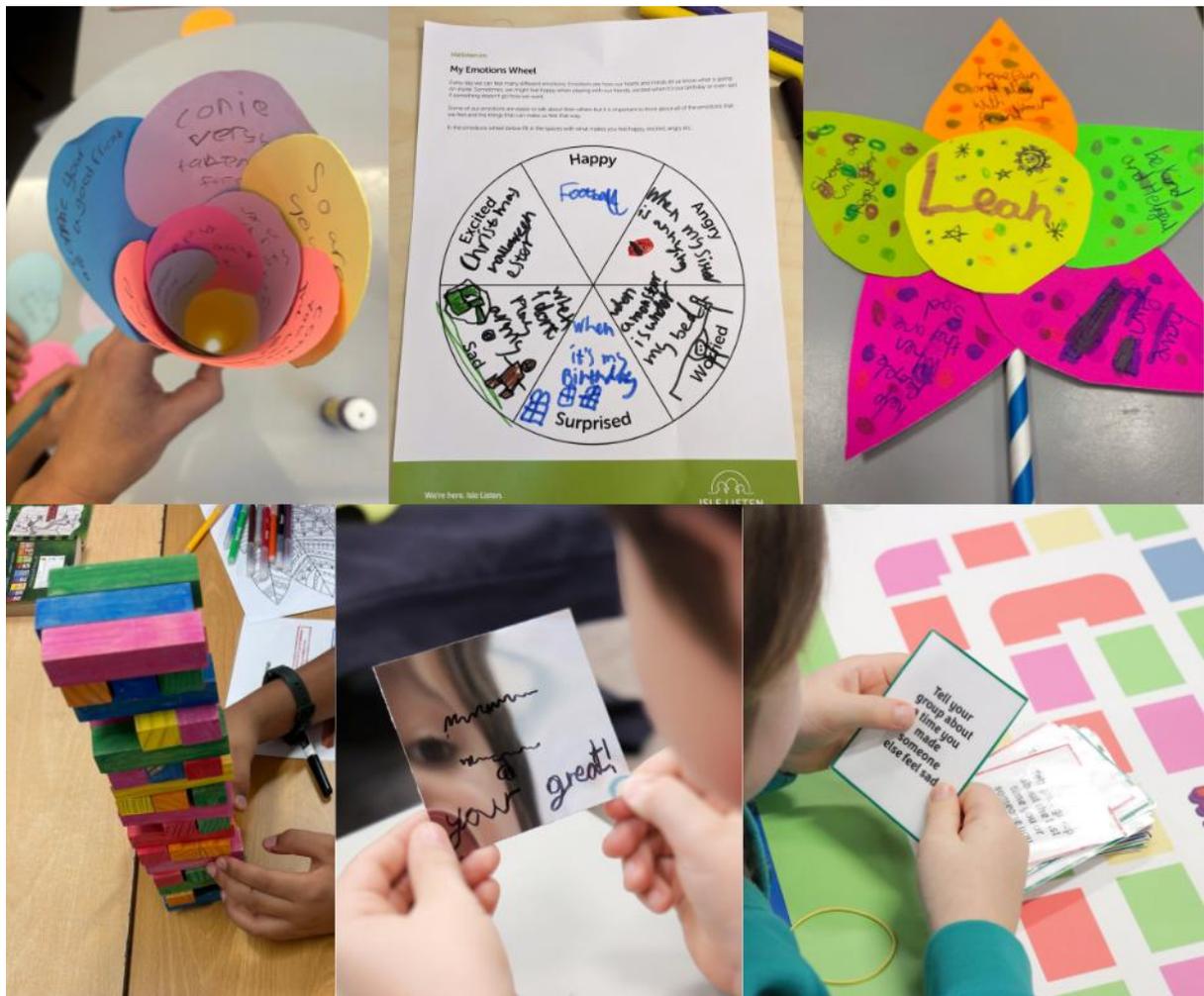


Isle Listen Mental Health Education Programme

Primary Schools

2025/26



Working Together

Thank you for inviting Isle Listen into your school. By doing so we can work together to support children's wellbeing and mental health through education, collaboration and care.

We agree to:

- Use best practice, evidence-based approaches,
- Deliver sessions that are engaging, age-appropriate and inclusive,
- Respect your school culture, routines and safeguarding policies,
- Clearly communicate with staff,
- Give plenty of advance notice in the rare occasion that a session needs to be changed or cancelled (covering sessions with other staff wherever possible),
- Provide a welcoming, non-judgemental approach.

We ask that you:

- Support sessions by managing classroom behaviour,
- Promote positive mental health throughout the school, not just during sessions,
- Share relevant information (within data protection and safeguarding guidelines) to help us deliver the best activities and resources,
- Provide feedback to help us improve.

