

coram SCARF

SCARF Workshops

Physical Health & Wellbeing

Nursery - Year 6

SCARF Workshops: Health & Wellbeing

Our approach is designed to give pupils a voice and for them to feel empowered, able to identify and articulate their needs and feelings and to make healthy choices. Harold, our healthy-living giraffe mascot, helps to convey these messages to children, within a magical learning environment. Children's experience of Coram SCARF's workshops is fun, engaging and memorable. Key content of workshops-

Children will:

- Understand that there is mental, as well as physical health and discover what they can do to improve or maintain their mental health.
- Understand the key elements of a balanced, healthy lifestyle.
- Recognise the impact of diet, exercise, drugs (including medicines) and lifestyle on the way their bodies function.
- Identify feelings and emotions - in themselves and others - and how doing this can help to maintain positive mental health.
- Identify qualities of friendship; reasons why friends sometimes fall out; skills for making up again.

Please refer to our Mapping Document to see how SCARF helps you meet DfE Statutory Guidance.





Taking Care of Myself (Ages 3–4)

Children meet Harold the Giraffe and help him get ready for Nursery, learning about personal hygiene and key internal organs through interactive play. They join Harold on an imaginary walk, explore his day at Nursery, and wind down with a calming sleep-time activity. The session ends with a song celebrating each child's uniqueness.

Children will:

- Understand the basics of physical and mental health.
- Learn the importance of hygiene, exercise, sleep, and nutrition.
- Recognise major internal organs (heart, lungs, stomach, blood).
- Begin to understand how lifestyle choices affect their bodies and wellbeing.

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All About Me (Ages 4–5)

Children join Harold the Giraffe as he prepares for a visit to his grandparents. They explore personal hygiene, internal organs, and healthy habits through play and movement. When Harold feels sad, children help him feel better by sharing ideas and enjoying a calming sleep-time activity. The session ends with a joyful song about health and happiness.

Children will:

- Understand physical and mental health basics.
- Learn about hygiene, sleep, exercise, and nutrition.
- Identify key body parts (heart, lungs, stomach, brain, blood).
- Recognise the role of medicines and safety.
- Explore ways to manage sadness and seek support.
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My Wonderful Body (Ages 5–6)

Children explore food groups and how the body uses food, water, and oxygen for energy. They help Harold the Giraffe build a balanced lunch, get active in the school garden, and resolve a friendship issue between Harold's friends. The session ends with a fun song about healthy eating.

Children will:

- Understand physical and mental health.
- Learn about balanced diets, energy sources, and body functions.
- Identify major organs and their roles.
- Recognise how behaviour affects others and how to resolve conflicts.

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Feelings (Ages 6–7)

Children explore what helps us stay physically and emotionally healthy, using the Healthy and Wellbeing Wheels. They join Harold the Giraffe at a party, learn about safe medicine use, and become “Feelings Detectives” by interpreting emotions in photos. They help resolve a misunderstanding between friends and finish with a fun exercise and a song about friendship.

Children will:

- Understand physical and mental health.
- Learn about healthy habits and safe medicine use.
- Recognise and manage emotions like anger and loneliness.
- Understand bullying and how to seek help.
- Explore strategies for resolving conflicts and supporting others.

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Meet the Brain (Ages 7–8)

Children explore emotional wellbeing through the Wellbeing Wheel and learn how the brain controls the body via nerves. They help Harold with homework about healthy choices and discuss the effects of medicines, alcohol, and smoking. At a school talent show, they help resolve a friendship issue and reflect on qualities like self-belief and kindness.

Children will:

- Understand mental and physical health.
- Learn how the brain and nervous system work.
- Explore healthy choices and the impact of drugs.
- Identify friendship skills and conflict resolution strategies.
- Recognise what things give the body energy and are important to good health.

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It’s Great to be Me! (Ages 8–9)

Children explore emotional wellbeing and healthy online habits using the Wellbeing Wheel. At Diversity World theme park, Harold and friends learn how choices like exercise, medicine, and avoiding smoking or alcohol affect the body. They navigate friendship challenges and discover the value of respecting differences and making independent choices.

Children will:

- Understand mental and physical health.
- Think about the effect of lifestyle choices and how the body works.
- Learn about self-respect, respecting others, and managing conflict.
- Recognise the risks and effects of substances including medicines.
- Understand the importance of making healthy, independent choices.

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Friends (Ages 9–10)

Children explore the link between physical and mental health, using the Wellbeing Wheel. They learn how body systems work together and discuss the role of drugs, including medicines, alcohol, and smoking. Through role-play, they practise assertiveness and explore how friends influence decision-making. Online safety and emotional needs are also addressed.

Children will:

- Understand mental and physical health.
- Explore drug use, risks, and misconceptions. (Focus on vaping.)
- Recognise emotional needs and how they affect choices.
- Practise assertiveness and identify behaviour types.
- Recognise the impact of lifestyle choices on the way the body functions.

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Decisions (Ages 10–11)

Children explore how decision-making affects both mental and physical health, with a focus on online wellbeing and healthy lifestyle choices. They review body systems and discuss the uses and risks of drugs, including tobacco, alcohol, cannabis, and solvents. Through films and role-play, they practise strategies for managing peer pressure and risk, and reflect on positive, low-risk activities.

Children will:

- Understand the link between mental and physical health.
- Explore drug types, uses, risks, and legal implications.(Focus on alcohol.)
- Recognise emotional needs and peer influence.
- Practise assertiveness and risk management.
- Identify that positive lifestyle choices can affect physical health, mental wellbeing and happiness.

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