



HCH LIMITED SCHOOL ADDITION

WWW.HCHLIMITED@YAHOO.COM

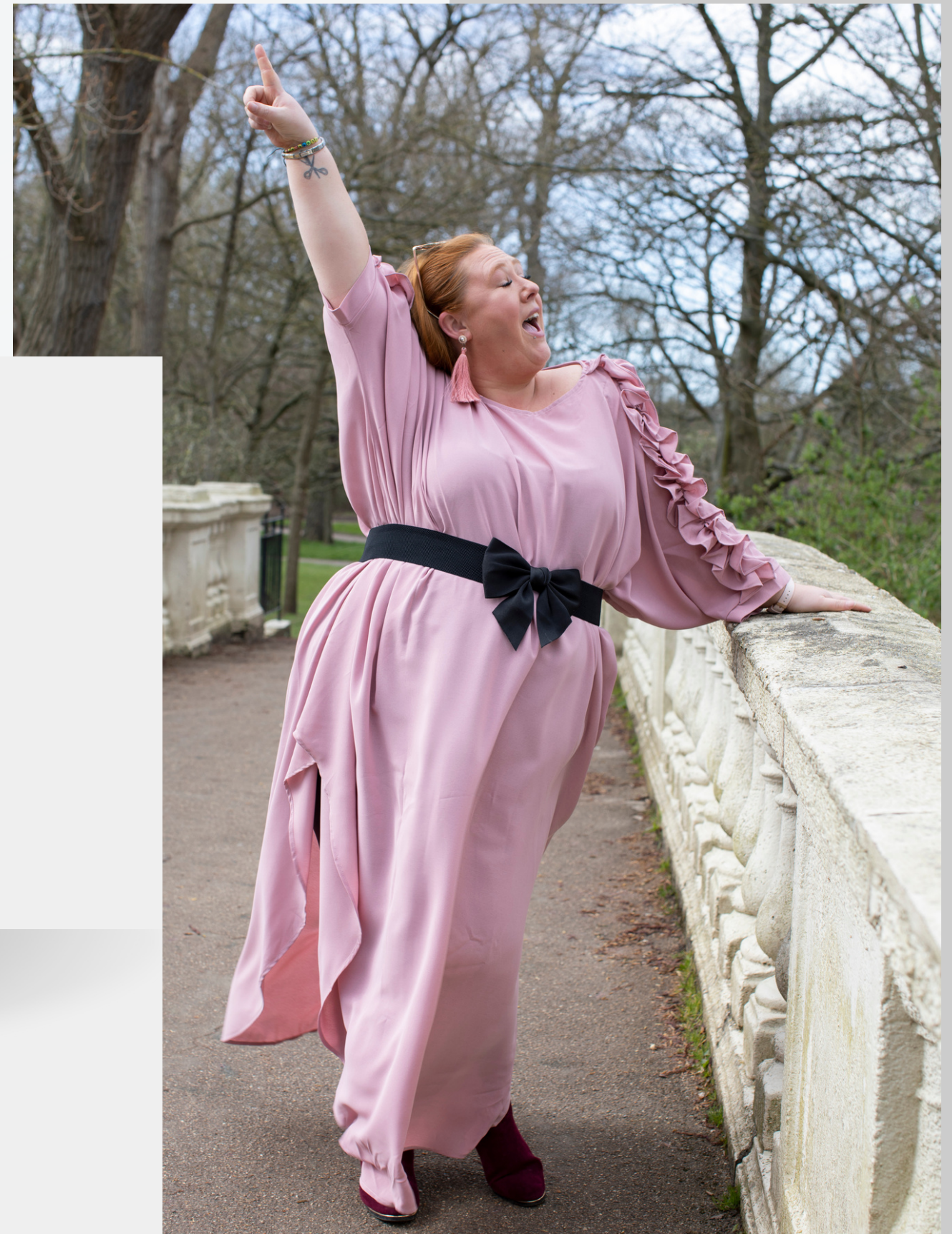
WHO IS HCH?

HCH is a mum of two adopted little girls who has a huge passion for spreading positivity, and self love to all.

I truly believe that early intervention is key and that teaching children tools and techniques to promote a positive mindset will not only lead to better outcomes in the present but in the future too.

After working in schools for 10 years and seeing the decrease of children's mental health, mindset and self love, I knew it was time to take my personal experience and knowledge to inspire these children in a different way, a way that has worked for me and many other.