Safeguarding

Isle Listen has a robust commitment to safeguarding. You can view our safeguarding policy on our website. We will liaise with school staff should any safeguarding concerns arise from sessions.

Contacting us

If you have any questions or need to speak to the team, your first point of contact will be your usual Facilitator. Alternatively, you can contact the Education Team inbox at education@islelisten.im.

Curriculum Outline

Our mental health curriculum for Primary schools is based around a range of fun, engaging and interactive sessions. The content delivered is age appropriate, and each year reinforces previous knowledge and builds in new topics and mental health vocabulary. You can read more about each session in the following few pages.

While the Facilitators will usually follow the outline set out below, they may occasionally run an alternative session or activity if they feel this will better suit the needs of the individual class. If you have questions about any of the sessions, your Facilitator will be happy to discuss these with you, and can offer alternatives.

If you would like the team to deliver additional sessions or assemblies outside of what has currently been booked into the calendar, please chat to your Facilitator about this. While we want to do everything, we only have a certain amount of resource so can't always say yes. Knowing what schools need helps us to plan for future years, so do let us know if you would like to introduce anything new.

Please note, in a small number of sessions, Facilitators may use sweets as prizes. They will discuss this with you ahead of time to ensure it is ok, but if you would prefer that they didn't do this with your class/school at all, please let us know.

Additional needs

If any pupils in your class have additional learning needs please let your Facilitator know. We want everyone to be able to benefit from sessions and can look at adapted resources or alternative activities where this would be helpful for pupils.

KS1*

	Year 1	Year 2
Assembly 1	Our Feelings	
Session 1	My Feelings Cup	My Emotions Wheel
Assembly 2	Positive Relationships	
Session 2	Respect	Friendship Flowers
Assembly 3	Coping Tools	
Session 3	Calm Down Caterpillar	How I Can Stay Cool

*While we have a curriculum plan, in KS1 the needs of individual schools may mean we run different assemblies or activities. This will be agreed ahead of time at the request of the school. In addition, sessions may be delivered to individual year groups as outlined, or as one combined activity for all of KS1. This flexibility allows us to best suit the needs of your school. This will have been agreed with your school when sessions were booked.

KS2

	Year 3	Year 4	Year 5	Year 6
Emotional Literacy 1	My Feelings Worksheet	Game of Emotions	Describe, Act, Draw	Dealing with Change
Emotional Literacy 2	Emotions Cup Game	My Heart Map	Circle of Control	Describe, Act, Draw
Self Esteem 1	Shield of Positivity	Mirror Stickers	Letting Worries Go	Traffic Light Social Media
Self Esteem 2	Friendship Flowers	Self Esteem Boost Ball	Social Media Jenga	Self Esteem Speed Talk
Positive Relationships 1	Teamwork Wins	Team Build	Your Good Qualities	You've Got Mail
Positive Relationships 2	My Support System	Ice Cream Kindness	Ask, Listen and Learn	Team Lego Building
Coping Skills 1	Breathing Bracelets	Match the Coping Skills	Stress Bingo	Rocks, Pebbles and Sand
Coping Skills 2	Rainbow Walk	Coping Skills Wheel	Coping Skills Chatterbox	Wellbeing Unlocked

Session Overviews – KS1

Emotional Literacy

My Feelings Cup

Our feelings help us to think, understand and help us make choices. This session will allow pupils to explore how they are feeling right now, and how they can talk about this with other people.

My Emotions Wheel

Our emotions can change during the day or in response to certain things happening. In this activity, pupils will think about some of the different emotions they might feel and what activities or situations might make them feel this way.

Positive Relationships

Respect

Pupils will discuss what it feels like to be respected, and how others feel when we show them respect. Using an outline of their hand they will think about who they show respect to.

Friendship Flowers

This session focuses on friendship, exploring the positive impact we can have on others. In this activity, pupils will create their own 'friendship flower' filled with personal ideas of how to be a good friend.

Coping Skills

Calm Down Caterpillar

Pupils will learn what coping tools are. They will make their own personal caterpillar, writing or drawing their favourite tools on each section.

How I Can Stay Cool

This session gets pupils thinking about the little things they do to feel better when they are upset, angry or worried. They will draw or write ideas for all the things they can do to help keep cool and calm.

Session Overviews – Year 3

Emotional Literacy

My Feelings Worksheet

In this first session, we'll explore what mental health means and how it relates to our own and others' feelings. Through answering 'I feel...' statements and a feelings timeline, pupils will start recognising how emotions change and affect those around them. By the end of the session, pupils will have taken their first step towards building empathy, emotional awareness and a stronger understanding of mental wellbeing.

Emotions Cup Game

The Emotions Cup game is an interactive session that helps pupils explore different emotions and their physical sensations. Together we will discuss healthy ways in which pupils can manage their feelings, especially during times of overwhelm, sadness or anger.

