



## PlayBoard's Playful Minds Programme

Get ready for a fun-filled journey into the world of emotions with Playful Minds - building emotional intelligence through play! This exciting FREE programme aims to boost children's mental health, well-being, and resilience using playwork methodology.

The programme is available to children aged four to nine years in schools and School-Aged Childcare settings in the Belfast area, and invites them to meet our Play Champion and emotional expert – Archie Bear! Through play, children will learn that playtime is not just fun – it's the perfect tool for managing BIG emotions!

By the end of the programme, each setting will receive their own Archie Bear, Archie's Adventures in Emotions storybook, and a resource pack filled with fun activities!

### What's in store?

Five play sessions for children:

- 1. Who am I?** Discover what makes you special!
- 2. What are emotions?** Explore the magic of feelings.
- 3. How do I manage my emotions?** Learn to tackle big feelings!
- 4. Where do I belong?** Understand your place in the world.
- 5. The power of Play Champions!** A fun-filled celebration of everything we've learned!



## Two practitioner sessions

- Pre-programme training (3 hours)
  - A deep dive into emotional intelligence, our well-being story book, and using a playwork approach to support children's mental health and well-being.
  - Concepts include: Playwork Principles, Bob Hughes' play types, and how play builds resilience and emotional understanding.
  - Introduction to Archie's Adventures in Emotions storybook and activity pack.
- Evaluation session (1 hour)
  - Reflect on the programme with a SWOT analysis, sharing successes and areas for improvement.

## One parent and caregiver session (1 hour)

- Flexible timing, held before, during, or after the children's sessions.
- Parents will learn about the programme, the topics their child(ren) explored, and how they can support emotional development at home through play.
- Key concepts:
  - Introduction to the project and its goals.
  - A look at children's mental health, resilience, and the power of play.
  - Tips for parents on using play to explore emotions at home.

## **PlayBoard's Playful Minds programme makes learning about emotions and resilience not just effective – but super fun!**

If you would like to book our exciting, one-of-a-kind programme contact the Playful Minds team at PlayBoard:

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