

Retune

Creative outlets for mental wellbeing

Informative and entertaining workshops
that inspire young people to improve their
mental health through creative outlets

The teachers said:

This is exactly what
my class needed
right now

It was lovely to see the
children that don't usually join
in participating in this session

Fitted in so well
with the PSHE
Healthy Lifestyle topic.
Really age related.

The students said:

I learned that
we must look after
our mental health
and we can express it
in many ways

Creativity is something
you can get lost in

I learned not to
feel scared any more

Not all
emotions
are shown on
the outside

What We Can Offer

Mental wellbeing workshops for up to 30 pupils

The events of the last two years have thrust mental health further into the spotlight. It is extremely important for young people (and teachers) to have strategies up their sleeves to improve emotional wellbeing.

Through live performance, open discussion and pupil participation, Retune's wellbeing workshops demonstrate the importance of using creative outlets such as music, art, drama, dance and writing to maintain wellbeing and build emotional resilience. Retune teaches young people how to unlock their imaginations, inspiring them to pursue their passions and achieve mental harmony in the process. Sometimes we all feel out of tune, and small adjustments can take us back to where we need to be.

Pupils will be introduced to Retune's Core Workshop, a classic session that includes an introduction to our SCALES model (Sleep, Creative, Active, Listen, Earth, Social). We will explore the various factors that can cause pupils to drop out of tune, and discuss preventative self-help strategies that help them to 'retune' themselves, build resilience and feel happier. While the session tackles a serious subject, pupils will walk away uplifted and ready to integrate what they have learned into their daily lives. The workshop is fun, engaging and informative.

The presentation is especially effective for Key Stage Two, as pupils prepare to transition into secondary school. Retune's workshops have also proven particularly effective for children with social, emotional, mental health and behavioural challenges, as creativity and music are powerful in encouraging participation for all.

Sessions last anywhere between 45 minutes and one hour, depending on school timetabling. Please visit our website for more information.

🖱 www.retunewellbeing.com

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Would you like to book a workshop?

Please email hello@retunewellbeing.com to enquire