



“Together We THRIVE”



## Brickhill Primary School Testimonial

Dan Wiltshire – Wellbeing Lead

We feel very lucky to have benefitted from the brilliant ideas and support that Making Me can offer schools. We initially tried to begin our Making Me journey only for it to be stalled twice due to the pandemic. Despite this, Making Me continued to offer support and offered us a bespoke introduction, showing resilience of their own as they delivered whole school training over zoom. From day one, we have been impressed with the resources and we knew that they would be even more crucial as the impact of pandemic on our young people became more clearer. The initial training is thorough, empowering and provides a clear purpose of what can happen if you embrace the Making Me materials.

The feelings barometers have become a key routine for our children and are instrumental in helping us address wellbeing concerns early and helping us to identify children who need additional wellbeing support. When children are being monitored for their wellbeing in class, the feeling barometer offers an easy way to track their emotions which can help us allocated resources for further support more efficiently. The feelings barometers have also encouraged children to share their feelings with more confidence, and not just with staff. They can often be seen noticing when a friend has signaled that they are feeling a negative emotion and are quick to offer their own support.

Our pupils and staff felt empowered after the Shields of Resilience workshops too. They provided children with a clear understanding of what resilience is, when we should show it and how we can develop it. It offered a shared language which is used between staff and pupils and the Shield of Resilience is among one of the most referenced point in school as we always bring the children back to it when they are struggling to overcome something that is challenging them.

Making Me have also been generous with their time in providing us with resources for Anti-Bullying Week. They have delivered assemblies over zoom for us as well as providing a recorded assembly for this year. Because the children are familiar with Making Me materials and KIPSY, this meant that we could tackle the issue of bullying in a way that was familiar for them.

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Our younger children have particularly enjoyed listening to KIPSY stories and these have helped the children broaden their vocabulary when describing how they feel. They love the opportunity to help KIPSY and their friend out too! The stories have also helped developed shared techniques for calming down which we use across the school day as well as leading to some staff exploring other similar mindfulness approaches too.

A sample of comments from teachers:

**Year 1 teacher:**

*It has really helped our Year 1 pupils identify their feelings better.*

**Year 3 teacher:**

*Using the Kipsy's every day has given us a clearer idea of how the children are feeling and in certain instances has lead us to look for further support - either from our pastoral support worker or the Mental Health Support Team. I have also meant that it has given me an easier way in to talk with the chn and build a relationship more quickly, as it is initiated by them.*

*I'm also impressed by the way, if I don't get to talk with someone on 'sad' or 'worried' until lunchtime, that the chn have often resolved this themselves and are happy to move on - both in their minds and with their Kipsy's.*

*Finally, when trying to help a pupil last week, it was really helpful to have the Kipsy's for him to articulate how he was feeling at different parts of the day.*

**Year 4 teacher:**

*The shield is frequently referred to. The children seem to be able to use emotional vocab more easily and are happy to discuss how they feel and what to do. Emotional literacy has definitely improved. Kipsy pops out when needed and they respond well to the stories and the prompts for ideas. Definitely helped when we have had fallings out at playtimes and the children need help to move on. I'd say a successful initiative, thank you.*

We know that Making Me's resources for schools have a great impact on pupils and staff and can go a long way in helping school's improve their Personal Development as well as fitting perfectly alongside the PSHE curriculum. we would highly recommend working with Making Me to develop emotional literacy in your school. The team are positive, enthusiastic and true champions of child wellbeing.