



# Think Wise

## A PROGRAMME TO ENCOURAGE POSITIVE THINKING

### What is it?

The 'Think Wise' programme is an exciting activity group which aims to help Year 5 children to develop a positive thinking style and increase resilience. It is a 6 session programme delivered weekly to groups of up to 8 pupils. It compliments and is a part of our PSHCE teaching to support the development of strong learning habits for life.

Our year 5 pupils take part in this exciting group to build their resilience, determination and positivity before they move to year 6.

### Who will lead it?

The programme is delivered in school by a trained member of our staff.

The sessions (which last for an hour) will take place during the school day.

The children who have taken part in this programme before have said things like...

**"It's fun!"**  
**"I really like it!"**  
**"It helped"**

If you would like any further information please make an appointment to speak to Mr. Kedwards.