Self-Esteem

Shield of Positivity

This engaging and creative session is designed to help pupils recognise and celebrate the many positive qualities that make them unique. Working together, we will guide them in designing their own 'Shield of Positivity', a personal reflection of their strengths, support network and topics they enjoy learning about. By the end of the session, pupils will have a visual reminder of the positive aspects of themselves they can reflect on.

Friendship Flowers

This session focuses on how we can lift the self-esteem of those around us through acts of kindness. We will explore the positive impact kindness can have on the mental health of others, consider different ways to show kindness and reflect on who we show kindness towards. In this activity, pupils will create their own 'friendship flower' filled with personal ideas for showing kindness.

Positive Relationships

Teamwork Wins!

A fun and interactive session that reminds pupils that working alongside others to achieve a goal or target is a great way to start thinking about others. Pupils will be taking part in a variety of teamwork exercises and games with the overall objective of remembering that there is no "I" in Team.

My Support System

It is important for us all to know we have a support system around us that we can use when we are experiencing bad days or strong emotions. Each pupil will design their own support system in a fun and interactive way. The aim of this session is to increase the pupil's confidence in approaching someone if they need support with their mental health.

Coping Skills

Breathing Bracelets

Our breathing bracelets activity introduces pupils to a simple, hands-on way of practising mindful breathing. Using beads and string, each pupil will create their own bracelet, with each bead representing a deep breath in or out. By the end of the session, pupils can take their bracelet with them to be used as a calming tool to help them slow down, focus and manage feelings of worry.

Rainbow Walk

This active and engaging mindfulness session reminds pupils that when their minds feel busy or full, a short walk and scavenger hunt can help them relax and take a break from their worries. During this activity, pupils will be encouraged to notice and think about the different things they can see, hear and feel in their surroundings. By the end of the session, we will reflect together on the experience and discuss other mindfulness activities they can try.

Session Overview – Year 4

Emotional Literacy

Game of Emotions

This session revisits the topic of mental health by encouraging pupils to share and discuss the different feelings they experience. We will reflect on the situations that may lead to these emotions and explore strategies for managing negative feelings in healthy ways. This session centres around a fun and interactive board game designed to spark conversation and build emotional awareness through group discussion.

My Heart Map

Our hearts are made up of special moments like our feelings, thoughts, memories and dreams. This activity will get the pupils to reflect on the things that bring happiness and joy to their heart. We will discuss how these things make us unique and can cheer us up when we are experiencing strong emotions.

Self-Esteem

Mirror Stickers

This activity is designed to boost self-esteem by reinforcing a positive mindset. This interactive session will see pupils create their very own mirror stickers as they choose a motivational word or phrase that represents themselves. When pupils are feeling upset or angry, they can then look at their mirror sticker to remind them of the positive word/phrase they feel best describes themselves.

Self-Esteem Boost Ball

Sometimes when experiencing negative emotions and thoughts, it can be hard to think about the positive traits about yourself. This session reminds pupils that self-esteem is about believing in yourself and knowing what you do well. The activity asks for pupils to reflect and focus on all the positive qualities they hold through the passing and catching of a beach ball.

Positive Relationships

Team Build

In this hands-on activity, pupils will be split into small groups and challenged to build the tallest tower they can using only paper straws and Sellotape. This fun and creative session aims to help develop teamwork skills such as communication, problem-solving and cooperation. Collaborating successfully not only strengthens relationships but also builds confidence and supports overall mental wellbeing.

Ice Cream Kindness

This session focuses on how we build our relationship with others by remembering to be kind. We will discuss the impact of sharing our favourite things about others to them. When we share compliments, we can make others feel good as well as ourselves. The aim of this session is to remind pupils that we all have different qualities and it is important to praise each other when we succeed.

Coping Skills

Match the Coping Skills

In this interactive session, pupils will explore different coping skills by first being assigned one to illustrate through a drawing. Once everyone has completed their artwork, pupils will take part in a game of 'find the pair', matching each picture to its corresponding coping skill word. This session will help pupils learn and remember a variety of coping strategies, giving them practical tools to use when managing difficult emotions.

Coping Skills Wheel

An interactive and creative session whereby pupils are encouraged to focus on the coping skills they find most effective when experiencing strong emotions. Pupils will design their own coping skills wheel with a variety of tools that can help them to feel calm, relaxed and positive. We will reflect on how everyone's coping skills wheel will be unique as everybody has their own coping skills that help them feel better.

Session Overview – Year 5

Emotional Literacy

Describe, Act, Draw!

This session reintroduces the pupils to mental health by taking part in an interactive game of describe, act, draw. This game will encourage pupils to reflect on their own knowledge of mental health and encourage group discussions. The game will focus on various emotions, coping skills and positive thinking.

