



FAQ

What is the Jellyfish programme?

The Jellyfish programme is a wellbeing programme for children designed by primary school teachers Lucy Cree and Sarah Brogden.

What are the aims of the Jellyfish programme?

The aims of the programme are to enable children 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 forwards and make changes for the better.

We call these five elements the Jellyfish strands.

What are Jellyfish classes?

Jellyfish classes are the means by which the Jellyfish programme is delivered. Classes comprise of four main components; initial gathering, exploring the theme, creative expression and final gathering. They can be as long or as short as you wish them to be depending on how many methods you use to explore the class theme and how long you allow for creative expression work.

How does a typical class work?

A typical Jellyfish class begins with a theme. That theme is then explored through a task, bodywork, massage and visualisation and expressed using art materials.

How do Jellyfish classes support social and emotional wellbeing?

Jellyfish classes support social and emotional wellbeing by teaching children how to use art materials, sensory activities and relaxation techniques to experience a sense of calm and wellbeing.

Which children are classes aimed for?

Jellyfish classes have been designed for children aged 5 to 11 but work equally well with preschool and secondary children. All children can benefit from attending Jellyfish classes and do not need to have specific social, emotional or behavioural needs to attend.

Will younger children find it too difficult?

Younger children can easily access the Jellyfish classes however more thought should be given as to which methods are chosen to explore the class theme.

Will older children be embarrassed about things like massage and bodywork?

Although often a concern raised by teachers and parents, we have found that older children do not tend to get embarrassed by massage or indeed any of the sensory relaxation activities as they are delivered in a safe environment and taught with purpose and encouragement.

How large can classes be?

A Jellyfish class can be adapted to be used with one child, a small group of children or whole class of 30. We would however recommend two adults being present when working with a large group.

Do the children need to be good at art to take part in Jellyfish classes?

No, children do not need to be 'good at art' to take part. The Be the Jellyfish motto for creative expression is: There is no right or wrong.

Do I need to be good at art to teach classes?

No, Jellyfish teachers do not need to be good at art in any way, shape or form. As a Jellyfish teacher, you will not be teaching art, you will simply be encouraging and facilitating it.

I don't know anything about massage, will I be able to do it?

Be the Jellyfish use the term massage to describe the process of 'drawing' on the body therefore no strokes need to be taught.

What is creative chatter?

Creative chatter is the process of talking to the children about what they have created during creative expression in a polite, accepting, non-

judgemental manner, without interpretation. Supporting creative chatter questions are provided with each class plan.

Be the Jellyfish have also written a resource book entitled Creative Chatter that comprises of drawing templates and questions to instigate conversation. This book can be used independently to complement Jellyfish classes.