
THE TYTHERINGTON PARTNERSHIP

Emotionally Healthy Schools Project



THE TYTHERINGTON PARTNERSHIP Emotionally Healthy Schools Project



Ambassadors from all the Tytherington Partnership (Bollington Cross, Bollington St Johns, Dean Valley, Hurdsfield, Kettleshulme, Marlborough, Puss Bank, Rainow & Tytherington School) worked together to develop and create an awareness programme of emotional health and support for children in school. As part of the project, the ambassadors met to create a series of awareness events and resources for schools to use.

We will be training new ambassadors throughout the year to identify and support their peers in school with emotional health.

Thank you to all the Ambassadors who worked really hard over the year to create and plan the awareness day and resources.



What is the Crest Award?

In order to complete the Tytherington Partnership 'Emotionally Healthy Crest Award' you will need to complete a series of challenges which make up the five Crests.

The challenges help you to focus on finding out more about emotional health and what you can do to stay emotionally healthy.



What are the 5 Crests?

The Crests focus on the five key ways you can keep emotionally healthy:



How can we achieve the Crests?

In order to achieve a Crest, you need to create a minimum of three of the challenges in that CREST individually. You may need to complete some of the challenges as a class or in your tutor group or with other friends. You can even design your own challenge!

You will need to provide evidence that you have completed each challenge to qualify for the Crest. This might be in the form of photo/video evidence or an adult might sign to confirm that you have completed the challenge.

How do we apply for the Crests?

In order to receive each individual Crest you must complete the Crest application form online at:

www.tytheringtonschool.co.uk/tehspartnership

You will need to send in your evidence with the form to receive the Crest.

Or copy and scan the application form in this booklet and send it, along with your evidence, via email to:

tehspartnership@tytheringtonschool.co.uk

Your challenges will be checked and your Crest will be sent out in the post.

How can we achieve the Tytherington Partnership Emotionally Healthy Crest Award?

Once you have completed all 5 individual Crests, please complete the Crest Award application form online at:

www.tytheringtonschool.co.uk/tehspartnership

Or copy and scan the application form in this booklet and email it to:

tehspartnership@tytheringtonschool.co.uk

This will be checked by the 'Tytherington Emotionally Healthy Schools' admin group and your Crest Award will be sent out in the post.



Mindfulness Crest

In order to achieve the Mindfulness Crest you need to complete a minimum of 3 of the challenges below individually or in your class/tutor group. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- Complete 10 minutes Mindfulness colouring every day for one week.
- Create your own sensory bottles/jam-jars.
- Create and make your own stress ball.
- Try Yoga/Mindfulness.
- Create a new relaxing area in your classroom/school.
- Design & create your own challenge:

.....

.....



Healthy Eating Crest

In order to achieve the Healthy Eating Crest you need to complete a minimum of 3 of the challenges below individually or in your class/tutor group. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- Work out the sugar content of your morning snack using the 'Change4life' app:
<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>
What is the total sugar content for your class? As a class can you reduce your sugar intake over a week?
- Make your own healthy smoothie.
- Complete a healthy eating taste test.
- Design & make a 'Healthy balanced meal plate'.
- Donate food to a local foodbank so other children can eat well.
- Design & create your own challenge:

.....
.....



Keeping Fit Crest

In order to achieve the Keeping Fit Crest you need to complete a minimum of 3 of the challenges below individually or in your class/tutor group. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

- Individually or as a class, design & take part in a 'Funny Sports Challenge'. (Laughing is proven to make you feel better!)
- Individually or as a class, take part in a 'Compliment Relay'
Write a compliment on a post-it note and stand in a line and pass the compliment on to the person at the end of the line that you have written the compliment about.
- Individually or as a class, run the distance from Macclesfield to London (174 miles) over one month?
- Individually or as a class, try a new sport/physical activity.
- Individually or as a class, create a new keep fit video and challenge another partnership school to complete it.
- Individually or as a class, complete 100,000 steps in a week.
- Design & create your own challenge:

.....



Creativity Crest

In order to achieve the Creativity Crest you need to complete a minimum of 3 of the challenges below individually or in your class/tutor group. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

☐ Create an 'Emotional Health Rainbow'

What does good and bad emotional health look like? Complete a rainbow with images/text to show what good and bad emotional health looks like.

☐ Water balloon art

Create emotional art using filled water balloons. Fill balloons with paint & throw them to create different mood art.

☐ Mindfulness Colouring

Can you design a new mindful colouring page? The best 20 designs will be put into a Partnership Mindfulness Book.

☐ Design & create your own challenge:

.....

.....



