

# Retune

Creative outlets for mental wellbeing

Informative and entertaining workshops that inspire young people to improve their mental health through creative outlets

The teachers said:

This is exactly what my class needed right now

It was lovely to see the children that don't usually join in participating in this session

Fitted in so well with the PSHE Healthy Lifestyle topic. Really age related.

The students said:

I learned that we must look after our mental health and we can express it in many ways

Creativity is something you can get lost in

I learned not to feel scared any more

Not all emotions are shown on the outside

# *What We Can Offer*

For the 2024/25 academic year, Retune is offering:

## **Core Workshop**

This includes an introduction to Retune's SCALES Model (Sleep, Creative, Active, Listen, Earth, Social). Singing, drawing and songwriting are included as part of this entertaining session. Children are equipped with tools to maintain and improve their mental health through open discussion.

## **Encore Workshop**

This builds on what has been learned in Core, reinforces the SCALES model and is more in-depth. It includes story writing, beat boxing and plenty of pupil participation once more. Core and Encore can be delivered in one day, either side of lunch. Children will learn how to implement self-help strategies so that they can remain 'in tune'.

## **One-to-one Mentoring**

New for this year, Retune is offering 30-minute one-to-one sessions for pupils who would benefit from extra help with their wellbeing. Conversations will take place with a Retune mentor, and SCALES will be used once more as a roadmap to build emotional resilience.

Retune teaches young people how to unlock their imaginations, inspiring them to pursue their passions and achieve mental harmony in the process. Sometimes we all feel out of tune, and small adjustments can enable us to 'retune' and take us back to where we need to be.

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**Would you like to book a workshop?**

Please email [hello@retunewellbeing.com](mailto:hello@retunewellbeing.com) to enquire