



Certified
Mental Health & Exercise Coach

THE HAPPY MOVEMENT

WIGGLE, GIGGLE, AND
FEEL GOOD INSIDE

A Wellbeing Workshop for KS2 Children

Presented by Julie Barrow
Mental Health Exercise Coach



A photograph of three children in a gymnasium. They are all in a crouching position with their arms extended forward. The child in the foreground is a boy with blonde hair wearing a red shirt and black shorts. Behind him are two girls wearing orange vests over black shirts. The background shows a wooden floor and a brick wall.

WHY THIS MATTERS

UNDERSTANDING THE CHALLENGE FACING CHILDREN'S WELLBEING

- 1 in 6 children aged 5-11 experience a diagnosable mental health issue
- Anxiety, low mood and poor concentration are rising across primary settings
- Physical inactivity and screen time are contributing factors
- Early intervention through movement-based wellbeing can help

WHAT IS THE HAPPY MOVEMENT?

A 60 MINUTE WELLBEING WORKSHOP DESIGNED TO :

- Teach children how movement supports mental health
- Introduce brain-boosting habits (nutrition, sleep, hydration)
- Encourage confidence, calm and connection
- Deliver joy, energy, and self awareness - through fun structured activity



WHAT'S INCLUDED

ENGAGING, ACCESSIBLE WELLBEING FOR EVERY CHILD

- 60-minute KS2 friendly workshop
- Light, engaging education on mood, feelings and the brain
- Fun physical movement session (adaptable to all abilities)
- Reflection and discussion on emotions and self-care
- Led by a certified Mental Health & Exercise Coach



CURRICULUM & WELLBEING ALIGNMENT

DESIGNED TO MEET NATIONAL PRIORITIES AND CURRICULUM GOALS

- PSHE / RSHE: Physical health, emotional regulation, healthy choices
- PE: Active participation, enjoyment, confidence in movement
- DfE Wellbeing Principles: Resilience, self awareness, early intervention
- Whole-child development: Emotional literacy, social connection, body confidence



EASY TO IMPLEMENT, POWERFUL IN IMPACT

- Children are calmer, more focused, and more expressive post-session
- Staff see improvements in self-esteem and social interaction
- Easy to deliver: low equipment, no staff prep, fully led
- Creates a ripple effect across playground, classroom and home

WHY SCHOOLS
LOVE IT



LOGISTICS

SIMPLE SETUP – NO STRESS, JUST SUPPORT

- Suitable for years 3 - 6
- Group size: One class per session (adaptable)
- Delivered in hall, classroom or outdoor space
- Risk assessment, DBS, insurance and safeguarding documentation provided



FLEXIBLE BOOKING OPTIONS

TAILORED DELIVERY TO SUIT YOUR SCHOOL'S NEEDS

- One off taster sessions available
- Multiple class or whole-year-group pricing available
- Optional termly wellbeing programme or staff CPD bolt-ons
- We work around your timetable and needs



NEXT STEPS



- 1.) Book a quick discovery call or email Julie
- 2.) Schedule your taster session
- 3.) Lets' support your pupils' wellbeing - body and mind

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