



# GROWING TOGETHER CMHW 2022




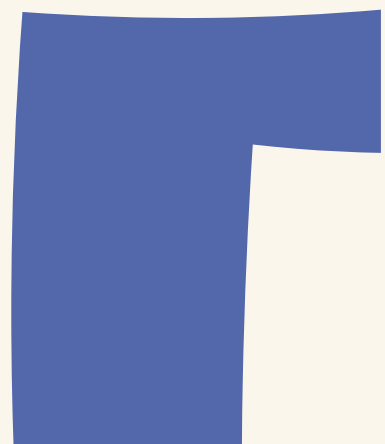
## SPECIAL SCHOOL RESOURCE PACK



# **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



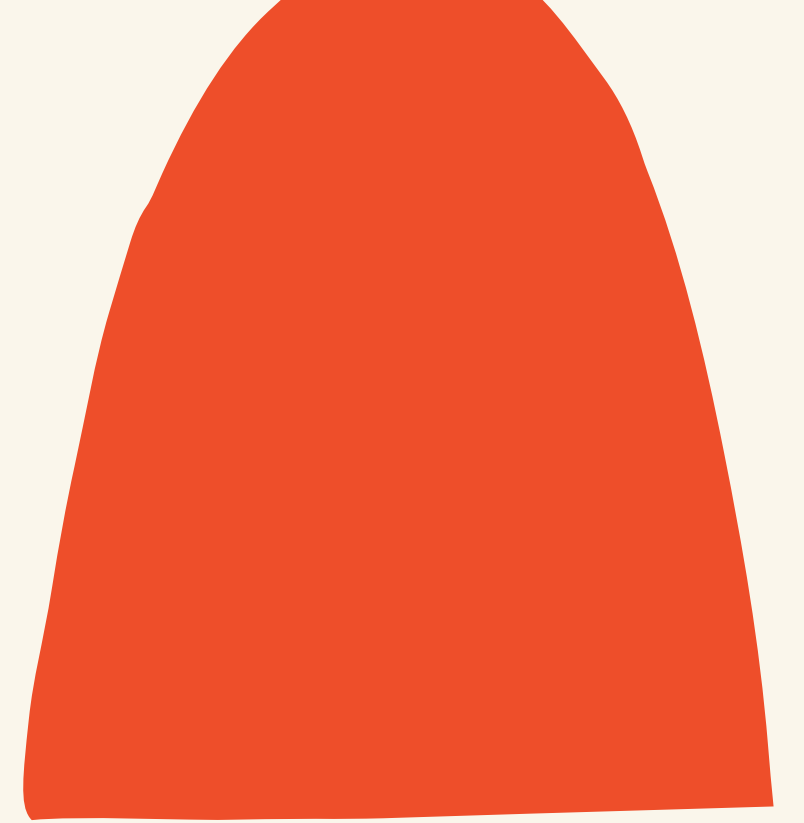
If you or someone you know is looking to improve mental wellbeing search Reach Out Liverpool CAMHS for help and advice.



