



Community Jellyfish Classes & Activities

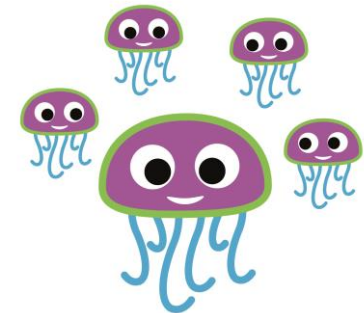
Community Jellyfish aims to:

- ✓ Provide transferable skills and techniques for different situations, environments and future stresses
- ✓ Develop social communication skills and empathy
- ✓ Provide an outlet for feelings and emotions
- ✓ Improve confidence and self-esteem
- ✓ Support the removal of social, emotional and behavioural barriers to learning
- ✓ Improve challenging behaviour
- ✓ Develop a greater understanding of self
- ✓ Encourage self-expression
- ✓ Instill a sense of calm and facilitate relaxation
- ✓ Improve feelings of stress, anxiety and nervousness
- ✓ Improve relationships and reduce bullying
- ✓ Add to an existing culture of care and wellbeing

Community classes available:

- ✓ Weekly Jellyfish – please check the school club list for details
- ✓ Seasonal Jellyfish
- ✓ 1 to 1 / Small Group intervention (Activities tailored for group)

For more information and prices on a particular service, please don't hesitate to contact me.



Who are Be the Jellyfish?

Be the Jellyfish are a children's wellbeing company created by Lucy Cree and Sarah Brogden.

For more information please visit:
www.bethejellyfish.com

Who am I?

My name is Jennie Tidy. I am an accredited Community Jellyfish Teacher and I'm delighted to be able to offer Be the Jellyfish classes and activities to schools and community groups. I am fully insured and DBS checked.

What is a Jellyfish community class?

Jellyfish classes are themed sessions based on the Jellyfish Programme which uses art, sensory and relaxation as a means of supporting children's social, emotional and general wellbeing. It aims to help children to Discover, Explore, Express, Manage and Develop their thoughts, feelings and emotions. Classes include: breathing exercises, focus tasks, bodywork, peer massage, visualization and arts and crafts. A relaxation zone is also set up with sensory equipment for quiet time and reflection.

Who are classes for?

Classes are designed for all children aged 5-11 years but can be adapted to meet the needs of older and younger children.



Creative Chatter

Creative chatter is an integral part of Be the Jellyfish classes and activities. It provides an opportunity for children to safely communicate thoughts, feelings and emotions through art and discussion.



'A fantastic opportunity for children to experiment with creativity and self-expression.'

'Perfect for unpicking tricky days and playground incidents...'

'Classes develop confidence, children show a greater understanding of their feelings and how to express themselves even after just a few classes.'

Contact: Jennie Tidy

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ACCREDITED COMMUNITY JELLYFISH TEACHER 2022