

Wellbeing Within Workshops

Connecting to nature and to your well-being

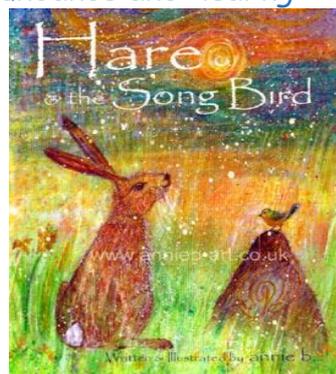
Are you looking for enriching ways to support the pupil premium children in your school or any child who would benefit from **emotional nurturing**? Are you hoping to support their **well-being** in powerful and **easily accessible** ways? These workshops offer an **original and stimulating** way to support these children through, **mindfulness, connection to nature and self-understanding**. The workshops also bring a deeper **awareness and compassion** for the **natural world, the animals, their habitat and the impact of climate change**.



Description of the Well-being Within Workshop

This unique Wellbeing Workshop, run by Annie b. and Vicky Otter, is based around the inspiring story, 'Hare and the Song Bird', by local author and artist, Annie b.

Little Bird has lost her song. And so embarks on an adventurous, journey through the magical woods of Tehidy in Cornwall, with her new friend Hare to find it. A gentle, inspiring story of following our dreams in life with mindfulness, and love and trust as our guide, and an appreciation and gratitude of mother earth's abundance and healing



The **Well-being Within** Workshop is based at Tehidy Woods, on the north coast of Cornwall, where the story itself is set, taking children on a journey through the story and mindful and creative activities. As children listen to the 'Hare and the Song Bird' story, they are guided to connect to the nature of the woods and to the wellbeing within themselves, developing a sense of purpose, confidence and belonging as well as finding their own song (voice).

During the workshop, children will learn practical tools for accessing peace of mind and a sense of wellbeing and belonging within themselves, which they will be able to use in their everyday life to access greater resilience and self-belief. They will also create art to take home as a reminder of all they have learnt. This experience in the woodland allows the children to grow compassion for the natural world and to understand the essential eco system a woodland provides.

How the day will take form

The day will take place from 10:00am to 2.30pm and the children and teachers will meet Annie and Vicky at Tehidy Woods South car park where we will walk to base camp one. Our journey together will involve listening to the story of The Hare and the Song Bird and enjoying various activities linked to the story and the woodland environment.

These might include:

- Mindfulness meditations linked in with nature and the story
- Connecting with the woodland environment and learning about the animals and their important habitat
- Making Gratitude wands and practising an attitude of gratitude
- Planting a seed of all their dreams and wishes
- Creating clay woodland characters (with a view to possibly writing their own story)



Who is this Well-being Within Workshop for?

The Wellbeing Within Workshop is aimed at Pupil Premium children and any child benefiting from emotional nurturing. The group size is minimum 10 children, maximum 18 children and 2 members of school staff will be required to attend the workshop with the children. Suitable for age groups: ages 6 to 11 years

Kit list

- Suitable outdoor clothing - trousers/shorts, t-shirt, hoodie
- Waterproof coat
- Wellies or boots
- A packed lunch and drink

Dates

- **Wednesday 15th April 2020**
 - **Friday 15th May 2020**
 - **Tuesday 19th May 2020**
 - **Wednesday 3rd June 2020**
 - **Thursday 4th June 2020**
 - **Wednesday 10th June 2020**
 - **Thursday 9th July 2020**
- (End of term dates to celebrate another good year)**
- **Wednesday 15th July 2020**
 - **Thursday 16th July 2020**

Costs

There are two payment options for the Wellbeing Within Workshop:

- £40 per child
- £47 per child (includes a signed copy of *The Hare and the Song Bird*, (retail price £8.99))

About Annie b. and Vicky



Annie b. is a local artist and children's author, creating 'art from the heart' for wellbeing. She was inspired by teachings with the Dalai Lama when he answered a question about how we could stop all the terrorism and killing in the world, by replying, *"We cannot change the past and what has happened, but we can change the future. Our children are our future and we must teach them of love and compassion..."* Annie b. knew from that moment it was her divine purpose to help teach our children through her stories and

workshops, the importance of friendship and kindness and love and compassion for themselves and others, as well as the earth we live on.



Vicky Otter is a Wellbeing Coach at Innate Connection. She works with young people and adults helping them to access the deep wellbeing they have within. She loves coaching and running workshops, guiding people to discover the confidence inside and carve their own path in their lives.

In her spare time, Vicky loves spending time at home on the farm, walking her dogs and taking care of the animals.

How to book

If you'd like to book, please contact Annie b. at annie@annieb-art.co.uk

Annie and Vicky are available to talk through any aspects of the workshop if required.



Well-being Within Workshops connecting you to nature and your true self