**It's easier to build a strong child
than to fix a broken adult**



GOALS OF THE PROGRAM

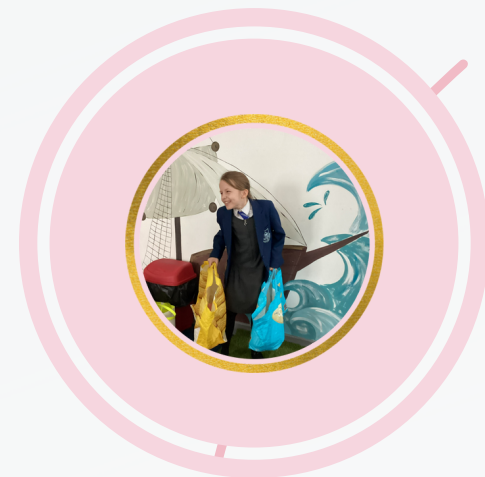
TO BUILD AN UNDERSTANDING OF EMOTIONS, HOW TO COPE WITH THEM AND HOW TO CHECK IN WITH THEMSELVES AND OTHER

We do this by talking about about our emotions, what emotions we know and how they physically feel.

We look at what emotions we carry in our invisible back pack.

We also learn a game called clap it happy- this is a great way to check in with our emotions.

We then learn tools and techniques on different ways to cope with our emotions



To build confidence within themselves

We do this by teaching them self love through the 6 weeks, discussing how, what and why we feel the way we do about ourselves and how to change that mindset going forward.

We also look at our emotional choices that we currently put to a perspective and how that can be changed now and in the future, as every emotional choice is what a huge part of what frames their future.



TO TEACH ALTERNATIVE AND SCIENTIFICALLY PROVEN WAYS TO PROMOTE AN OVERALL HEALTHY MINDSET

We do this by teaching in a fun, interactive and honest way.

We look at different kinds of meditation, tapping, positive affirmations, gratitude's and self love which overall, practicing these daily gives you a more positive mindset which leads to better well being and mental health reducing the risk of children reaching crisis point.

The aim of research was to see if the children's numbers improved AFTER the workshop, asking specific questions and modifying them throughout the pilot.

01

The report shows huge improvement in all areas measured.

34 children were asked to rate the following;
Happiness
Sadness
Anger
Self-love

02

17/34 scored 3 or below on anger

After the program 28 of those children had improved their numbers and were said to feel less angry and they now had new ways to cope with their anger.

21/34 scored 3 or below on sadness

After 31 children had improved their scores and said they felt less sad now that they understood their emotions more and had tools to help them.

03

In the last 3 schools, 21 children were asked additional questions in the same concept;

positivity
confidence
understanding emotions

19 out of 21 children asked improved their scores on each section with outstanding feedback.

04

It's not just about the numbers, its about the children, individually and what they get from each session and how they use it.

I had some time one to one with some of the children after sessions when I or they felt the need. This gave me chance to show them more in depth on how the tools and techniques worked by just reminding them what they can use.

NUMBERS TALK

21 children were asked if they knew how to cope with their emotions before and after the program.

21 children scored no before the program started BUT after 6 weeks of learning tools and technique within each session, 21 children proceeded to score a yes when asked the same question giving this programme up to now 100% success rate in this area!

100%



MAPPING

Pupils should know

- That mental wellbeing is a normal part of daily life.

We do this by teaching them new techniques to add to their personal toolbox which promotes mental wellbeing and mindset.

- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

We teach another way to align with this and its on a number scale.

- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

We teach this and look at how to check in the them as well as understanding that all these emotions are safe then we go on to teach ways to cope/deal/enjoy these emotions

- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

To add to this, we teach how to also be alone and happy, not changing yourself to have to fit in, techniques to calm the mind and to support children in stressful situations, to boost confidence and self esteem to be able to grow healthy relationships, attend hobbies and interests and help find what makes them happy.

- The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn-meditation

TESTIMONIALS



- 'The workshops were really, really fun. I like to do meditation and deep breathing. I've learned how to control my emotions more and see things on the better side. I now use my emotion bag and I'm much more aware of my emotions. I feel like my body and head just want to be happy and my mindset has changed.'

'I have learned and practice at home mindfulness techniques with my mum, the breathing, gratitudes and affirmations'

I've learned to control my breathing, which helps me calm myself down when my parents fight and I believe in myself more.'

- 'How to check in and control my emotions. I like to do deep breathing techniques and journaling. I also use the emotion bags.'

- 'That if anything makes you feel down, you can encourage yourself to feel better.'



- Thank you so much for the hard work you put in with this lovely group of children. I totally admire and respect your personal commitment to the cause of well-being in each and every person. We loved your enthusiasm and passion for this subject. The way you delivered your beliefs and knowledge will stay with us all and will make a difference!

Mrs Crisp- St Wulstans Primary School



HCH LIMITED SCHOOL ADDITION

THAT'S A WRAP!

E; HCHLIMITED@YAHOO.COM

W; WWW.HCHLIMITED.COM

T; 07803849056