

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

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| **Please complete all parts of this request form and email it to** [**ignition.arts@yahoo.com**](mailto:ignition.arts@yahoo.com) **and** [**Sharon.halsey@essex.gov.uk**](mailto: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

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

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|  | **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.