

Hip Pshycology

REMOTE LEARNING ONLINE PRIMARY PUPIL WORKSHOP

Enhancing Emotional Well-Being and Improving Engagement



THE WORKSHOP WILL:



Be fun



Teach practical strategies



Be evidence-based



Last 45 minutes



Have the capacity to host all your Key Stage 2 pupils



Is suitable for Key Stage 2

PUPILS WILL:



Understand how to support their emotional wellbeing through our 'keep your table stable' analogy



Be taught a simple framework to utilise their daily routine to embed good mental health



Understand how to set targets to keep motivation up



Become fully aware of how to enhance resilience

HIP PSYCHOLOGY FACTS:



We have worked with 130 schools



We have delivered 50 sessions online since september 2020



We deliver psychology support to ulster rugby

For more information email info@HIPPsychology.com or call 07801537015

*We are on the EA tender list