

- **Reduced anxiety**
- **Less distractions**
- **Confident and in control**
- **Increased ability to learn**



## **Help your child understand their basic emotions and how these emotions can affect them and others around them.**

Through our programme your child can become **more able to control their moods**, be **more empathic to others** around them and **feel confident and resilient to change**. They will be able to describe their emotions and be able to express their thoughts and feelings.

This will help ensure that they are **less distracted or anxious** which will **increase their concentration and ability to learn**

### **Introducing**

## **The Seven steps to change for older children and teenagers attending **CARIS** Children Acquiring resilience in Schools**

When working with young people it must be recognised that everyone is an individual and will have their own particular needs and ways of learning. The Seven Steps listed below are a guide to understand what can be achieved, the work is bespoke and should take into consideration the individual's requirements.

For example, if the young person you are working with needs to discuss issues on self-criticism or low mood, I would use information from a different section of Steps to Change.

### **Session One: Introduction.**

At the end of each session the young person will gain an insight into how these sessions can help their Fight or Flight responses, the effects of low mood, about mindfulness and confidence building. The young person will also be supported to understand the confidentiality agreement.

### **Session Two: My Amazing Brain.**

At the end of the session the young person will have gained a better knowledge of how the brain and body work together and about the fight or flight system.

- The young person will understand the difference between comfort and stretch zone and why its beneficial to take part in new opportunities.
- The young person will gain awareness of every person's bill of rights.
- The young person will experience a simple breathing technique to relax themselves.

Continued overleaf...

### Session Three: Worries What Are They?

At the end of this session the young person will have explored how CBT (Cognitive Behavioural Therapy) thought can influence physical responses, emotions, and feelings.

By exploring the Miracle question the young person can imagine what life might be like in a successful future and help to find a potential solution for themselves.

The young person will use a grounding exercise to help them gain control of their feelings.

### Session Four: Negative Emotions and how to cope with them.

At the end of this session the young person will have gained knowledge of how negative thoughts and emotions affect them and others around them and will have explored different coping strategies. The young person will understand how negative thoughts can influence them and discover positive and creative ways to promote self-confidence.

### Session Five: Mindful or Mindfulness

At the end of this session the young person will have gained awareness of how concerns and fear can affect them. They will learn positive coping strategies. They will learn about mindfulness and how simple techniques can help to keep them calm under stress, and gain self-control. They will learn about recognising positive aspects of themselves.

### Session Six: Keeping Well with Wellbeing.

By the end of this session the young person will understand the role of the Five Steps to Wellbeing and how this can help them to cope with the stresses in their daily lives. They will also learn to reflect upon how they see themselves.

### Session Seven: My learning journey

By the end of this session the young person will be able to recognise the learning they have achieved and feel confident about how to put the new skills they have learned into practice.

By understanding themselves and the world around them, they can then learn about the way they feel, act, and respond to others, the worries and emotions that stop them from moving on. The young person can then recognise they are not alone and that others have similar feelings, which helps them to grow in confidence.

### What people are saying about our work.....

*"This is a really good service that will imprint on the children's learning. The life skills they have gained will take them through to adolescent and into adulthood".* **CARIS Parent**

*"I have seen such a change in my son, Peters work has inspired me to become a Youth Worker."* **CARIS Parent**

*"The session have been great and have really helped me to understand my self better."*  
**CARIS Young Person**



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or email [peter.cedarprime@protonmail.com](mailto:peter.cedarprime@protonmail.com)