



WELCOME PACK

AN INTRODUCTION TO BRIGHT EMOTIONS CIC





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ABOUT BRIGHT EMOTIONS CIC



Bright Emotions is a not-for-profit Community Interest Company (CIC) encouraging the well-being of children & families through creative and therapeutic interventions.

Bright Emotions was established in 2020 by Sophie Whelan. Sophie has a vast array of qualifications and has worked in the Mental Health sector for over 10 years gaining extensive experience with children, young people and adults.

Drawing from her personal experiences, Sophie, who was diagnosed ADHD & Autistic later in life and is also a parent, comprehensively grasps the myriad challenges that families encounter concerning neurodivergence. This understanding informs her tailored approach to meet the unique needs of each student.

At Bright Emotions we are passionate about bridging the gap in services, therefore we are keen to provide support for children on waiting or assessment lists, or not meeting the threshold for other services.

We provide support within local primary schools, offering diverse options that meet your pupils needs. We can offer early intervention emotional literacy and therapeutic programmes for individuals, groups and whole classes in KS1 and above.

WHAT WE OFFER



Using a variety of evidence based approaches and creative solutions we help your students to understand, express and manage their feelings, providing tools and techniques that they can continue to use throughout their life.

All of our interventions are centred around promoting well-being and tailored to the needs of both the student and the school.

- Small group workshops
- Group Therapeutic programmes
- Whole Class programmes
- Parent & Child workshops
- After School & Lunchtime Clubs
- 1:1 Therapeutic programmes
- Resource Packs



1

Providing proactive, creative and therapeutic solutions to enhance student well-being.

2

Assisting staff and families in creating and sustaining effective strategies both at school and in domestic settings.

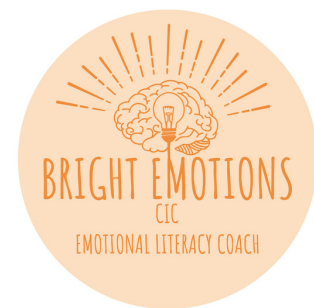
3

Facilitating the establishment and upkeep of positive relationships between families and the school.

4

Providing expert guidance and directing to relevant external services when needed.

IDENTIFYING NEED & MONITORING IMPACT



We use Soft Outcomes Questionnaires and Strength & Difficulties Questionnaires (SDQ's) which we gain from teachers, parents/carers and child where possible. These are completed not only to pinpoint needs and determine the most suitable intervention for a child, but also to gain a comprehensive understanding of how a child is engaging with the tools and techniques we coach. Our assessment considers various factors, such as self-esteem, relationships, safe expression, management, regulation, empathy, and the overall happiness levels of the child.



MEET THE PRACTITIONER



Sophie serves as the Founder & Director of Bright Emotions CIC, where she designs, adapts and runs all programmes and workshops. Her dedication to emotional literacy and well-being resonates in her work, and she remains steadfast in her commitment to ongoing personal and professional development, regularly engaging in training and supervision.

Sophie's qualifications include...

- BSc (Hons) Psychology
- Advanced Drawing & Talking Practitioner (incl. Sand Play)
- Creative & Therapeutic Techniques for Working with Children & Young People
- Diploma in Cognitive Behavioural Therapy
- Developmental Trauma
- Mental Health Awareness
- Children & Young People's Mental Health
- Child Protection & Safeguarding
- Paediatric First Aid
- TeamTeach Behaviour Support



When working with Bright Emotions CIC it will be Sophie's face you see around!

FEEDBACK



"Sophie works to develop a relationship with the parents too, as this is crucial to the success of the intervention. They have all taken away small successes and self help strategies, and have built their relationships with others. Sophie has been extremely professional, reliable and a great asset to us". - Wilstead Primary

"Bright Emotions has given the pupil greater awareness of self, a reduction in feelings of guilt and self blame which he was articulating before, a reduction in anger towards others, greater ability to label and identify his own emotions and some strategies he can use to help himself. Communication from Bright Emotions has been fantastic - We have really enjoyed working with Sophie and it has been a great partnership". - Goldington Green Academy

