

PlayBoard's OUR Generation programme offers a suite of training on positive mental health and emotional well-being.

Delivered by PlayBoard's OUR Generation team, the training is aimed at staff working with children aged 4 - 11 years in a School Aged Childcare setting, school, or community group, and the parents of children who attend.

The FREE training is open to individual settings within the Urban Village areas (North, South, East and West Belfast, and Derry/Londonderry) and will be delivered via Zoom at a time suitable to you. Settings outside the Urban Village areas but who have children attending from within the areas are also eligible to participate in the programme.

Practitioners' Training Programme

Course aim

How play can build resilience and support children's positive mental health.

Session 1 topics:

- Play
- Adversities and trauma
- How we respond to stress
- Reducing the impact of adversities
- Resilience
- The role of play in developing resilience
- Self-care tools

Session 2 topics:

- PlayBoard's Spaces to Be Toolkit
- Community relations
- The Playwork approach
- The Playwork Principles
- Emotional intelligence
- Dynamic Risk Assessment
- Mindfulness



Northern Ireland
Executive
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Government of Ireland

Parents' Training Programme

Course aim

How play can build resilience and support children's positive mental health.

Session 1 topics:

- PlayBoard's Spaces to Be Toolkit
- The Playwork approach
- Adversities and trauma
- How play can help
- How we respond to stress
- Self-care tools

Session 2 topics:

- Play
- Benefits of play
- Promoting play at home
- How children develop resilience
- Play based activities to build resilience at home
- Partnership with parents

Training will be delivered to staff teams within individual settings, with training for parents to follow. If you would like further information or to book training contact Roberta Johnson, E: roberta.johnson@playboard.co.uk or T: 028 9080 3380.



PlayBoard NI
7 Crescent Gardens,
Belfast BT7 1NS
www.playboard.org