

coram Life Education

SCARF Workshops

Mental Wellbeing

Nursery - Year 6

SCARF Workshops: Mental Wellbeing

Built on our trusted SCARF online resources and led by expert educators, these workshops help children build resilience, regulate emotions, and develop positive mental attitudes.

Using evidence-based strategies and interactive activities, pupils learn how the brain works and how to support their own wellbeing. Each session gives children a voice, helping them express feelings, build confidence, and develop healthy behaviours.

Workshop Themes by Age:

- 3–4 yrs: Trying our best
- 4–5 yrs: Resilience and bouncing back
- 5–6 yrs: Emotional self-regulation
- 6–7 yrs: Gratitude
- 7–8 yrs: Acceptance
- 8–9 yrs: Protective factors
- 9–10 yrs: The brain and stress
- 10–11 yrs: Aspirations and confidence building

Please refer to our Mapping Document to see how SCARF helps you meet DfE Statutory Guidance for: Mental Wellbeing





Keep Trying (3 to 4 year olds)

This heartwarming workshop introduces young children to the ideas of resilience, determination, and a positive “I can…” attitude.

Through a delightful mix of songs, films, discussion, and active learning, children join Harold as he helps his friend Kiki overcome frustration when she struggles to do up her zip. With encouragement, practice, and support, Kiki learns that not giving up leads to success—and bouncing fun!

This session helps children:

- Recognise and manage emotions like frustration
- Understand the value of perseverance
- Build confidence through problem-solving and peer support

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Bouncing Back (4 to 5 year olds)

This engaging workshop helps children discover their inner resilience—what we call their superpower!

Harold is learning a new skill and feeling frustrated. With the children's help, he explores ways to manage uncomfortable feelings and bounce back when things feel tough. Through visualisations, role-play, empathy, singing, and the magic word "yet", children begin to understand that challenges are part of learning and growing.

By the end of the session, pupils will:

- Recognise and name different emotions
- Learn simple strategies to build resilience
- Help Harold—and themselves—develop a toolkit for 'bouncebackability'

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Taking Care of Our Feelings
(5 to 6 year olds)

In this engaging workshop, Harold is carrying a heavy bag full of uncomfortable feelings—and he needs help! With support from the children, Harold explores each emotion and learns practical ways to feel better.

Children are introduced to simple, practical strategies for managing emotions, including:

- Yoga movements
- Breathing techniques
- Visualisations
- Nature sounds
- Exercise

Together, they discover how to handle tricky situations and lighten the emotional load—at school and beyond.

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Gratitude (6 to 7 year olds)

Children explore gratitude towards themselves, others, and nature through interactive activities with Harold the giraffe. They learn how appreciation connects with mindfulness and emotional wellbeing.

Workshop Highlights:

- Role-play with the Grateful Box to express self-appreciation
- Exploring nature's calming effects through sound, image, and movement
- Sharing gratitude for others using the Thankful Throne
- Linking gratitude with mindfulness and emotional awareness

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Acceptance (7 to 8 year olds)

Children explore how to accept themselves, others, and the things they can't control — building empathy, confidence, and emotional resilience through engaging activities with Harold the giraffe.

Workshop Highlights:

- Understanding self-acceptance and accepting others
- Coping with things beyond our control
- Exploring personal growth and being our best selves
- Group discussions, games, and a special rap

Empower children to embrace who they are and face challenges with confidence and kindness.

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Protecting Myself- body and mind (8 to 9 year olds)

Children learn how thoughts and actions affect the brain and body, and how to manage emotions using practical strategies and emotional awareness. With Harold, Derek and Kiki, they explore real-life scenarios and build confidence in handling uncomfortable feelings.

Workshop Highlights:

- How the brain responds to emotions
- Managing heightened feelings and staying in control
- Supporting themselves and others during challenges
- Tools to feel safe, calm, and confident

Help children understand their emotions and build lifelong skills for mental wellbeing.

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The Brain- calming a busy mind (9 to 10 year olds)

Children learn how the brain responds to stress and how to manage emotions through practical strategies and self-awareness. With Harold's help, they explore how different people react to challenges and build tools to help self-regulate.

Workshop Highlights:

- How stress affects the brain and body
- Understanding different emotional responses
- Matching stress reactions through games
- Practicing a calming hand exercise
- Making safe, balanced decisions under pressure

Equip children with the tools to manage stress, build resilience, and make thoughtful choices.

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Going for Goals (10 to 11 year olds)

In this workshop children reflect on personal goals, explore influences on their aspirations, and learn how to stay resilient through change — including the transition to secondary school.

Through discussion, games, and role-play, they consider how social media affects self-esteem and help a fictional character navigate challenges and stay focused.

Workshop Highlights:

- Goal setting and overcoming obstacles
- Preparing for secondary school
- Social media and self-esteem
- Building resilience and confidence

This workshop will inspire confidence, spark ambition, and equip children with the tools to stay resilient as they step into their future.

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