

Family Mental Fitness North East

Programme Overview Emotional Intelligence & Journaling



EYFS	KS1	KS2	KS3	FAMILIES
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This 10-week programme combines reflective journaling, creative expression, and open discussion to help teenagers explore their identity, beliefs, and emotional world. Each teen works on a personalised visual journal, blending writing, collage, art, and media inspiration to create a deeply meaningful record of their growth.

With prompts linked to themes like pressure, identity, resilience, self-worth, and future aspirations, the sessions provide space for thoughtful expression in a non-judgemental, creatively rich environment.

Purpose

To equip teenagers with tools for deeper self-reflection, emotional regulation, and resilience through expressive, arts-based journaling.

Impact

- Fosters emotional maturity and insight
- Encourages personal voice and self-expression
- Provides space to process real-life pressures and decisions
- Builds confidence in managing big emotions and complex thoughts

Outcomes

- Increased emotional vocabulary and clarity
- Stronger internal resilience and reflective thinking
- Visual journal as a lasting piece of personal growth
- Greater ability to recognise and communicate emotional needs

Example Session Structure

Each session includes:

- Weekly reflection prompt (e.g. *"What pressure feels like," "If they really knew me..."*)
- Visual journaling using collage, quotes, lyrics, art materials, and colour

- Group discussion or private sharing (optional)
 - Wrap-up check-in and take-home challenge/reflection
 - Access to examples inspired by artists, musicians, and real-world teen experiences (e.g. Lewis Capaldi and public mental health conversations)
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Group Size

- Small group – 4 to 8 teens
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Session Duration

10 × 45-minute weekly sessions

Cost Per Session

Schools and Public Bodies: £21

Subsidised for families: £11

For Funders

Fully funded cost per 12-week programme: £1900

(£24 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26