

Be the Jellyfish School Training and Resource Pack

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.

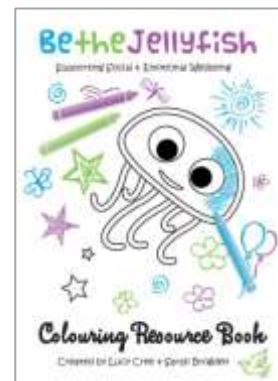
Be the Jellyfish Cards

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.



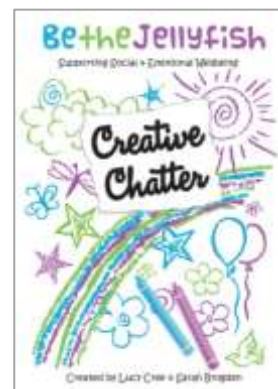
Be the Jellyfish Colouring Resource Book

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.



Pack prices:

2 hour Jellyfish experience £500.00

4 hour Jellyfish experience £750.00