



CLIMB 4

PROGRAMMES FOR **SCHOOLS** AND **ACADEMIES**

Now more than ever, children and young people need physical, social and emotional support to improve their well-being.

Working with schools, academies and community organisations, we provide creative learning experiences and programmes for children and young people. The activities we deliver use Expressive Arts including dance, drama, creative writing, arts and crafts to support participants to form positive relationships and develop self-awareness. We do this by exploring user-led themes and topics including the environment, the world around us, healthy eating, exercise and mindfulness.

Our services are designed to compliment the work already taking place in school by creating an informal environment for children and young people to explore their feelings and grow confident in expressing ideas and opinions. This approach increases self-esteem, reduces anxiety and encourages respect and inclusion.

Our programmes



Create the Tiger

Is a programme we have developed to support primary school children aged 5-11. It incorporates our TIGER model, Trust, Inspire, Growth, Empower, Release. The intention of this programme is to encourage children to develop trusting relationships and to understand the basics of self-empowerment giving them the confidence to 'have a voice'.



RESPECT

Is aimed at secondary school children aged 11-16. It encourages them to explore healthy relationships, equality and diversity as well as encouraging Relationships, Equality, Self-awareness, Effective, Communication, Teamwork.

School Activity Clubs

Create the Tiger and RESPECT School Activity Clubs are available as breakfast, lunchtime and after school. Activities are user-led within the aims and vision of the project. Times can be agreed in line with your school day.

Expressive Arts Holiday Clubs

Our holiday clubs run outside of term-time and can be delivered at your location, from Centre4 or other outreach centres and usually run 10am - 4pm.

We advise children to bring a packed lunch and a water bottle, with healthy snacks being provided by us throughout the day.

Targeted Intervention Activities

Our termly targeted intervention programmes are created in partnership with schools, academies and VCSE's.

These include a 2-hour weekly arts education programme with the key focus on developing positive mindset, reducing anxieties and anti-social behaviour, simultaneously improving resilience and attendance.

Benefits to Learners

Our programmes provide a safe but informal environment, enabling learners to:

- Develop new relationships
- Build confidence and resilience
- Learn new skills
- Discover the world around them
- Improve mental health and well-being
- Enjoy and understand the importance of movement and exercise
- Empower young people to have a voice

Delivery

Our programmes are delivered by qualified teachers, community practitioners and learning mentors. They can be delivered at your school, academy or organisation and adapted to meet your needs. This could include meeting your well-being objectives, the governments agenda around Covid Catch Up, to support your intervention strategy for SEND and improving attendance and achievement targets.

Programmes can be commissioned as short or long-term partnerships.

For more information, please contact us via:

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