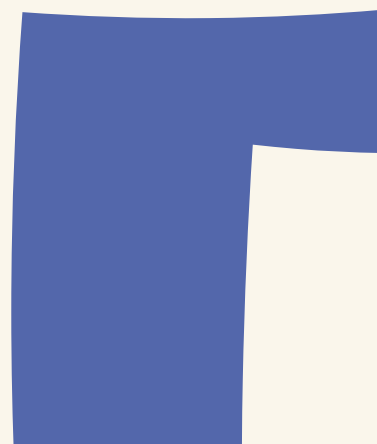
Liverpool City Council



# 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 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.**

**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 Special School Xpress Yourself Session

**The Xpress Yourself will cover:**



**Introduction to CMHW theme**

**ROAR Rainbow check in**

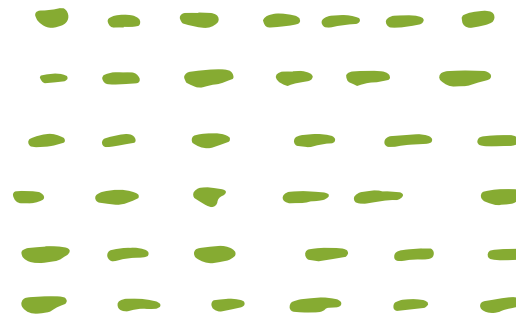
**Meet Blob**

**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?**

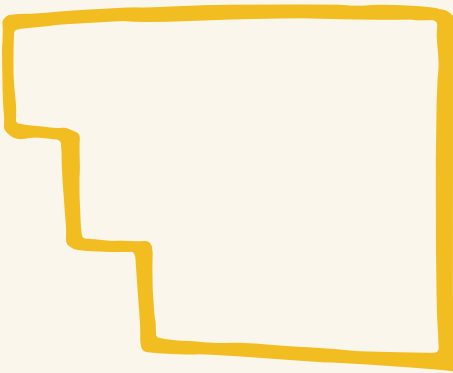
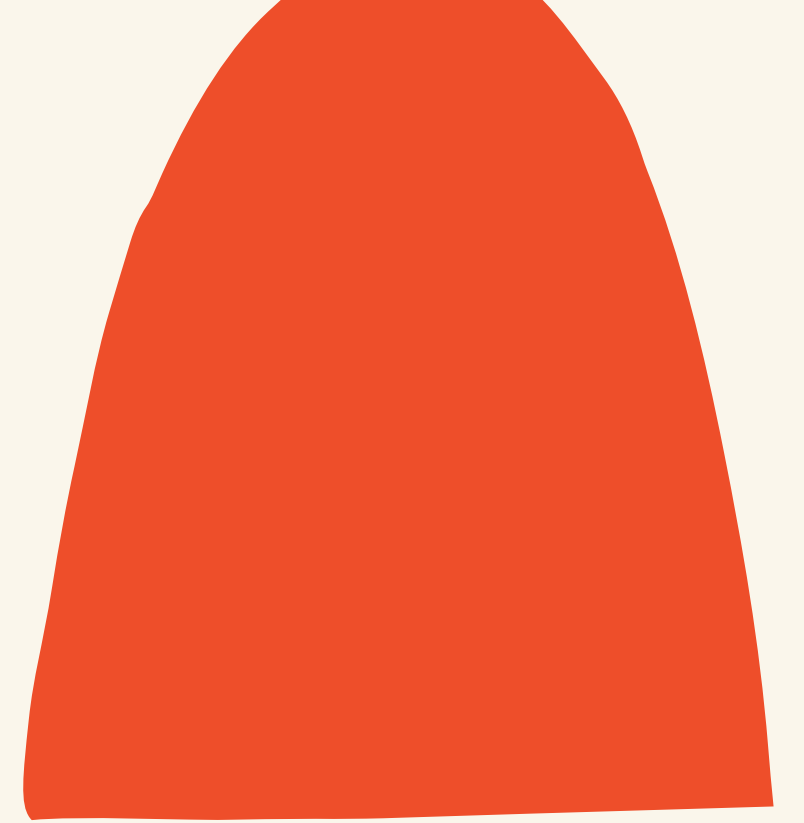
**What makes you think the Blob is feeling this way?**

