

ONE CHILD EMPOWERED

Your donation empowers a child with mental wellbeing education and tools, promoting self-awareness, resilience, and skills to manage stress. Access to these life transforming lessons will equip them with the necessary emotional and psychological tools to navigate challenges and thrive academically and personally.

ONE TEACHER TRAINED

Your donation enables a teacher to receive training in the Think and Be Me programme, equipping them with knowledge and digital resources to foster students' emotional and psychological development. This includes professional development, and access to the TBM Teacher Portal App which includes educational tools, and age-appropriate materials linked to the curriculum, to create a nurturing and supportive classroom environment to promote positive mental well-being to all students.

ONE SCHOOL RESOURCED

Your generous contribution will supply every teacher at the school with a comprehensive set of physical resources from the Think and Be Me programme. This includes posters, puppets, calm kits, stories, and essential equipment, ensuring the effective delivery of the programme in years to come.

ONE SCHOOL PROGRAMME

The Cool Cat Show

Our dynamic team, accompanied by the Think & Be Me Characters, presents an engaging and interactive show centered around the theme of Feelings, addressing aspects like Anxiety and Anger.

School Resource Kit:

Every teacher is equipped with a comprehensive set of Think and Be Me physical resources for use within the school. This kit comprises posters, puppets, calm kits, stories, and essential equipment, enhancing the effective delivery of the TBM programme.

Teacher Training Overview:

- The Neuroscience of Emotional Regulation
- Introduction to Cognitive Behavioral Theory: Cognitive Distortions and Restructuring
- Utilizing TBM Resources in Your Classroom
- Anxiety Masterclass
- Anger Masterclass
- The Arts and Emotional Regulation
- Behavioral Styles and Emotional Regulation

TBM Teacher Portal App Includes:

- Pre-recorded teacher training
- Resources for Family and Home Use
- Digital Teaching Resources
- TBM Children's Videos and Songs
- Lesson Outlines and Worksheets
- Posters and Printables
- Role Plays, Arts, and Music Activities
- Songs and Music Sheets
- Digital Storybooks
- Teacher Forums
- TBM Manual
- Wellbeing Surveys
- Slide Sets

TRAINING & FULL RESOURCE PACKAGE

