



Benefits of Jellyfish classes



Jellyfish classes:

- Provide transferable skills and techniques for different situations, environments and future stresses
- Develop social communication skills and empathy
- Provide a positive outlet for feelings and emotions
- Improve confidence and self-esteem



- Support the removal of social, emotional and behavioural barriers to learning



- Improve challenging behaviour
- Develop a greater understanding of self
- Encourage self-expression
- Build resilience
- Instil a sense of calm and facilitate relaxation
- Improve feelings of stress, anxiety or nervousness
- Improve relationships and reduce bullying



- Add to an existing culture of care and wellbeing

