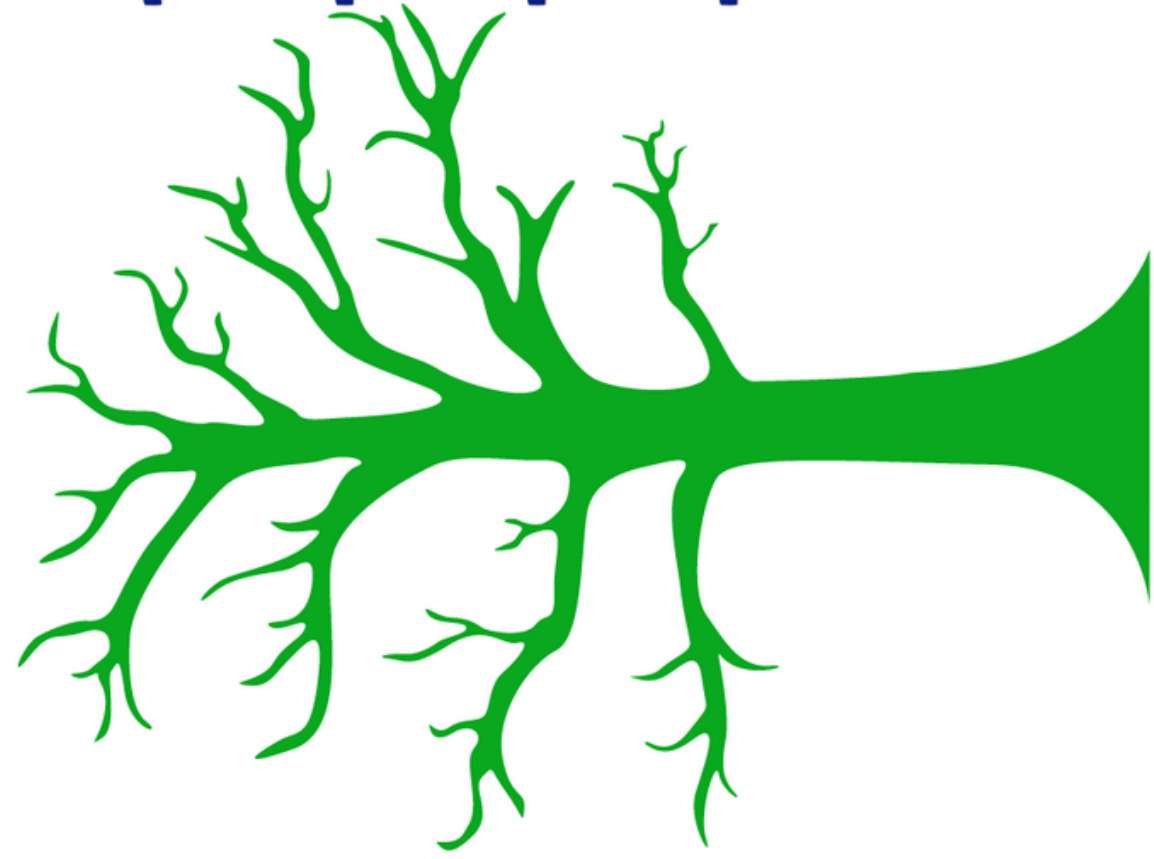
I can do this because...

MY
Merseyside Youth Association



My Growth Gift

I will



.....

