

# The Paddock

## Wellbeing Outreach Programme (KS4)



**A targeted 6 week intervention designed to support pupils' emotional wellbeing, resilience, and readiness for learning.**

The Paddock's Wellbeing Outreach Programme provides structured, evidence-informed support for young people who would benefit from developing self-awareness, emotional regulation, and positive habits. Delivered through **small group or 1:1 sessions (30 – 40 minutes)**, the programme is flexible to meet the needs of schools and individual pupils. Delivered in school or at home.

**Ideal for students at risk of disengagement, low mood, or transition back into mainstream settings.**

### What the Programme Offers

- A **clear, progressive 6 week structure** focused on building wellbeing skills
- Grounded in the **Five Ways to Wellbeing (Connect, Be Active, Keep Learning, Give, Take Notice)**
- A **trauma-informed, strengths-based approach** suitable for KS4 learners
- Practical tools and strategies pupils can apply immediately in school and at home

### Key Impact for Pupils

Pupils will be supported to:

- Develop **greater self-awareness and confidence**
- Identify and build on their **strengths and positive behaviours**
- Create a **personalised wellbeing toolkit**
- Establish **healthy routines and daily habits**
- Recognise **early warning signs of stress or distress**
- Identify **trusted adults and support networks**

### Programme Outcomes

By the end of the programme, pupils will:

- Have a **completed, personalised wellbeing toolkit**
- Be able to **manage challenges more effectively**
- Demonstrate improved **emotional literacy and resilience**
- Feel more confident in **seeking support when needed**

### Why Choose The Paddock?

- Specialist expertise in supporting young people
- Structured programmes aligned with **wellbeing and safeguarding priorities**
- Flexible delivery tailored to individual pupil needs and school contexts