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

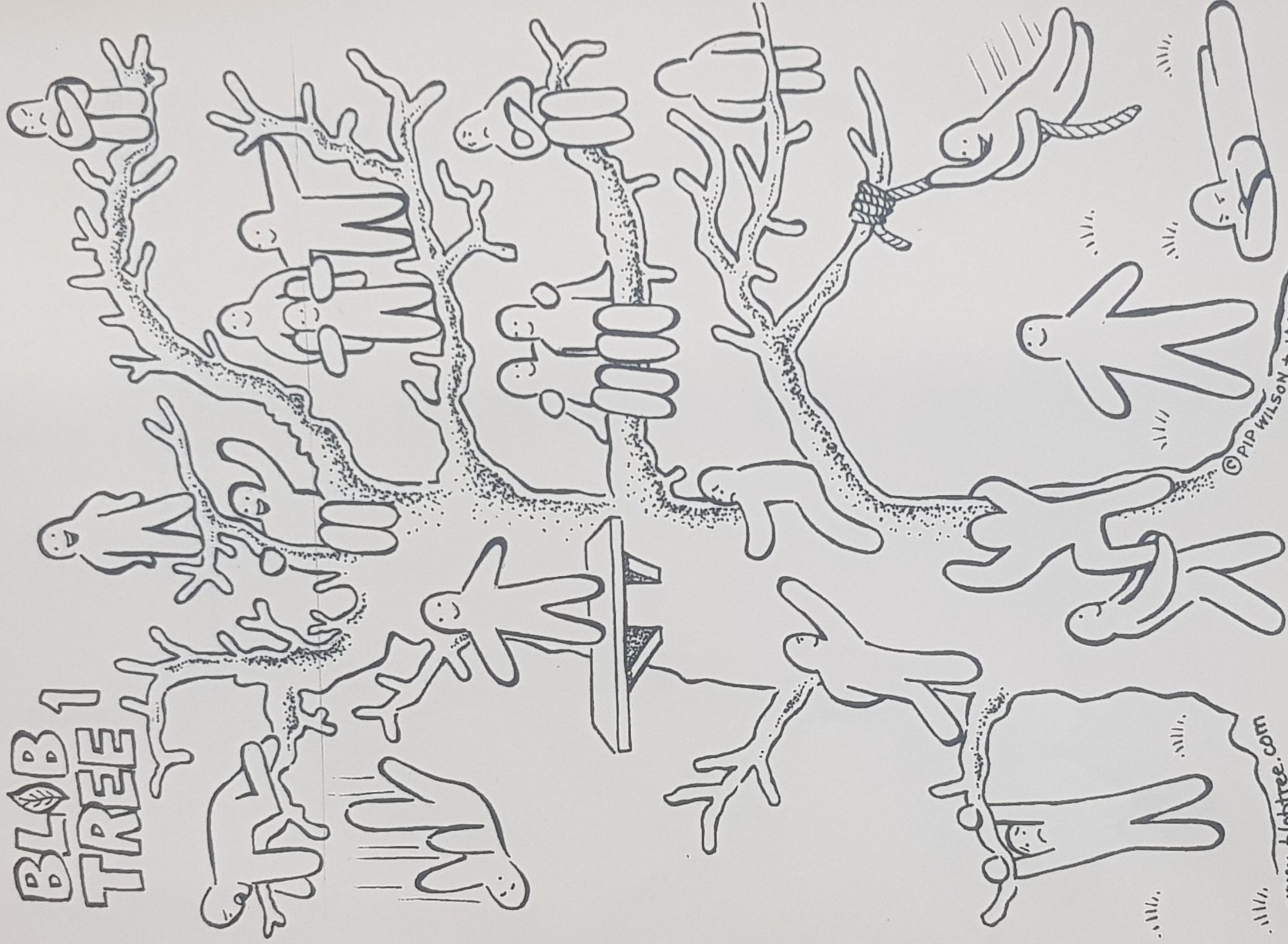
**What Can help you Blob get there?**

**Can any other Blobs help?**

**Do the Blobs need any tools to help?**



# BLAB TREE



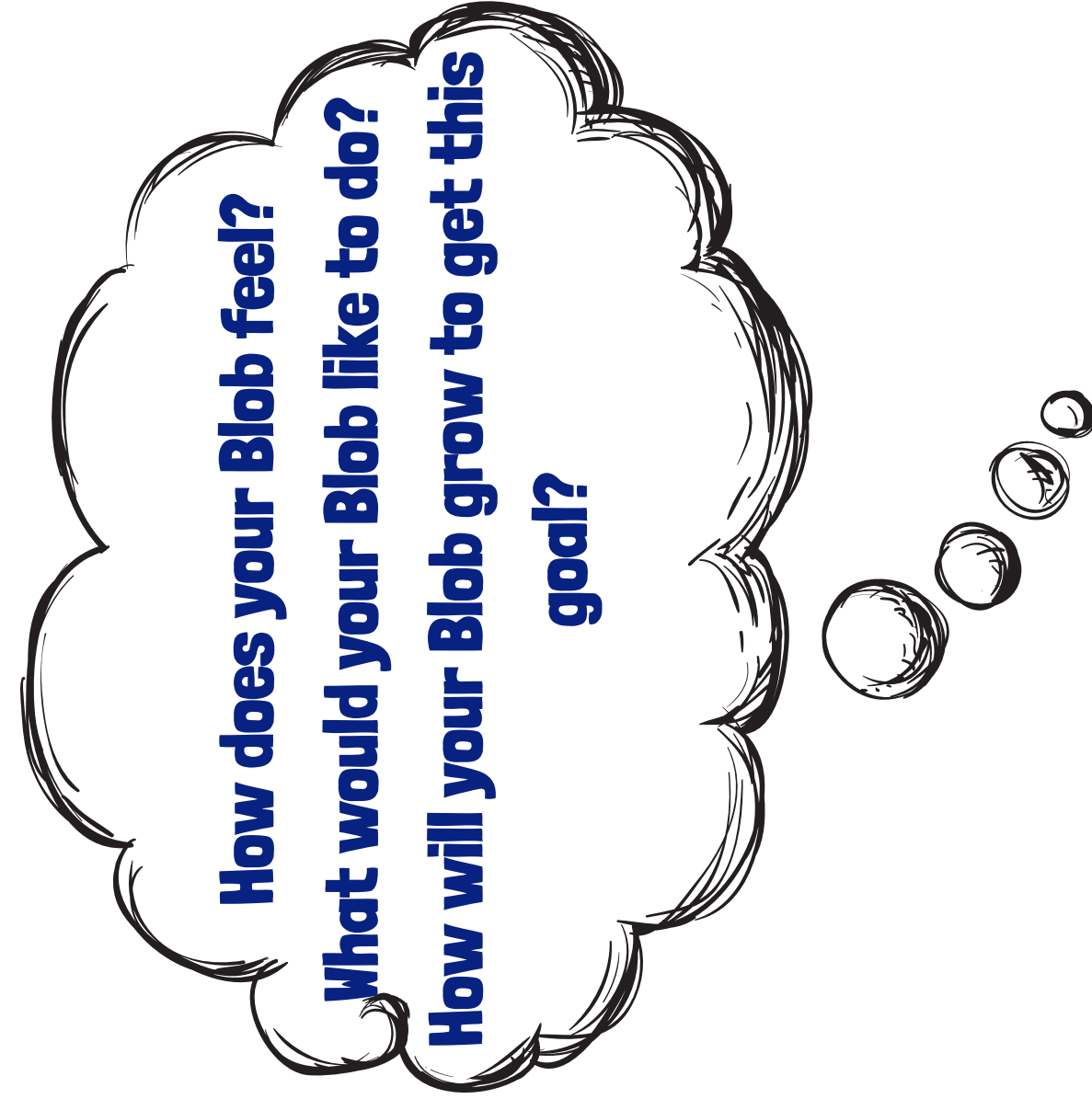
www.blabtree.com

