

Topic	Primary	Secondary
Worry	All Schools One off class lesson plan for teachers to lead on for primary. Parent/carer training presentation with voice over for primary.	All Schools One off class lesson plan for teachers to lead on for secondary.
	Trailblazer Only Parent / Carer workshop (2 hours) 'supporting the emotional wellbeing of children and young people' covers worry and anxiety (run by Cygnus)	Trailblazer Only Parent / Carer workshop (2 hours) 'supporting the emotional wellbeing of children and young people' covers worry and anxiety (run by Cygnus)
Anxiety	All Schools Staff training presentation for primary	All Schools One off class lesson plan presentation for teachers to lead on secondary age Staff training presentation for secondary.
	Trailblazer Only Psychoeducational Workshop for parents and carers (2 hours): Worry and Anxiety (delivered by CWP and Cygnus)	Trailblazer Only Psychoeducational Workshop for parents and carers (2 hours): Worry and Anxiety (delivered by CWP and Cygnus)
Low Mood	All Schools One off class lesson plan presentation for teacher to lead on primary Staff training presentation for Primary	All Schools One off class lesson plan presentation for teacher to lead on secondary Parents Evening Psycho education Slideshow. Staff training presentation for secondary Parent/carer training presentation with voice over.
	Trailblazer Only Psychoeducational Workshop (2 hours): Low Mood (delivered by CWP and Cygnus)	Trailblazer Only Psychoeducational Workshop (2 hours): Low Mood (delivered by CWP and Cygnus)

Self-Esteem	<p>All Schools One off class lesson plan presentation for primary age</p> <p>Parent/carer training presentation (voiceover) primary age.</p>	<p>All Schools Coming soon...</p>
	<p>Trailblazer Only Psychoeducational Workshop (2 hours) : Self-esteem (delivered by CWP and Cygnus)</p>	<p>Trailblazer Only Psychoeducational Workshop (2 hours) : Self-esteem (delivered by CWP and Cygnus)</p>
Sleep Hygiene	<p>All Schools Coming soon...</p>	<p>All Schools Coming soon...</p>
	<p>Trailblazer Only Psychoeducational Workshop (2 hours) : Sleep (delivered by CWP and Cygnus)</p>	<p>Trailblazer Only Psychoeducational Workshop (2 hours) : Sleep (delivered by CWP and Cygnus)</p>
Self-Harm	<p>All Schools Staff training presentation for secondary and primary age children</p>	<p>All Schools Staff training presentation for secondary and primary age children</p>
	<p>Trailblazer Only As part of Psychoeducational Workshop: self-harm (delivered by CWP and Cygnus) aimed at parents & carers</p>	<p>Trailblazer Only As part of Psychoeducational Workshop: self-harm (delivered by CWP and Cygnus) aimed at parents & carers</p>
Exam Stress	<p>All Schools Coming soon...</p>	<p>All Schools One off class presentation teacher led for secondary school age.</p>
	<p>Trailblazer Only Coming soon...</p>	<p>Trailblazer Only Coming soon...</p>
Friendships	<p>All Schools One off class presentation, teacher led for Primary age.</p>	<p>All Schools Coming soon...</p>
	<p>Trailblazer Only Coming soon...</p>	<p>Trailblazer Only Coming soon...</p>

Resilience	<p>All Schools One off class presentation, teacher led for Primary age.</p> <p>Parent/carer training presentation with voiceover.</p>	<p>All Schools Coming soon...</p>
	<p>Trailblazer Only As part of Psychoeducational Workshop on Self-esteem: resilience (delivered by CWP and Cygnus) aimed at parents & carers</p>	<p>Trailblazer Only As part of Psychoeducational Workshop on Self-esteem: resilience (delivered by CWP and Cygnus) aimed at parents & carers</p>
Mindfulness	<p>All Schools One off class lesson plan presentation for teacher to lead on primary</p>	<p>All Schools One off class lesson plan presentation for teacher to lead on secondary</p>
	<p>Trailblazer Only</p>	<p>Trailblazer Only</p>
Transitions	<p>All Schools Assembly Presentation for Primary Age Book in now for Spring</p>	<p>All Schools Coming soon... Book in now for Spring</p>
	<p>Trailblazer Only Coming soon... Book in now for Spring</p>	<p>Trailblazer Only Coming soon... Book in now for Spring</p>

To request resources or to book workshops please contact the Be You mailbox – BeYou@northumberland.gov.uk