

Flourishing Starts Program

Parent Information Session



Welcome!

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Sam (she/her) - BSc, GDAS with 20 years practitioner experience. Masters in Applied Positive Psychology & Coaching. Director of Resilient Pathways Ltd.



Outline for today

- The Why & How of a Flourishing Starts
- Program Outline
- Check-in's
- Principles of the Program
- How you can support at home



Why?



How?

Program Outline

Theme	Outline
Wellbeing & Emotions Vocabulary	<ul style="list-style-type: none">○ What is wellbeing?○ Rating wellbeing using the “Wellbeing Cake”○ Emotions Bingo○ Emotions are neutral○ Peaceful, Calming place visualisation
Physical Emotions	<ul style="list-style-type: none">○ Check-in using colour○ How emotions feel in my body○ Why it is important to notice our emotions○ Hot chocolate breathing / Box breathing

Program Outline

Theme	Outline
Tools & Techniques to Nurture your Wellbeing	<ul style="list-style-type: none">○ Introducing a range of wellbeing tools○ Physical (<i>Sophie / Sam says activity</i>)○ Emotional (<i>ABC game</i>)○ Social (<i>Gratitude notes</i>)○ Thinking (<i>PMR</i>)
Wellbeing Toolboxes	<ul style="list-style-type: none">○ Recap on the key messages○ Decorate their boxes○ Create a list of ideas for their box



Check-In

Principles of the Program

1. Wellbeing is something everyone has.
2. No emotions are good or bad. They all serve a purpose.
3. Realistic regulation expectations.

How you can support your child

Wellbeing & Emotions Vocab

- Can you tell me what a wellbeing cake is?
- What emotion words were your favourites?
- What was your special place in your imagination like?

Physical Emotions

- How do your emotions feel in your body?
- Where do you feel emotions in your body?
- Think of your own examples to share with them, e.g. When I feel excited I get butterflies in my tummy

Tools & Practices

- What were your favourite things you tried today?
- What would you like me to help you remember to try when you are feeling Sad / angry / upset / worried

Wellbeing Toolboxes

- Tell me about your wellbeing toolbox
- What different things are in your toolbox?
- Can you show me how to use your toolbox?
- Have some ideas of things you could put in your own toolbox to share with them.