



VisionWorks for Schools
Life Skills for Learning

Choosing social and emotional wellbeing at KS2, KS3 and KS4

What pupils say . . .

It's actually fun to express yourself!

You don't know what's going to happen and it's quite new and it's exciting.

I liked it when we talked about how to stop bullying.

Now we like each other more and treat each other better.

It's helped with our work because we don't argue like we used to and we help each other if we get stuck and stuff.

I liked it when we made the masks. Mine was a happy face.

. . . and what teachers say

Our figures show that in the first year of using the programme persistent absentee numbers fell by an average of 5%.

I enjoy using it. You could just see the smiles spreading on their faces.

The children surprised me, I thought it was not going to work but they loved it!

OFSTED has graded my school as Outstanding and one contributory factor towards this is the use of this wonderful EI programme.

I enjoy teaching it and would like to spend longer but there's no other time in the curriculum.

We know that it helps our young people to succeed.

Why VisionWorks for Schools?

Our schemes of work equip young people with the resilience and skills to make more positive choices.

- Ready to pick up and use
- Written by teachers for teachers
- Builds independent learning skills
- Improves behaviour and attendance
- Teaches emotional literacy skills across the curriculum



Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

Anonymous

VisionWorks for Schools by

- Contributing significantly to narrowing the gap
- Implementing SEL which enhances learning, social relationships and attainment
- Providing valuable evidence for pupil wellbeing for OFSTED

VisionWorks for Teachers and Students by

- Optimising tutor time with fun, varied activities
- Improving behaviour and learning
- Establishing tolerance, acceptance and resilience

My World



for 8–11 year olds at KS2

My World increases self-esteem and gives children the opportunity to celebrate their own uniqueness. The vital transition from primary school to secondary school, a major concern for many teachers, pupils and families, is directly addressed.

My World consists of:

- Over 60 units with teachers' notes and student activities
- Image bank
- A wide variety of activities to suit every learning style

Improves learning through:

- Effective communication
- Conflict resolution
- Transforming relationships
- Being responsible
- Building tolerance
- Developing resilience and perseverance
- Problem solving

Discovering Me



for small units at KS3 and KS4

Designed to improve disruptive behaviour and raise self-esteem, the programme can be used with mixed age and ability groups.

Discovering Me consists of:

- Comprehensive 12 module programme of work
- Image bank
- Flexible and easy-to-use activities in mixed ability groups
- Teacher training and support available.

Learning outcomes:

- Greater levels of self-awareness, empathy and tolerance
- More cohesive and bonded groups
- Increased engagement in learning.



It's OK Being Me



a KS3 whole school scheme of work

This is a complete programme for Years 7, 8 and 9 which builds into a whole-school approach over time. It eases the transition from primary to secondary school, creates more bonded tutor groups and builds greater understanding and tolerance. It can be taught in 20-minute tutor times or full PSHE sessions.

Student will learn:

- To empathise
- To make a positive contribution
- To consider social and moral dilemmas and resist pressure to do wrong
- To deal positively with the strength of their feelings in different situations
- To enjoy positive and constructive relationships
- To participate in teams
- To take responsibility for themselves and their learning
- To recognise when others need help and how to support them
- To communicate confidently with their peers and adults
- To be able to give and receive constructive feedback and praise.

Schools will benefit by:

- Creating more cohesive, considerate and caring year groups
- Providing CPD for teachers in emotional health and wellbeing
- Providing valuable evidence for pupil wellbeing for OFSTED.

Included in this programme:

- 5 x printed copies of It's OK Being Me
- 2-hour induction training for teachers
- Over 80 units with full teaching notes and a wide variety of student activities
- Full teachers' guide for facilitating groups
- Image bank

We can provide:

- Yearly induction training for tutors/teachers
- Full evaluation of the effectiveness of the programme with students and teachers.



Empowering Me



a KS4 scheme of work

This programme is delivered in 10 easy-to use, fun PowerPoint presentations. Using YouTube links, plus classroom and extension activities, these lessons develop the skills that enable young people to approach their exams and life with confidence.

This ready-to-use short programme is flexible and adaptable.

It improves learning through:

- Teaching self-confidence
- Building resilience
- Encouraging empathy and teamwork
- Effective goal setting
- Developing a pro-active approach to learning and life.



We have to recognize that human flourishing is not a mechanical process; it's an organic process. And you cannot predict the outcome of human development. All you can do, like a farmer, is create the conditions under which they will begin to flourish.

Sir Ken Robinson

10 Easy-to-use Powerpoint Presentations

- 1 Introducing your brain**
The Cerebral Cortex and the Limbic System
- 2 What do you care about?**
The role of the Limbic System
- 3 Investing your mind**
Investing our thoughts constructively; goal setting
- 4 What is Emotional Literacy?**
The five elements of emotional literacy explained
- 5 How well do you know yourself?**
Our strengths, weaknesses, habits and talents
- 6 Manage your emotions**
How to manage our emotions and feelings
- 7 Walk a mile in my shoes**
Develop empathy
- 8 Friends – who needs them?**
Give and expect respect; work well in teams
- 9 Motivation**
Find solutions not problems; learn from our mistakes
- 10 Bringing it all together**
Using emotional literacy in our lives

Insight series



for KS3 and above

Five shorter, downloadable programmes with 4 - 6 varied activities and full teachers' notes. Ideal introductions to our full schemes of work *It's OK Being Me* and *Discovering Me*.

Programmes available for download on our website.

- **Managing emotions**
- **Bullying**
- **Communication**
- **Peer pressure**
- **Family break-up**

Teacher training and support

2-hour induction training for teachers

A session for tutor teams or whole staff groups which introduces the VisionWorks model. This session explains the principles behind the programme, how to facilitate and deliver them effectively, and sets out goals and evaluation criteria.

Bespoke training sessions applicable to your setting are also available, see our website for details.

Embedding Emotional wellbeing

1-day training events in London and Bristol

Learn the principles of emotional well-being, develop your own emotional literacy and find out how to model it in your classroom.

This seminar supports CPD in The Teachers' Standards: Part 2.

Find out about our next training day events on our website at www.vision-works.net



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