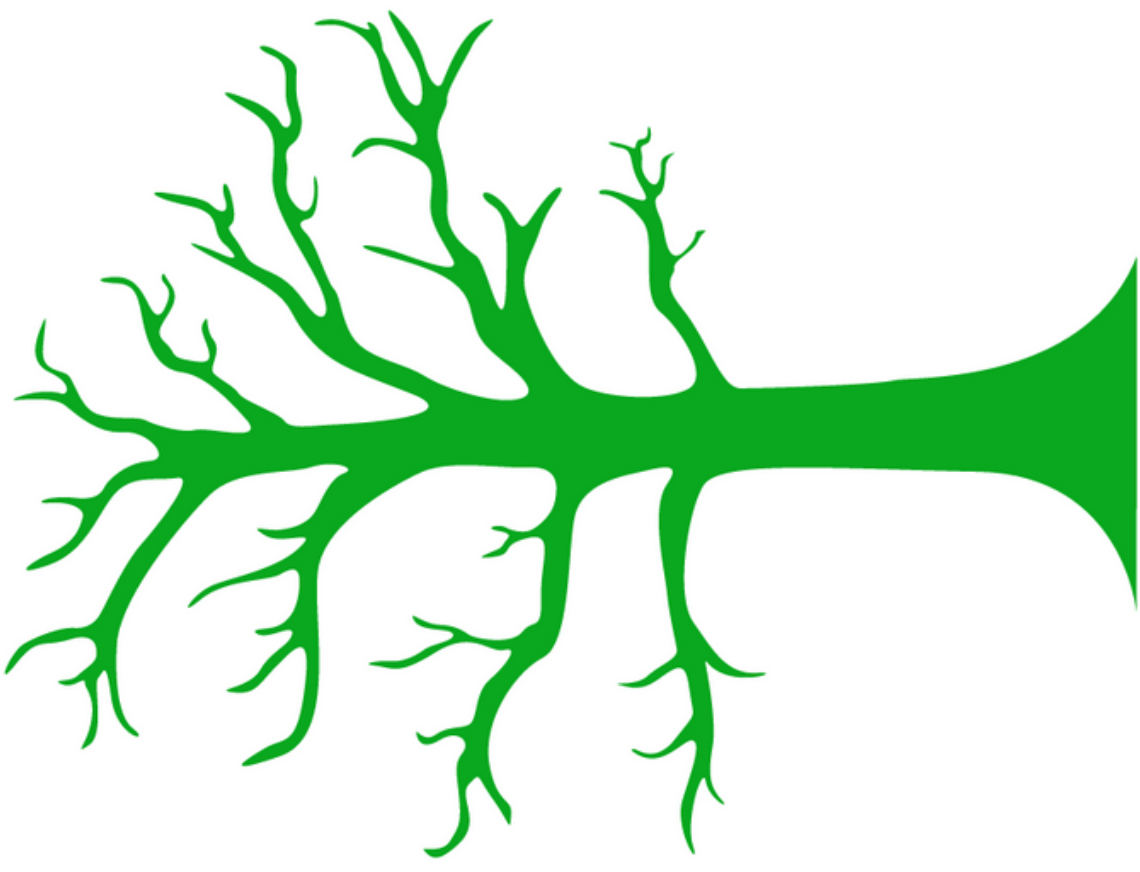
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To help.....



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grow.

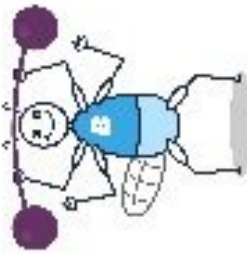



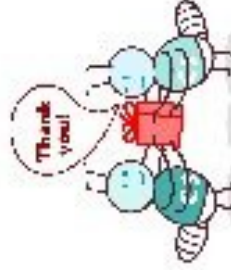


MY RESILIENCE-ANTS CHALLENGE

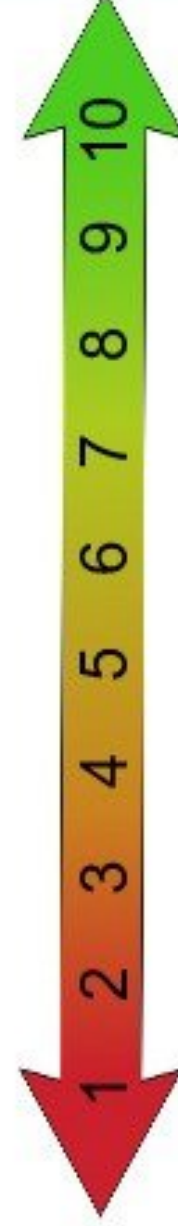
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Before this challenge week I feel...



					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

After this challenge week I feel...



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

