

# THE AMAZING JOURNEY OF

# CUPPA AND KATY



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The AMAZING Journey of CUPPA the Mindset Ninja and Katy Cupsworth the Mental Health Warrior

Author Introduction and reading for your school - available via zoom

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 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.”

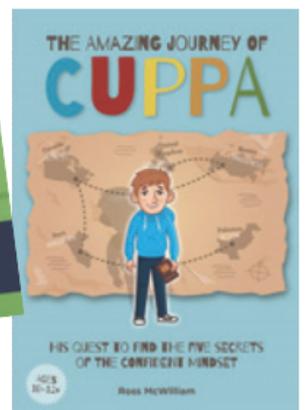
David Fann, former primary headteacher with over 25 years' experience of working with primary age pupils.

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

Free Cuppa Mindset Series Books as part of the visit.

“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.

Ross has spoken at Institute of School Business Leaders, Well's National Music Conference and National Association of Headteachers  
**Ross is Mental Health First Aid accredited by Mental Health England.**



Preventative Mental Health Strategies

Contact Ross to arrange a Author introduction to include a book reading, Author Q&A, and discussion on self esteem, confidence, resilience, mental health and growth mindset

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