

Branch Out

Supporting Wellbeing Through the Curriculum in Fife

The Wellbeing Ways: P7 Wellbeing Curriculum

What is Branch Out?

- Branch Out is an emotional wellbeing curriculum for all children and young people from P7 to S3 in Fife.
- It has been developed to meet the Mental and Emotional Wellbeing and Social Wellbeing Experiences and Outcomes set out within the *Curriculum for Excellence: Health and Wellbeing*.
- It aims to support children and young people to understand the importance of looking after their emotional wellbeing, and provides information about how they can do this, as well as strategies for coping at times of difficulty or stress.

What is the structure of Branch Out: The Wellbeing Ways?

The Branch Out lessons are delivered by school staff within school, usually over a term. These will cover topics including:

- What is emotional wellbeing?
- The 5 ways to wellbeing
- Understanding emotions
- Why eating well and physical activity are important for emotional wellbeing
- Sleeping well
- Connecting with others (how to build relationships with others and how to access help and support when needed)
- The importance of being kind to ourselves and to other people
- Strategies for keeping calm
- Staying emotionally well during the transition to high school

Pupils will have a Branch Out workbook to support these lessons. They will also be given Wellbeing Tasks to complete between lessons. These are designed to help pupils take the information they have learnt and apply this to their day to day lives, so that they are able to achieve the maximum benefit from the lessons.

You can find out more about Branch Out by speaking with school staff.

How can I support my child with the Branch Out curriculum?

Children are most likely to benefit from Branch Out if the key messages from the curriculum are also supported and modelled to them at home. You can support this in a variety of ways:

- Talk about emotional wellbeing at home, to show that this is normal and ok.
- Let your child see you taking positive steps to look after your own wellbeing and model helpful ways of coping with difficult situations.
- Let your child know that you are there for them to talk to. Provide space for your child to talk to you about things they are worried about or difficult situations. Really listen to what he/she has to say.
- Show an interest in what your child has learnt during the Branch Out lessons, by asking questions and talking about it.
- Support your child with the Wellbeing Tasks. These are a bit different to the usual homework tasks that your child is asked to complete, and input from parents/carers is very much encouraged!
- Help your child to put the information and strategies from Branch Out into practise in other areas of his/her life (e.g. home; clubs; social situations). Prompting your child to use the strategies or providing him/her with opportunities to do actions that are good for emotional wellbeing will make the lessons learnt in Branch Out more meaningful and helpful, and will help to promote your child's wellbeing.

What should I do if I am concerned about my child's emotional wellbeing?

If you are concerned about your child's emotional wellbeing, you can discuss this with school staff or your child's GP. They should be able to signpost you or refer you and your child to the most appropriate supports.

You can also access more information about supporting your child's wellbeing online.

- www.moodcafe.co.uk
- www.handsonscotland.co.uk
- www.anxietycanada.com