

JUMP & THRIVE

Jump and Thrive is a group for children who sometimes find school a bit hard. It gives you time, tools and help to feel better and do your best in class. Each child gets to meet with a friendly grown-up called a mentor every day

We can help you to:



Understand your feelings



Feel safe and listened to



Enjoy lessons and make friends



How will parents and carers help?



Hear how you're doing



Work with your mentor to help you



Try out skills/ activities at home with you

What you can expect:



Understand your feelings



Enjoy lessons and make friends



Learn to manage your emotions better



One-to-one, small & large group sessions

Jump and Thrive is here to help you feel great, enjoy school and THRIVE every day!

Ask your school about the Jump & Thrive programme!