



## TEACHER LED RESOURCE

### RELAX & REGULATE 2021

*\*Education Restart Wellbeing Fund\**

*We know what you need & have created...*

[Relax & Regulate](#) for Teachers & Children

Ready for you to implement and deliver in your school for  
Foundation/KS1 /KS2.

Promoting Emotional Health & Wellbeing in your School



Primary schools throughout Northern Ireland are benefiting from the “**Education Restart Wellbeing Fund**”. This is being provided by the Department for Education to help support the mental health and wellbeing of children and teachers.

The Fresh Little Minds **Relax & Regulate Package** meets the criteria of this fund by providing a **culture of positive emotional health and wellbeing for children and young people**

This is your unique opportunity to access an evidence based mental health programme for your school.

- 100% of children in your school will benefit from a mental health

- & wellbeing curriculum
- **100% of teachers** in your school will benefit from training and resources that can be delivered in your school for years to come
- **100% of teachers** will benefit from self-care and teacher wellbeing
- **Principals will benefit** from a highly evaluated and evidence-based programme that addresses the needs of children and teachers easily

**NURTURE YOUR VERY OWN RESILIENT CLASSROOM**  
**With the...RELAX & REGULATE TEACHER LED RESILIENCE CURRICULUM**



#### THE RESOURCE

**Fresh Little Minds REGULATE & RELAX** is a trauma informed self-regulation, emotional resilience programme for children delivered by teachers in their classrooms. This package also includes **self-care support for teachers** and training for teachers.

All the info you need on this innovative online programme is here: [RELAX & REGULATE ONLINE](https://www.freshlittleminds.com/relax-regulate-online)

What teachers get:	How Teachers Benefit:
Teacher Training to deliver mental health and wellbeing programme	Full resilience curriculum for the classroom on your device!
Access to the Relax & Regulate Curriculum to use at your own pace throughout 2021	Fun engaging activities and resources
Live Support from Fresh Little Minds trainers	Increased confidence in supporting children's mental health and wellbeing
Exclusive R & R Self-care boxes for teachers	Thoughtful Self Care package designed for you

What Children get:	How Children Benefit:
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A fun way to engage with **emotional health** themes

## Strategies to cope with the ups and downs of life



**Programme  
Prices**



Email: [tracey@freshmindseducation.com](mailto:tracey@freshmindseducation.com)

## What other schools are saying about Fresh Little Minds...



Click the banner below to visit the website for full details on the programme

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