

## Jellyfish Strands

The Be the Jellyfish Programme supports children by enabling them to:

- **Discover** more about themselves, their relationships and the world around them
- **Explore** what they have discovered and gain a greater understanding and appreciation of themselves and who they are
- **Express** the possibilities of their imagination, their thoughts and their feelings
- **Manage** and acknowledge thoughts, feelings and situations using a range of tools and techniques
- **Develop** social and emotional growth so that they can move forward and make changes for the better