© PIP WILSON + IAN LONG 2005



# My Blob

## Design your own Blob



# Additional Post Session Activity

**You could also :** 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?

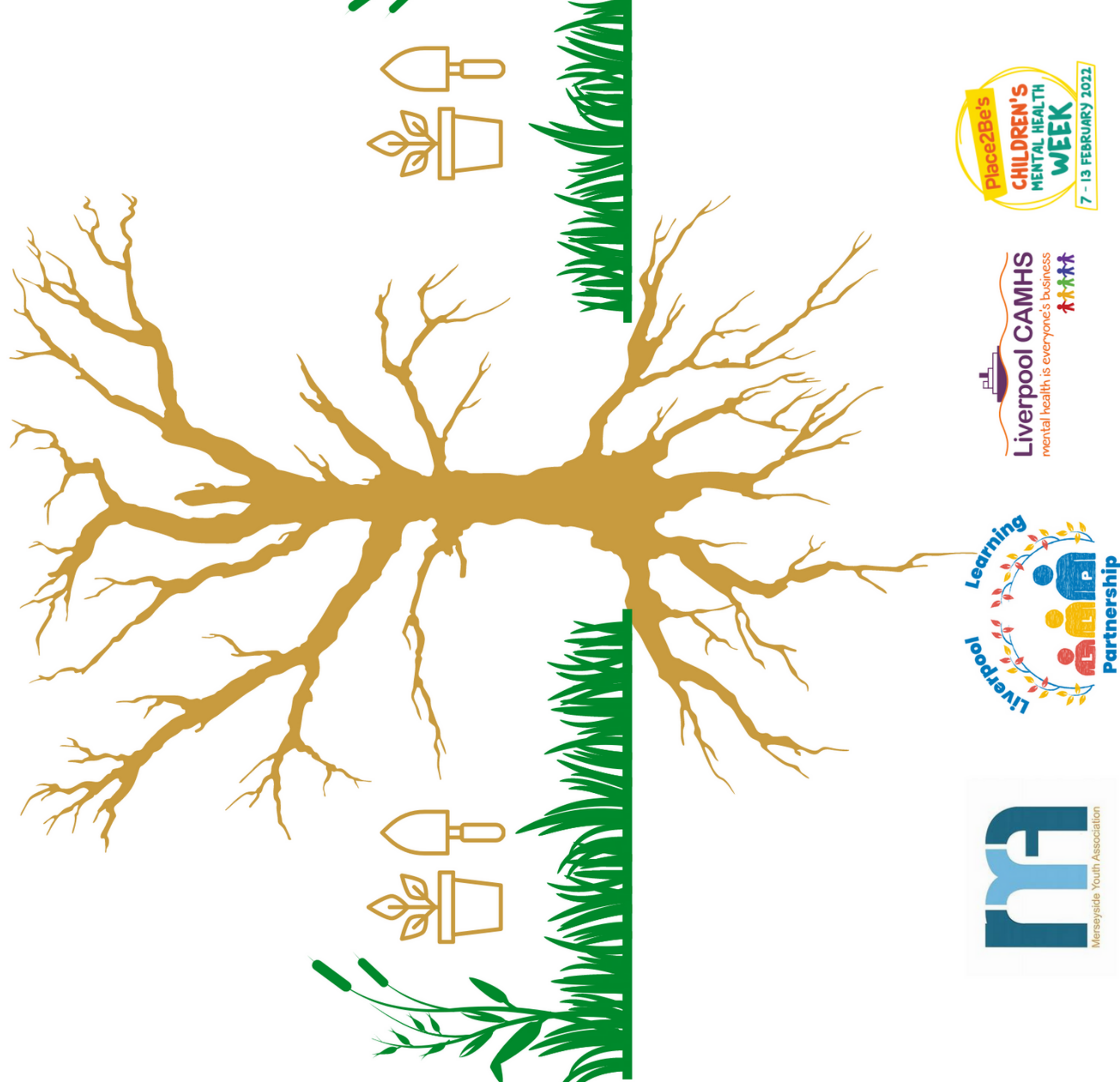
**The Leaves~** Who are the people who help you grow?

