



BUTTERFLIES PROGRAMME

CHANGE. EVOLVE. FLY.



PROGRAMME LEADER

Adrian Dakers

I am a creative practitioner with over 10 years' experience working in primary education, delivering programmes focussing on Transition, Bullying, Friendships and Behavioural Change.

I have also worked extensively in the prison sector with both young offenders and adults, and I pride myself on my ability to engage the most hard to reach individuals and groups.

With a background in the arts, my delivery style is very active, and utilises fictional characters, film and various other media forms. This approach allows a safe and secure environment, for children of all ages to effectively explore issues and emotions that they may find difficult to verbalise.

Further information on logistics, pricing and bookings can be found overleaf



The Butterflies Programme is a fun, creative, engaging and interactive classroom based session which aims to support children's emotional wellbeing and build resilience.

The impact of the coronavirus pandemic on children has been significant, and current research suggests that there are likely to be both short and long term effects on children's emotional wellbeing and mental health. Whilst this programme will not focus on the pandemic, it will allow children to safely explore the huge impact and changes that these times have had on their lives, and allow them to develop strategies to manage changes, and to overcome any potential barriers to learning.

The programme helps children to



EXPLORE

Children will explore and identify changes that have occurred, and any subsequent feelings of fear or anxiety they have had



FOCUS

Children will learn to focus on wellbeing through a range of interactive activities suited to all learning styles and needs



STRATEGISE

Children will develop a toolbox of strategies to help them manage emotions at home, school and community settings

We know that children learn best when they are settled and happy. A child's ability to adapt well in times of change, stress and challenge is crucial to every single aspect of their lives – both in childhood and as they progress into adulthood. I feel passionately that the programme I have developed can help children in this respect.

To discuss the programme further please get in touch.

Best wishes,

Adrian

LOGISTICS & COSTINGS

This programme is designed for bubbles/full classes of children in year 4, 5 and 6. Each session will last 2.5 hours (with a break built in). Two sessions can be delivered at a cost of £250 per day.

This is inclusive of all handouts and travel, however if the travel (from the Chester area) is excessive, mileage will be at an additional cost.

I have an enhanced CRB and personal public liability insurance and will complete specific, tailored risk assessments in line with government advice on safe working practices with regards to Covid-19.

BOOKING DETAILS

I am currently taking bookings from September 2020.

Further information relating to the specific content of the programme is available, including the unique techniques and strategies I use to encourage children's meaningful and active engagement.

Some schools have requested specific sessions with individual children who may be particularly struggling, or with smaller groups of children. Such sessions can be offered and can be discussed on a case by case basis. If you wish to proceed with a booking, or discuss details and content further, please feel free to contact me on the details below. Zoom or Microsoft teams call can also be arranged.

GETTING IN TOUCH



Telephone: 07886 526 697



Email: adrian@adrian-dakers.co.uk



Visit: www.adrian-dakers.co.uk



Adrian has ran extremely high quality workshops and follow up work in both of my schools for several years.

All the children and staff have grown in confidence and awareness following these workshops. Parents are also very appreciative of his work with the children.

Adrian is extremely professional and relates extremely well to any given age range in school. His workshops and follow up work are always delivered in a very enjoyable way.

Adrian clearly spends time and effort on pre-planning. He Liaises with the staff beforehand, ensuring his work is bespoke to the needs of the school.

He always exceeds our expectations.

Sheryl Slack

Executive Headteacher

St Patricks Catholic Primary School, Workington