

THE AMAZING JOURNEY OF CUPPA AND KATY

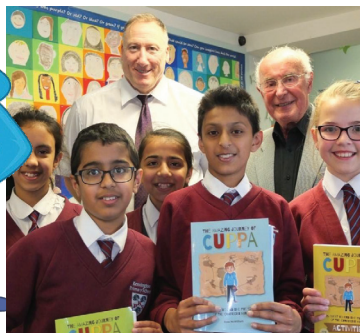


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CUPPA & KATY ASSEMBLY COVERING EMOTIONAL CONFIDENCE, RESILIENCE & POSITIVE MENTAL HEALTH & WELLBEING



Using the CUPPA Mindset System of reading, activity, choices and consequences, audio, video and measurement tools, pupils are taken on a journey of self-discovery. They are made aware of the importance of emotional wellbeing along with the identification of strategies to protect against mental health issues.

The underlying message in many of the CUPPA stories speak about taking on challenges, resilience in the face of failure, and a real development of self worth...and blessedly so!

Barry J Hymer, Professor of Psychology in Education, University of Cumbria in Lancaster.

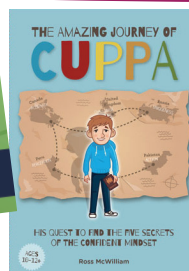
"The CUPPA Mindset System is a must have for all teachers who want to improve the emotional and mental mindsets of pupils. The preventative mental health strategies, linked to greater awareness are crucial for all pupils....and staff."

David Fann, former primary headteacher with over 25 years' experience of working with primary age pupils.



Perfect for Children's Mental Health Week, World Book Day and School Wellbeing

Free Cuppa Mindset Series Books as part of the visit.



Preventative Mental Health Strategies

What to do now? Contact Ross for your one hour assembly £99.
www.cuppajourney.com 07771 916 788 ross@rossmcwilliam.com