**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



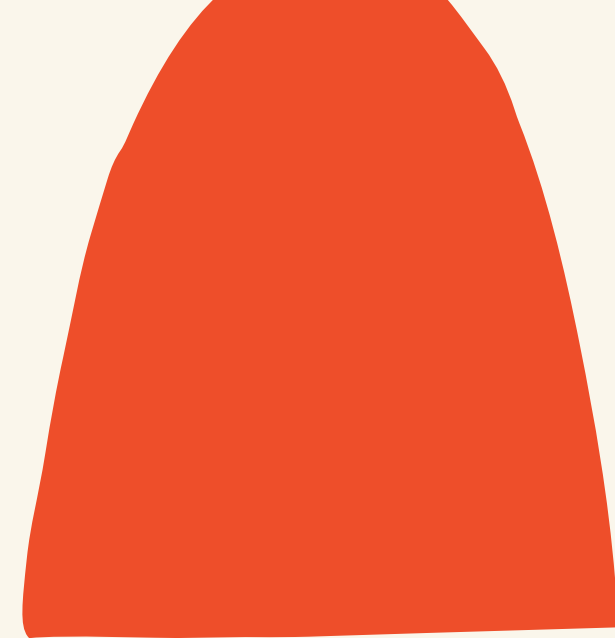
**MYA**  
Merseyside Youth Association



**Liverpool CAMHS**  
mental health is everyone's business

**Place2Be's**  
**CHILDREN'S**  
**MENTAL HEALTH**  
**WEEK**  
7 - 13 FEBRUARY 2022

# 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)**

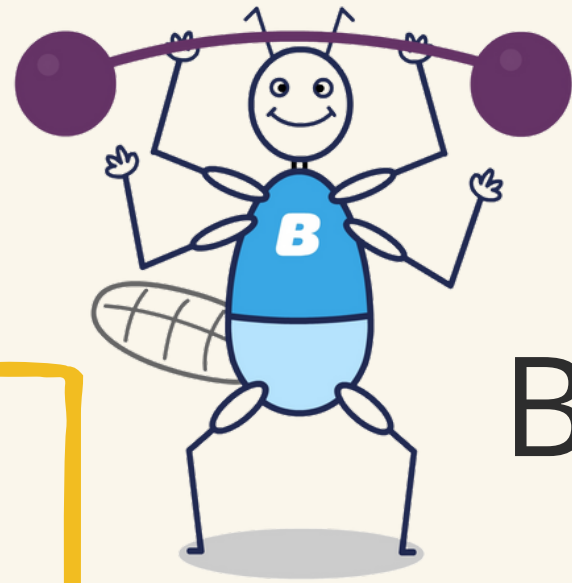
**Core Self ~ (Encourage the class to think about believing in yourself, being self aware)**

**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.**

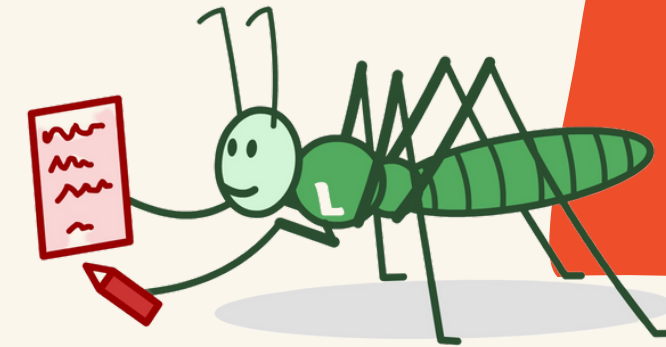


BASICS		BELONGING		LEARNING		COPING		CORE SELF	
 I have a good place to live.	 I feel that I belong.	 I like school.	 I understand the need for boundaries and rules.	 I believe in myself.					
 Me and my family have enough money to live.	 I know my place in the world.	 I get on well with teachers and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

