

## **Jellyfish School Training and Resource Pack 2**

### **Package benefits:**

- Face to face experience and training
- 2 or 4 hour options
- Easy to follow class plans and instructions
- Photocopiable resources
- Re-useable resources
- Fun, creative and effective resources that provide endless activity possibilities
- Resources, class plans and activities that are can be used for:
  - 1 to 1
  - focus groups
  - whole class
  - mixed age group
  - whole school
- Resources, class plans and activities that are flexible and easily adaptable to suit the needs all children, all budgets and timetable restraints

### **Jellyfish Experience**

In house Jellyfish training experience for staff members. We will set up and run a typical class so that you and your colleagues can experience the benefits for yourselves and have practical opportunities to work through key Jellyfish elements and techniques.

## Be the Jellyfish Training Manual

Published by Jessica Kingsley Publishers, this book introduces you to the core ideas behind Be the Jellyfish and details how to successfully deliver classes in your school or preschool setting. The programme uses creativity, relaxation and communication to support social and emotional wellbeing in children. With structured class plans for groups of varying sizes, this manual offers training and activities in massage, bodywork, breathing exercises, creative expression and over 200 photocopiable resources.



## Jellyfish USB

Our 4GB USB stick contains:

- Six invaluable video training clips that support the Jellyfish Training Manual
- PDF of our Jellyfish gift cards
- PDF presentation documents that can be used to inform children, staff and parents about Jellyfish classes
- PDF Jellyfish journey, record and assessment sheets

Should you choose to opt for our annual Jellyfish membership\* the Jellyfish logo will also be included on this USB stick.

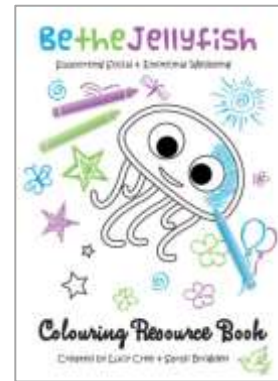
## Be the Jellyfish Cards

Jellyfish cards comprise of forty seven jellyfish. Each jellyfish displays an unnamed feeling and can be used to help children to identify and talk about their own feelings and emotions. Each set comes with ten activity suggestions to try.



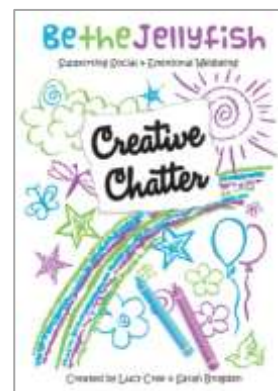
## Be the Jellyfish Colouring Resource Book

This spiral bound photocopiable resource contains colouring sheets based on our jellyfish and a range of activity ideas. Ideal for general relaxation and mindfulness or as a specific resource to support the social and emotional wellbeing of children. It also facilitates the Jellyfish process of creative chatter; a two way conversation about a child's creation.



## Creative Chatter Resource Book

Our spiral bound resource book Creative Chatter provides an opportunity for children to safely explore thoughts, feelings and emotions through drawing. Activities facilitate the five Jellyfish Strands designed to help children to Discover, Explore, Express, Manage and Develop themselves, their feelings, emotions and relationships. All activities can be used independently of Jellyfish classes or as an activity within them. The book consists of twenty five photocopiable drawing activity frames, each accompanied by a set of questions linked to our Jellyfish strands and designed to encourage discussion.



\*Jellyfish membership grants you permission to use our Be the Jellyfish logo on your paperwork and website. This logo shows parents, other schools, outside agencies and Ofsted that you are committed to supporting the social and emotional wellbeing of children in your care. It also entitles you to a 10% discount off Jellyfish products. Jellyfish membership costs £48.00 per annum.

### ***Pack prices:***

***2 hour Jellyfish experience £500.00***

***4 hour Jellyfish experience £750.00***