

Calm Caterpillars Relaxation Classes for Schools

Calm Caterpillars Relaxation Classes are after school and lunchtime clubs which take children from a place of unhappiness and anxiety to a place where they feel they can process their huge emotions, know they can calm themselves down and look at life positively.

I have been a primary school teacher since 1991 and a wellbeing coach since 2009. Every teacher knows that the curriculum has changed over and over again, even in the last few years. Younger children are having to tackle more and more academic work that robs them of a fun and creative childhood. Years of this kind of education can mean that eventually they just switch off. Our education system is not currently designed with emotional resilience in mind.

Outcomes for Schools

By introducing Calm Caterpillars classes in your primary school:

- Children will be able to self manage their emotions more easily
- Children will respond more to adults so their behaviour will be easier to manage
- Children will feel more understanding and empathy for each other
- Children will notice when their peers are not ok
- Children will have coping techniques and strategies for those inevitably stressful times
- Children will be able to find creative solutions to challenges
- Children will be able to appropriately ask for what they need
- Children will know how and when to appropriately express and deal with their feelings

Ultimately the children in your school will be more successful.

We know children face all kinds of challenges:

- Anxiety
- Frustration
- Lack of self esteem
- Inability to problem solve
- Disconnection from their emotions
- Overwhelm
- Stunted emotional development

In addition to the “normal” stress of school, there are also points of particular stress in the school pathway:

- Transition from preschool to primary school
- Having a supply teacher
- Starting the new school year
- Testing periods
- Transition to secondary school
- Illness

- Accidents
- Divorce
- Relocation
- Death

Calm Caterpillar classes arm children with the tools to help themselves through these challenges.

We are facing an unprecedented rise on mental health issues in our teenagers and young people. So much so that the Government has announced that from September 2020:

“ All children in England will be taught how to look after their mental wellbeing and recognise when classmates may be struggling. ” *

That sounds great in theory doesn't it?

I know, as a classroom teacher, that this will just feel like something new, that you're not trained in, that has to be squeezed into an already packed day!

After school clubs and lunchtime clubs are the answer!

What We Do

Through movement, games, massage, creating, visualising and positive self talk Calm Caterpillars Classes help children become more aware of their feelings and learn how to express them clearly.

We change self talk from negative to positive.

Our aim is to help every primary school and preschool in the country to provide regular sessions for their children, where they can explore their feelings, learn vocabulary to express themselves, develop the confidence to ask for help, learn techniques for coping with tough situations and change self talk from negative to positive.

We have fun, we learn and we relax.

Why it's important to do this now

It's never been as important to equip our children with the techniques and resources to cope with the many and enormous changes they face. And teaching them these resilience and communication techniques early, means they'll be better prepared for the changes ahead.

Puberty has always been a time of huge change. As well as hormonal change we are discovering now about the enormous changes that happen in the brain.

* Reference www.gov.uk/government/news/all-pupils-will-be-taught-about-mental-and-physical-wellbeing

Advances in technology mean life is very different for today's children compared to their parents and grandparents. There's plenty of news regarding the challenges teenagers face on social media platforms.

The teenage years can be a time when young adults switch off and don't communicate well with the adults around them. It is a natural response to the confusing feelings they may be experiencing.

The primary school years are an ideal time for children to learn all these vital skills and techniques; before they switch off and you can't switch them on again.

They need to be able to express themselves clearly, which means they need to be able to be ok with how they feel, to process those feelings and to express those feelings appropriately and safely.

[Click here to download](#) an example lesson plan or visit www.caterpillarlearner.co.uk/lesson

[Get in touch](#) to book a meeting.

Praise for Calm Caterpillars

"I like the relaxed approach that Vicki has. The teaching methods she uses are fun and engaging. My daughter loves her time with Vicki and always looks forward to the next visit! I would definitely recommend Vicki to other parents."

SD (West Wickham) Mum to Carys

"I meant to say last week's session was great and helpful. We already used the 3 exercises you showed James. Do you have any more like that?"

JP (mum to James, West Wickham)

"Really enjoyed the way you interacted with the children."

Francesca Mum to Sophia (West Wickham preschool class)

"I really enjoyed watching Rocco make the spider and allowing him space to do it for himself."

Christina (West Wickham preschool class)