

Sharing the videos with a group/class

- Choose a quiet time to share the videos. - A time when there won't be too many interruptions. (*Hopefully!*)
- Join in if you're happy to do so. This is a great way to support children.
- Have fun sharing any follow-up activities.
- If the children are happy to talk to you about the tool – great!
- If the children don't want to say much about the tool, then perhaps you could share any positive comments.
- If an individual child doesn't want to do it at all, no problem. He/she can perhaps do it another day. (*Once children realise this is a unique time they will often look forward to it.*)
- Maintain a positive response. This is all about success.
- For further information about the tools, see my book 'Success in Schools'.
- **Most importantly, enjoy having this special time together.**

Caution

The wellbeing tools can have a very positive effect on the day-to-day challenges that children face. I have deliberately designed these techniques to allow them to be used independently of, or alongside, other approaches. However, as with any strategies aimed at supporting children, if you have any concerns whatsoever, e.g. if a child has a specific diagnosis or is already receiving support from another professional, then please consult with them first.

I hope you enjoy using the tools.

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