# Use Ralph's friends the Ants to support!



Basics Bob

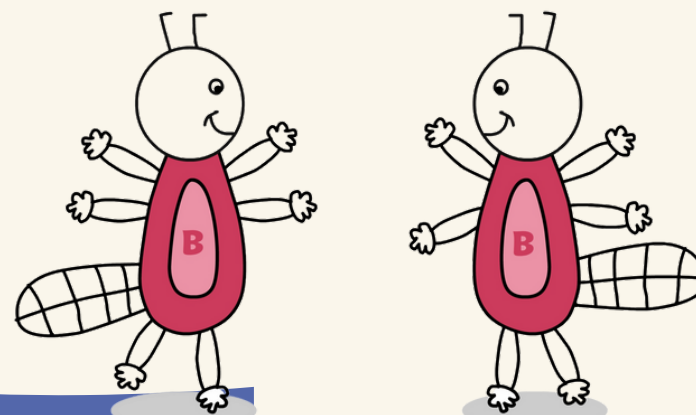


Learning Leo

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

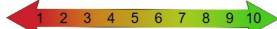
~ My growth gift each child makes a pledge to help someone else grow and how






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

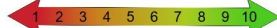
~ The Resiliants challenge (school and or home)

**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... 

					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

After this challenge week I feel... 

# 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?

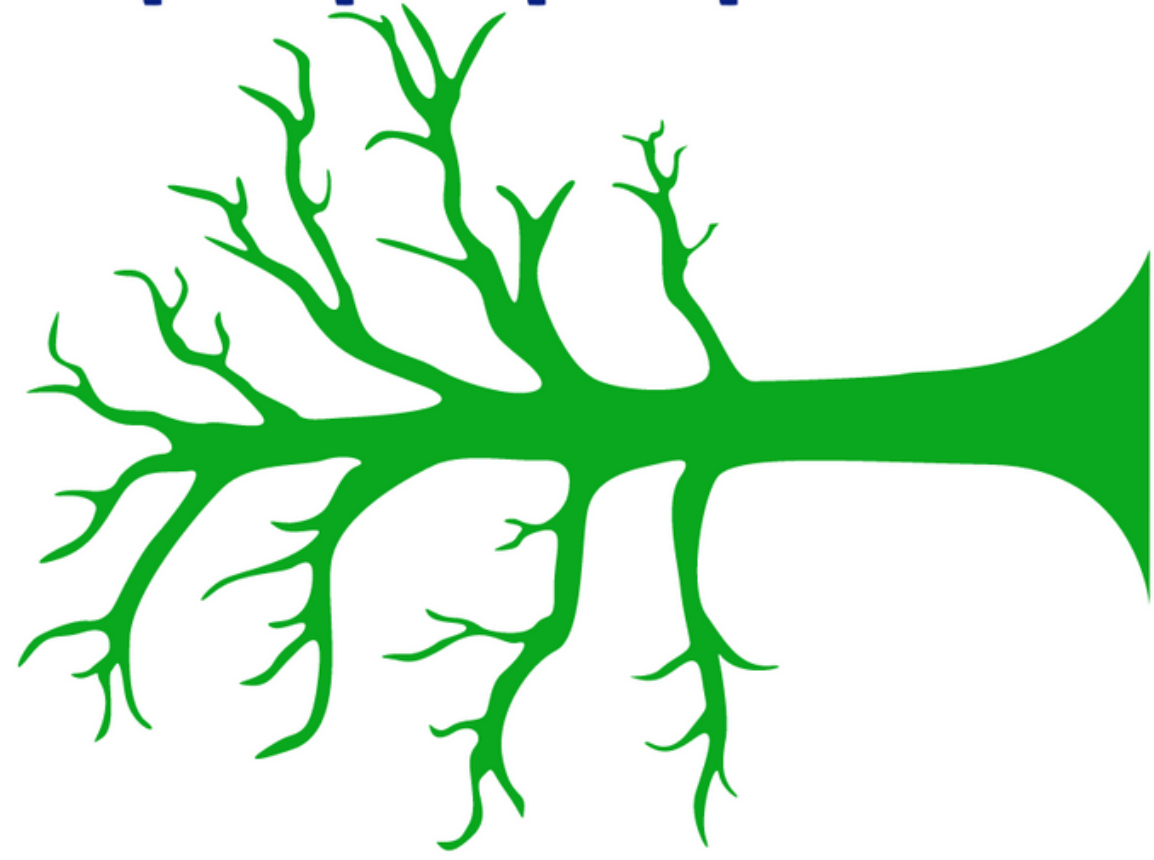
I can do this because...

**MY**  
Merseyside Youth Association



# My Growth Gift

I will



.....