Circle of Control

In day-to-day life, there is a range of circumstances that occur that are outside of our control. This session encourages pupils to uptake a more positive attitude towards the things they cannot change and support pupils to feel empowered and confident to act in situations they do have control over.

Self-Esteem

Letting Worries Go

An interactive session where pupils will physically let go of their worries. This session allows pupils to explore their own worries, reflecting on whether they may be in or outside of our control, before allowing them to let them go. By the end of the session pupils will understand the reason as to why we can't always get rid of our worries completely.

Social Media Jenga

Whilst social media can keep us connected and be a lot of fun, there can also be a lot of negative impacts that come from using online platforms. This group activity will encourage pupils to discuss and reflect on their own actions online and explore the circumstances that may occur and how these can be best handled as a young person.

Positive Relationships

Your Good Qualities

In this uplifting session, pupils will learn the power of recognising and sharing the good qualities they see in others. We'll explore how giving genuine compliments can brighten someone's day, boost their self-esteem and build relationships. Through this engaging activity, pupils will practice spotting the positives in their peers and sharing them, helping to build a classroom culture where kindness is expressed and everyone feels recognised.

Ask, Listen and Learn

Listening to people is important because it shows that you care about what others have to say. Using their worksheet, the pupils will move around the classroom and try to find out something they don't already know about their classmates. This interactive session will allow pupils to build on their relationships with their friends and gives an opportunity for new conversations to take place.

Coping Skills

Stress Bingo

Coping strategies is something that we can learn to do with practice. Discussing healthy coping skills with pupils can help them to better navigate life's ups and downs. This fun and interactive session will explore a variety of coping strategies through the classic game of bingo mixed with charades.

Coping Skills Chatterbox

Reflecting on the previous session, we will discuss how different coping skills work for each individual and explore the ways in which pupils can find their own coping skill. Once the pupils have reflected on the things that work for them, they will design their own chatterbox with their coping tools on.

Session Overview – Year 6

Emotional Literacy

Dealing with Change

With high school approaching, we will begin the year by encouraging pupils to reflect on how change can affect their emotions and the influence it can have on their mental health. This session will allow pupils to express their opinions and remind them that everyone will experience different emotions towards the same change.

Describe, Act, Draw

This session reintroduces the pupils to mental health by taking part in an interactive game of describe, act, draw. This game will encourage pupils to reflect on their own knowledge of mental health and encourage group discussions. The game will focus on various emotions, coping skills and positive thinking.

Self-Esteem

Traffic Light Social Media

Social media can be extremely positive for our mental health but can also pose some difficulties too. A reoccurring theme we see amongst young people is the impact that social media has on their mental health in relation to negative comments, cyberbullying and self-esteem. This session will ask pupils to think about their actions on social media and the impact this may have on themselves and others around them.

Self-Esteem Speed Talk

In this interactive activity, the class will be split into two groups. One group will be given self-esteem boosting questions to ask members of the other group, encouraging them to reflect on their positive qualities and what makes them unique. Afterwards, the groups will swap roles. This session not only helps pupils recognise their own strengths but also highlights the value of active listening in building understanding, empathy and positive relationships.

Positive Relationships

You've Got Mail

In this session, each pupil will decorate their own envelope with their name on it. They will then take a 'postcard' and write a kind compliment for someone in their class. Once finished, they will deliver it by placing the postcard in that person's envelope. By the end of the session, every pupil will have a collection of positive messages to keep and look back on. This activity boosts self-esteem and strengthens relationships.

Team Lego Building

In this teamwork-focused activity, pupils will be split into small groups and challenged to recreate a pre-made Lego model. Only some of the group members will be allowed to see the finished piece, meaning teams must rely on clear communication, trust and active listening. This session aims to strengthen collaboration skills,

encourages problem-solving and highlights the importance of valuing each team members contribution.

Coping Skills

Rocks, Pebbles & Sand

In this reflective activity, we will be using sand, small ping-pong balls and large ping-pong balls to represent the different things in our lives. The large balls will symbolise our most important priorities such as family, friends, school and wellbeing. The smaller items will represent less essential and everyday tasks. Through this visual, pupils will explore the importance of focusing on what matters most and learn how prioritising their time and energy can support a healthy and balanced life.

Wellbeing Unlocked!

In this interactive session, pupils will use their knowledge of mental health to take part in a series of group challenges designed to explore and strength key life skills. Working in teams, they will tackle activities linked to coping skills, positive relationships, self-esteem and emotional literacy. Each challenge will encourage problem-solving, teamwork and reflection whilst giving pupils a chance to build their confidence and support one another. Once solved, the code will unlock a box rewarding their collaboration and reinforcing the importance of working together.