

# Boost Family Learning Programme



## An Introduction

Wider World is a Bristol-based charity working with children and families. We're excited to be running our Boost family learning programme at Summerhill Academy this autumn. Below you'll find information about the programme. You can also visit our website for more information about us and Boost: [wider-world.org.uk](http://wider-world.org.uk).

## About the Boost Programme

Boost is a series of workshops, organised into three 3-part mini-courses. Children, alongside their parents will explore and gain an in-depth understanding of several important life and learning skills, also known as soft skills. Each two-hour session is designed to get children and parents thinking, reflecting, planning and taking control of what they want and how they're going to achieve it.

## How is it delivered?

Each of the 2-hour workshop is delivered in the classroom. We work with the parents first then the children join about halfway through. Parents can then put into practise the ideas and activities discussing in the first part of the session.

## What's included?

Each session includes elements of active listening, discussion, practise and activity. We know engage children, using effective teaching techniques to elicit deep thinking and development of skills. So, no boring lectures and certainly no awkward role-play.

## Topics

Firstly we want children to feel good about themselves. This begins with understanding their [unique skills and abilities](#), [learning styles](#) and [preferences](#). We all like to learn and work differently and we all excel in different ways, according to the way our brains are wired. This session will broaden the children's view of what it means to be 'smart'.

[Resilience](#) is a frequently-used buzz word and often wrapped up with [self-confidence](#) and [self-esteem](#). During this session, children will have a chance to talk about what it really is and reflect on their own personal experience of it, then plan for how they'll utilise it throughout their lives.

Our session on [problem-solving](#), breaks down how to solve a problem with a series of steps and prompts. Armed with this knowledge, children are given opportunities to practise through games and activities, evaluating the problem-solving skills they're using along the way.

[Leadership and teamwork](#): Some will naturally gravitate to leadership roles and some will find it easier than others to work harmoniously as a team.



In this session we look at ways to be assertive, listen, communicate and manage conflict.

[Setting, planning and achieving goals](#): we teach children how to set realistic goals and be clear about how they're going to get there. They will also learning about how to overcome the challenges that might knock them off course.

[Coaching skills and emotional intelligence](#): children and parents will learn how to ask the right questions, listen carefully and actively, support others to solve their own

problems. We learn about empathy, recognising social cues and how to recognise and manage emotions.



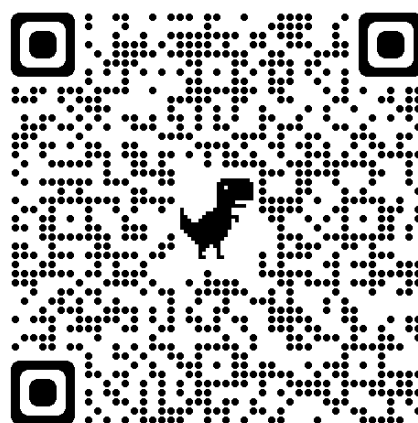
## Signing Up

Option 1: zap this QR code

Option 2: type this link into your address bar:

[tinyurl.com/boostsummerhill](https://tinyurl.com/boostsummerhill)

Option 3: speak to Louise Dunbar at Summerhill Academy who can help you register.



## When

The first session will take place after half-term, hopefully in week 1 or 2, and will most likely be on a Monday. We will confirm these details as soon as we can by phone, text or email using the details you provide when signing up.