

Cool, Calm and Connected

Young People's Training Course

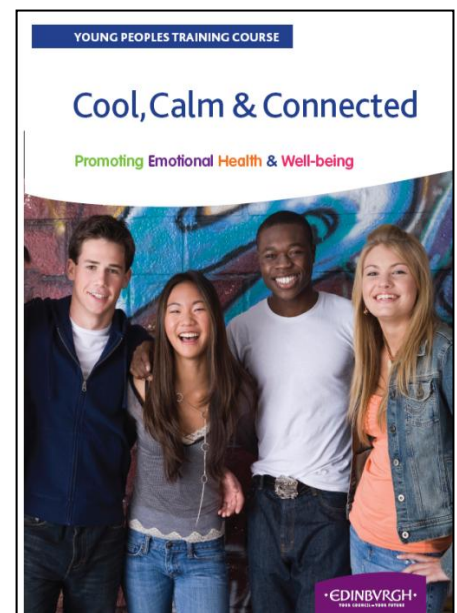
The course aims to bring young people together on a personal journey to explore what influences mental health and emotional wellbeing, and support them in making relevant links to their own lives. It is hoped that they will ultimately use the information to make positive choices about how they manage their own mental health and emotional wellbeing, as well as how they influence that of other people's.

Course summary and overview

The course comprises seven sessions, exploring some of the latest thinking about;

- Mental health & emotional well-being (what is it and why it matters)
- Relationships & the developing brain (brain development and the teenage brain)
- Getting the most out of your brain (what do developing brains need)
- Wired to connect (the importance of relationships for the developing brain)
- Making connections (building connections with others and developing empathy)
- Beliefs and mindsets (how our beliefs influence how we feel and behave)
- Thinking, Feeling, Doing (how changing the way we think can improve our lives).

Originally aimed at young people in S1-S3, Cool, Calm and Connected was developed for PSE curriculum and the materials support many of the experiences and outcomes of the Curriculum framework in Health and Wellbeing across learning.



It can also be delivered as a Peer Education programme with 5 schools in Edinburgh currently supporting S6 pupils to deliver it to their peers in S2.

Feedback and Testimonials

"It has allowed me to see that although I make mistakes, it is how I look at improving that counts."

"It has made me realise that regardless of what happens you will always experience difficult situations, which you can overcome."

"It has helped me to understand more about others in my life, as well as myself."

"This course helped me to feel confident and more open to people. I feel more happy now."