

**Essex Virtual Schools Request for Mental health and well-being workshops with Ignition Arts**

|  |
| --- |
| **Please complete all parts of this request form and email it to** **ignition.arts@yahoo.com** **and** **Sharon.halsey@essex.gov.uk** **. Please state which option that you would like to apply for. Ignition Arts will contact you to arrange dates and times of sessions.** |
| School Name: |  |
| School Address: |  |
| Designated Teacher name and email address: |  |
| Year group  |  |
| How many Essex Looked after children attend setting/year group |  |
| Option choice |  |

Option A - 6 sessions Option B - 3 sessions -chosen from the list.

Suitable for year 5,6 and 7 Suitable for year 5,6 and 7

|  |  |
| --- | --- |
|  | **Session titles** |
| 1 | Resilience  |
| 2 | Emotional vocabulary  |
| 3 | Anxiety |
| 4 | Empathy  |
| 5 | Anti-stress and relaxation  |
| 6 | Revisit and revive  |

|  |  |
| --- | --- |
|  | **Session titles** |
| 1 | Resilience |
| 2 | Emotional vocabulary |
| 3 | Anxiety |
| 4 | Empathy  |
| 5 | Anti-stress and relaxation  |

Option C – One off individual session specially tailored to your needs from the themes above, available to all year groups.