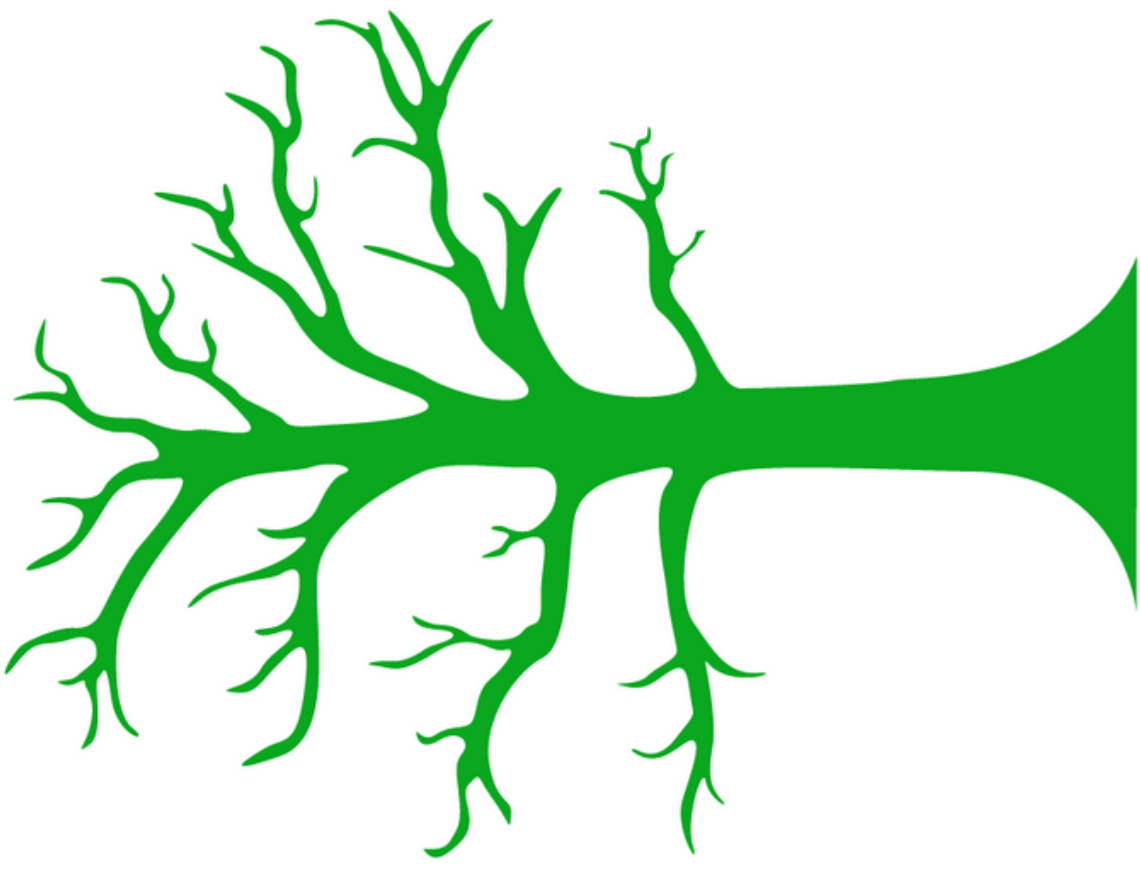
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To help.....