"My daughter is managing her emotions so much better and home life feels a lot calmer. She is using some of the techniques you have taught her at home and school. She has been using her worry box and we have been able to talk through her worries which felt amazing to connect with my daughter again!" - Parent (1:1 Support)

"They loved it! I was really impressed with your session, I liked how small the group was and how calm and enjoyable it was for the children". - Parent (Group workshop)

"The impact of her work with the children was seen after just a few sessions. We are seeing the impact of the sessions - shorter melt downs, quicker recovery times, better understanding of feelings and increased willingness to ask for help, sharing overwhelming emotions. She quickly established a working relationship with the children and has built trust, enabling them to tackle some of the issues. I highly recommend Sophie, Bright Emotions, as an additional resource for supporting vulnerable children". - Carlton C of E Primary School

"I thought the way you made it so simple and accessible for children was so helpful and easy to use and practical to incorporate into family life. You came across as really warm, relaxed and playful. It was exactly what I wanted for my child to help us have a joint language for talking about emotions and practical tools we can use together! Thank you for the time and creativity you put into the content and sessions". - Parent (Group workshop)

SERVICES



We offer a variety of services in local primary schools.

1-1, Group, Whole Class, After School or Lunchtime Clubs, Parent Workshops

Emotional Literacy Programme

Designed as a short-term pro-active intervention providing evidence based (CBT) tools. Through a 10-week cycle of sessions this allows children to build on their understanding and management of emotions. Utilising crafting, activities and discussions as a way to help develop practical and healthy coping strategies that work at home and beyond. Our programme increases a child's self-esteem, confidence, self-awareness, and overall well-being, by using a creative and therapeutic approach. Can be provided as a 1-1 or group intervention. Ages 4-6 and 7-11

Drawing & Talking

Drawing and Talking is a safe and gentle therapeutic approach, which provides an effective way for children to process emotional pain or trauma they may be experiencing. The technique is intended to allow the child to play, by drawing a picture, and process any emotions they are holding internally in a safe and non-confrontational way, working at their own pace. Can be provided as a 1-1 or group intervention. Ages 5+

1-1 Sand Play

A 12 week 1-1 therapeutic programme that encourages emotional expression and communication, assists in resolving internal conflicts, facilitates healing, builds stronger self-understanding, improves relationships and increases the capacity to deal with life's stressors. Ages 5+

Fitness & Feelings

We all understand the importance of physical activity and the positive effects this can have on our mental health. We believe that psycho-education is just as important, so we've combined the two! These group interventions encourage body movement and regulation through a variety of games and activities. It provides a safe space for children to talk, and learn about their emotions all whilst exercising and having fun. Ages 5+

Craft & Calm

Hands on group/parent & child workshops that encourage creativity, imagination and connection. By combining crafting and teaching calming techniques, we provide children with a holistic approach to well-being. It empowers them with creative outlets, emotional expression and valuable skills to navigate their inner world and fosters mental wellbeing. Ages 4-11

Tranquil Tribe

A 4 week children's mindfulness group course. Throughout the weeks we delve into mindfulness through movement and creativity, using our senses and imagination. Experience the benefits of mindfulness and enhance overall wellbeing. Ages 7-11

The 4 Week Emotions Course

Covering 4 topics over 4 weeks. This group course is a fantastic way to introduce a child to emotional literacy and teach some great tips to deal with those big feelings. Crafting, discussions, activities and more included in each session.

Please contact brightemotions@hotmail.com for referral forms, programme layouts, quotes and any additional information.

HOW TO REFER



Consultation & Referral Form

Discuss with Bright Emotions any individuals, groups or families that would benefit from well-being support. Complete and return referral form.



Assessing Needs

We will ask teacher, parent/carer and child to complete our questionnaires and arrange a 'Meet & Greet' where necessary to gather further information around the current difficulties.



Support Options

All information will be taken into account and the best support option decided for the child/children. We may signpost to external services at this point if we feel this would be more beneficial.



Consent & Invoice

Consent forms will be sent to appropriate persons and an invoice will be put together.



Start Intervention

Bright Emotions will begin well-being support, continuously monitoring and communicating with school contact.

ANGER ICEBERG

