

MedEquip4KIDS Hummingbird Project



Improving young
people's mental health

Tel: 0161 798 1600

Email: info@medequip4kids.org.uk

Web: www.medequip4kids.org.uk



Registered with
**FUNDRAISING
REGULATOR**

MedEquip4Kids Appeals Office, 5th Floor, 90 Deansgate, Manchester M3 2GP

Registered Charity Number: 1102830

MedEquip 4KIDS Hummingbird Project

- A short course that helps children to be more emotionally resilient and positive
- Six workshops are delivered free of charge to schools or youth groups in the North West
- After the course, your school or group receives a bundle of practical resources



MedEquip4KIDS

Hummingbird Project

- Created by MedEquip4Kids to address mental health issues in children and young people
- In partnership with psychologists from the University of Bolton and the University of Chester
- Free to schools and youth groups in the North West
- Delivered to 2,900 young people and counting
- Boosting the emotional resilience of our students
- Evaluation to date shows reductions in anxiety, depression, trauma, physical problems, functioning and risk to self.

“The Hummingbird Project is so of the moment. It answers the call coming from young people.” *Andy Burnham, Mayor of Greater Manchester*



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Course Outline (Secondary Schools)

Introduction (Session 1)

What makes me happy?

Gratitude and Kindness (Session 2)

3 Good Things

Supporting Each Other

Thank You Letter

Being Grateful and Kind to Yourself

Random Acts of Kindness

Mindfulness (Session 3)

Mindfulness How-To

Mindfulness Exercises

Mindful Drawing

Daily Vacation

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Character Strengths (Session 4)

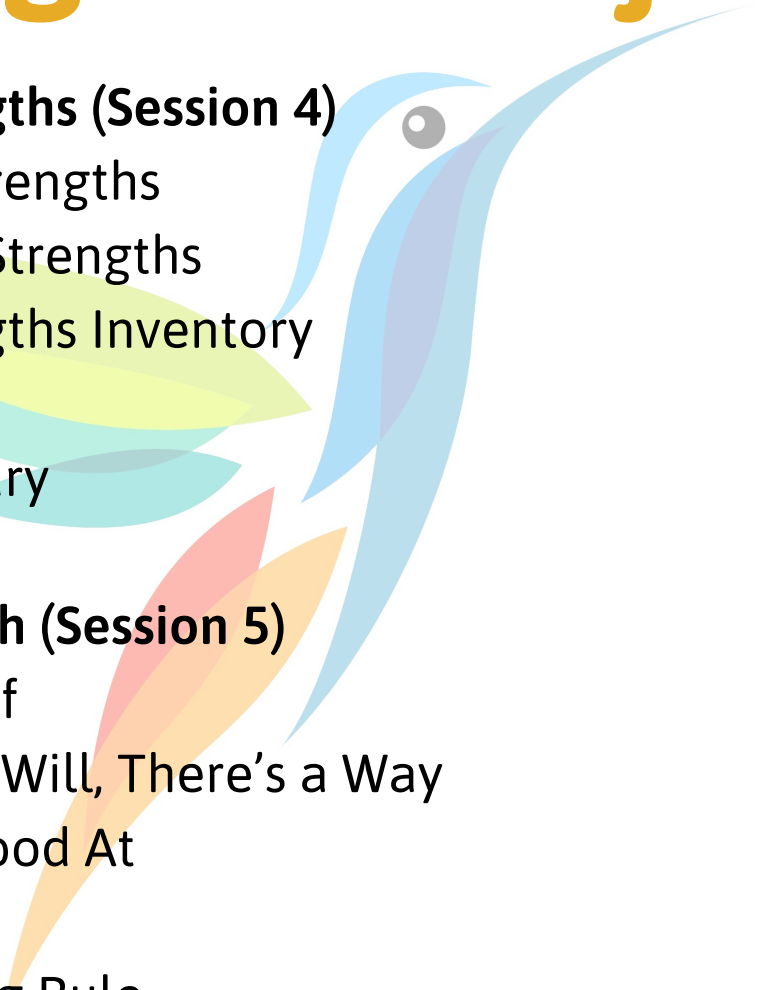
My Character Strengths
Thinking About Strengths
Character Strengths Inventory
Strengths Tree
Strength Use Diary

Hope and Growth (Session 5)

Best Possible Self
Where There's a Will, There's a Way
Good At / Not Good At
SMART Goals
3 Part Hard Thing Rule

Directions for All! (Session 6)

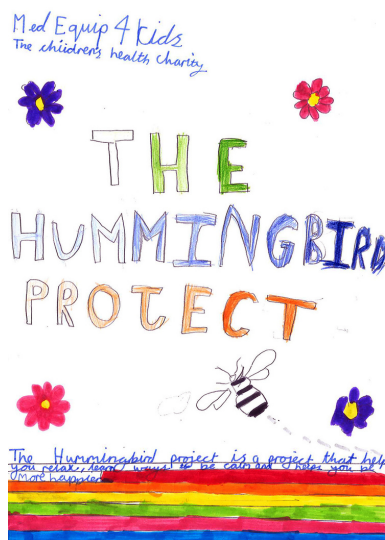
Happiness Competition
Looking Back
Looking Forward
Information and Contacts



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Course Outline (Primary Schools)

- Step 1 - Feeling Happiness
- Step 2 - Being Thankful
- Step 3 - Kindness and Slowing Down
- Step 4 - What Makes You Strong
- Step 5 - Bouncing Back
- Step 6 - Feeling Good about your Future
- Step 7 - Where to Find Help if you're Unhappy



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Testimonials

"I think the lessons were good because it has made me more confident sharing my feelings."

Pupil, Focus Group

"I liked what we did because over the past few weeks I have felt more calm, and it has also helped my Mum because of the meditations we have done and how to deal with stress." *Pupil, Focus Group*

"All sessions were useful and helpful. The children were also given the opportunity to reflect on each session when completing the evaluations. All children were given a voice to share memories, emotions and experiences. The Gratitude postcard was probably a favourite of mine as the children showed gratitude for really simple things, e.g. time, love." *Teacher, English Martyrs Catholic Primary School*

"I liked the lessons as one time I was feeling upset after lunchtime and after the lessons I was feeling much calmer and happier." *Pupil, Focus Group*

"The Hummingbird Project was a positive experience for both the pupils and myself as a teacher. I found techniques that help me to work with the children and create a positive calm environment. The pupils have enjoyed the project and have applied much of what they have learned in class and at home." *Teacher, English Martyrs Catholic Primary School*

"A very well organised project which catered for all children. Ian has been a fantastic teacher and the children have really enjoyed every session! This is a brilliant project which supports children's wellbeing." *Teacher, Pikes Lane Primary School*

"I've used the slowing down exercise three times at home." *Pupil, Focus Group*

"I would recommend all the sessions to my friends as they were really fun and taught us how to be kind to each other." *Pupil, Focus Group*

"It has been really good to see the children open up and discuss topics and emotions they don't always talk about. The sessions have been engaging and active, which has benefited the children. It is a very good project and something the children look forward to every week." *Teacher, Sandilands Community Primary School*