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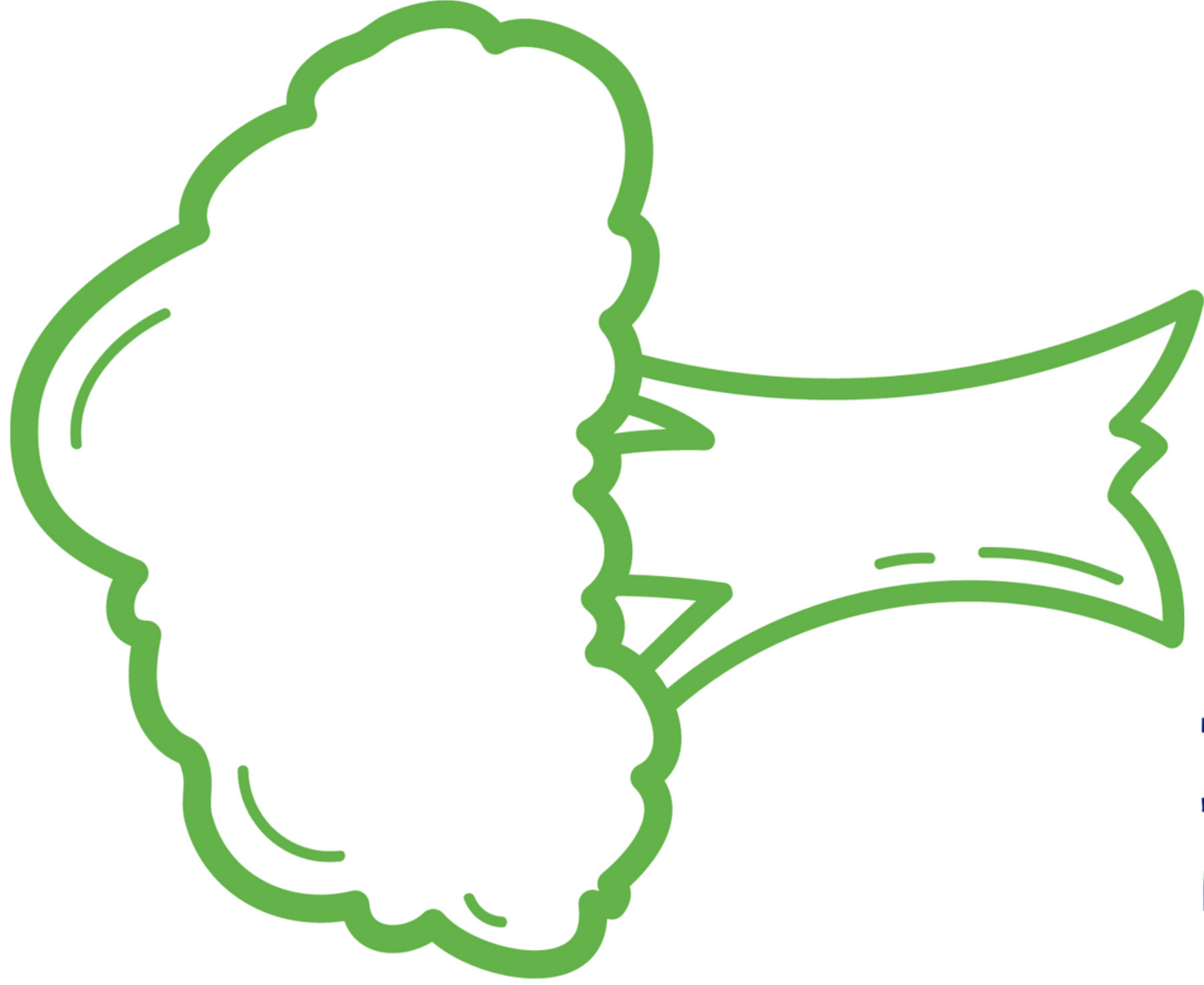
grow.



# My Growth Gift

Draw your gift in the tree

I will .....



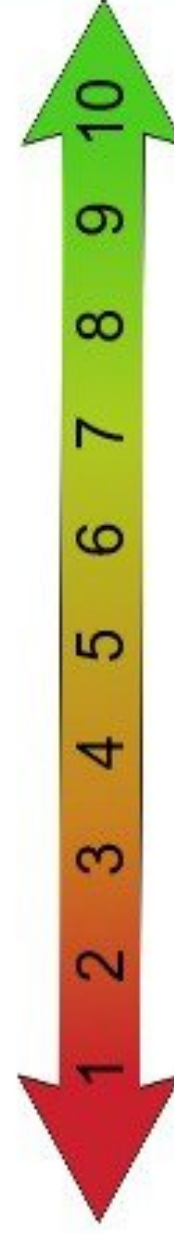
To help..... grow.

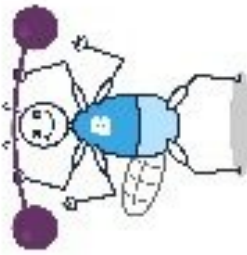



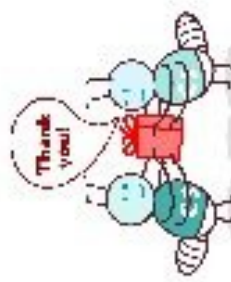


# MY RESILIENCE-ANTS CHALLENGE

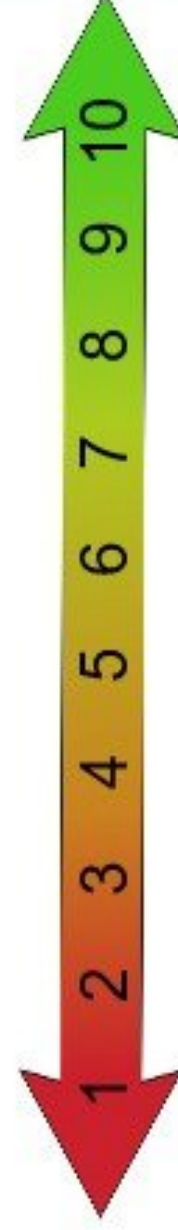
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**Before this challenge week I feel...**



					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**After this challenge week I feel...**



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

