

FREE mental health & well-being programme for children aged 9-11 years

OUR Generation: Spaces to Be

PlayBoard NI, the lead organisation for the development and promotion of play is delivering *Spaces to Be* – an innovative, cross-community and cross-border personal development programme supporting peacebuilding for children and young people.

Spaces to Be is a unique and interactive initiative designed to enhance the mental health and well-being of children aged 9 to 11. Rooted in the advocacy of the *Child's Right to Play*, the programme aims to:

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Encourage inclusivity and acceptance of difference
- Increase knowledge of community

Programme overview:

- A free, fully facilitated programme delivered by PlayBoard's experienced staff team
- Interactive staff training
- 5 dynamic play-based sessions for children

Play sessions themes:

1. **ME (Mind & Emotions)** - Exploring emotions, promoting positive physical and mental health, well-being and resilience, through play.
2. **ME and My Connections** - Exploring problem solving, empathy and intrapersonal skills.
3. **ME, My Connections and My Community** - Supporting children to consider the multiple social groups they are part of, and how they contribute to building peaceful communities.
4. **Better Together** - Supporting children to consider a range of perspectives and have positive attitudes towards other communities.
5. **Better Together Celebration** - Celebrating the power of play and how it can promote peacebuilding on a cross-community basis.



PEACEPLUS
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