

# Flourishing Starts Program

## Parent Information Session



# Welcome!

**Sophie (she/her)** - BA Hons, MA, Dip, MBACP. Counsellor & Psychotherapist. Mental Wellbeing Worker for HIFriends Charity.

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

# Program Outline

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



# 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.