Active Brain Crest

In order to achieve the Active Brain Crest you need to complete a minimum of 3 of the challenges below individually or in your class/tutor group. You can even design your own challenge! You will need to take photographic or video evidence of each completed challenge to prove that you have achieved at least 3 challenges.

☐ Silent Birthday Line-up.*

☐ Hula-Hoop pass.*

☐ Marshmallow & Toothpick Challenge.*

☐ Playing card mix up.*

☐ Building challenge.*

☐ Design & create your own challenge:

.....

.....

*Instructions for these challenges are included overleaf.



Challenge Instructions

Silent Birthday Line-up

Instructions:

- You need to get the students to get into a line according to the order of their age/birthdays/height.
- They are not allowed to verbally communicate (start with height and then move to age/birthdays).
- If the students are struggling, allow them to have a sticky note with their birthdays on it.

Discussion:

- Was this challenge difficult? Why?
- Why do you think that this links in with emotional health?

Sometimes people are not able to say how they feel. We need to make sure our friends/family are ok. Check in with them.

Materials:

- A spacious room/area
- Sticky notes (optional)
- Pen/pencil (optional)

Hula-Hoop pass

Instructions:

- In this activity, participants must get organise themselves into a circle and make sure they are holding hands.
- The games objective is to pass the hula hoop around the circle without letting go of each other's hands or breaking the circle.
- Let the group figure out how to manoeuvre their bodies all the way through the hoop to pass it on.
- Classes could be challenged to see which class/year/group can do it the fastest!

Discussion:

- Was this challenge difficult? Why?
- Why do you think that this links in with emotional health?

We need to listen to each other and help each other when people are finding things difficult or challenging.

Materials:

- A spacious room/area
- Hula hoop

Marshmallow & Toothpick Challenge

Instructions:

- Divide the class into small groups, of your choice, and give each group an equal number of marshmallows & toothpicks.

Materials:

- Marshmallows
- Wooden toothpicks
- Timer

- Challenge the groups to create the tallest, largest, or most creative structure in a set amount of time. Afterwards, each group has to de-scribe what they have done.

Discussion:

- What was difficult about this challenge? Did you have to work as a team?

Playing Card Mix-up

Instructions:

- Divide your group into teams of 6-8.
- Give each team two decks of cards randomly mixed together.
- Tell the group they must sort them out without talking.
- As they working at the task, after a few minutes, change the way in which they are doing so using one of the following:
- If a team is sorting by suits from ace to king (4 stacks), tell them to collect the suits together by number (13 stacks).
- If a team begins by collecting the suits together, i.e. all the ones, twos, threes, etc., tell them to sort the suits from ace to king.
- The team(s) that do so successfully by the end of a given time (depending on the size of your group) share what methods they used to accomplish the task.

Materials:

- A spacious room/area
- Playing cards

Building Challenge

Instructions:

Using the 10 materials opposite, solve any two of the following problems. You don't have to use all the materials to solve the problem, but they are all available for you:

- Make a device to move a stuffed animal from one room to another without touching the ground.
- Devise a slide for mini figures.
- Make a leprechaun trap.
- Create a jump ramp for cars.
- Using at least 4 supplies, build the highest tower you can.
- Make up your own game - make sure you remember to make rules for how to score and win.
- Make a device for two people to communicate to one another.
- Using at least 3 supplies, make a device that can roll 3 feet.
- Build a house for a small figure.
- Make an invention that a kid would love.

Materials:

- Paper Straws
- Cotton Balls
- Wool
- Paper Cups
- Clothespins
- White Cord
- Tape
- Lollipop Sticks
- Paper Clips
- Sticky Notes

Crest Application Form

When you have completed a Crest, complete the Crest application form on our website at: www.tytheringtonschool.co.uk/tehspartnership

Alternatively, you can photocopy and complete this application form and email it to: tehspartnership@tytheringtonschool.co.uk

Don't forget to include photographic* or video evidence of each completed challenge.

Name of Student:

Name of School:

Class/Tutor Group:

Please indicate which Crest you have completed:

- ☐ Mindfulness Crest
- ☐ Healthy Eating Crest
- ☐ Keeping Fit Crest
- ☐ Creativity Crest
- ☐ Active Brain Crest

Which challenges were completed:

1

2

3

*Please note that images may be used as part of the Partnership Project.

Crest Award Application Form

When you have completed all five Crests, complete the Crest Award application form on our website at:

www.tytheringtonschool.co.uk/tehspartnership

Alternatively, you can photocopy and complete this application form and email it to: tehspartnership@tytheringtonschool.co.uk

Name of Student:

Name of School:

Class/Tutor Group:

Teacher Signature:





PROJECT LEAD: **Liz Healey**
ehaley@tytheringtonschool.co.uk

