



Central and  
North West London  
NHS Foundation Trust

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# Brain Buddies Parent Information Session

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*Wellbeing for life*

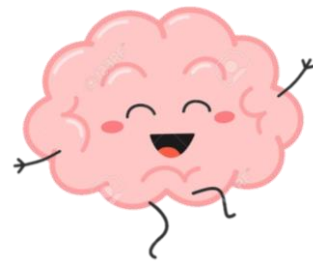
# Who we are and what we do



- I am based within Harrow Mental Health Support Team (MHST)
- Working with teachers, parents and pupils to support children's mental health
- 1:1 support and whole class interventions



# What is Brain Buddies?

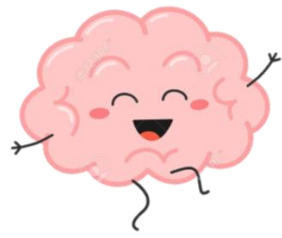


Brain Buddies is a 6-week programme which is aimed at students in KS2 to help them to:

- Build skills and develop strategies for regulating their emotions through self-care, self-calming, thinking techniques and problem-solving
- Brain Buddies is not a therapy or a ‘treatment’, it is a universal programme based on understanding emotional regulation



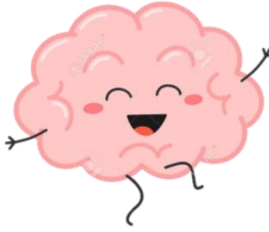
# What does the Brain Buddies look like?



- 6 x 1 hour sessions
- Presentations, group work, worksheets and practical activities will be used
- Resources will be shared with parents and teachers

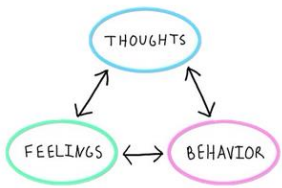


# How can we support & get the most out of the programme?





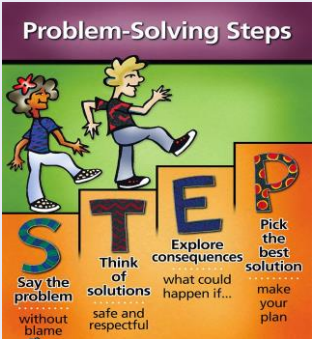
- Students with additional needs may need extra support and differentiation of work
- Allocated time with class teacher to discuss the plans beforehand and to debrief at the end of each session
- 1:1 staff to support as usual
- The group is likely to have a different ‘feel’ to normal lesson and some tasks involve pupils approaching new strategies playfully





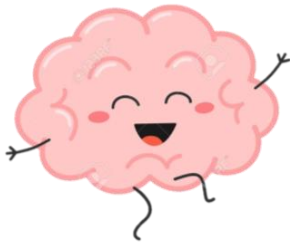
# Programme Content Summary

## Topics and related activities

Identifying how we feel	Understanding and managing “big feelings”	Strategies to manage emotions and to calm down	“Helpful” vs “Unhelpful” thoughts	Problem-solving
<ul style="list-style-type: none"> <li>Feelings detectives</li> <li>Body scan</li> <li>Zones of Regulation</li> </ul> 	<ul style="list-style-type: none"> <li>Fight, flight, freeze</li> <li>“Flipping our lids”</li> </ul> 	<p>Mindfulness tools - Palm Push, gentle arm massage, deep breathing, calming images, Calm Kit</p>	<p>How do our thoughts, feelings and behaviours influence each other? Turning unhelpful thoughts into helpful ones</p>	<ul style="list-style-type: none"> <li>‘I’ statements</li> <li>Back-up team</li> </ul> 



# Monitoring and Evaluation



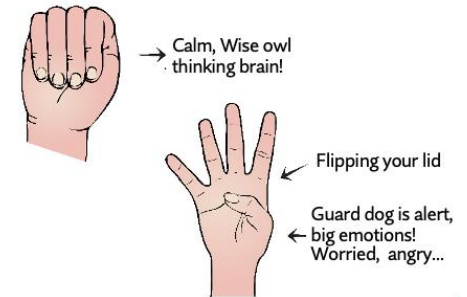
- Questionnaires at the beginning and end
- Provides evidence for the effectiveness of the service
- Feedback on how to improve
- The questionnaires will be anonymous – each pupil will use a number, rather than their name



# Parent and teacher involvement



- It's a collaborative process between practitioners, teachers and parents
- It is important that teachers implement the concepts introduced in Brain Buddies outside of the sessions
- For example, by continuing to refer to the Zones of Regulation in lessons or modelling calming techniques discussed



## ZONES OF REGULATION!

Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space







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# Thank you

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If you have any questions or comments  
please don't hesitate to approach us



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