

Charity - Roots and Shoots Highland CIC

Project - Positive Mental Health in the Outdoors

No of Beneficiaries – 100+

Location - Aviemore and Kingussie (Scotland)



Decider Life Skills Cards – given to each child that took part in the programme.

Support from the CCIF enabled Roots and Shoots to develop and deliver a 6-week outdoor activity programme for children aged 10-12. Who learnt the Decider Life Skills to proactively support positive mental health in their last year of Primary school, through fun outdoor activities.

The transition from primary into secondary education can be challenging time for pupils. Roots and Shoots wanted to give pupils the

practical skills they could use to help manage challenging emotions that can be caused by such a big change.

At the end of the 6 week programme, nearly all of the children reported having used one of the skills when they felt angry, stressed or anxious. These are skills that can be used at school, at home, and throughout life when challenges arise and emotions run high.

Qualitative evidence of impact of the programme comes from quotes provided by the pupils, and provide a picture of how the children themselves viewed the programme.

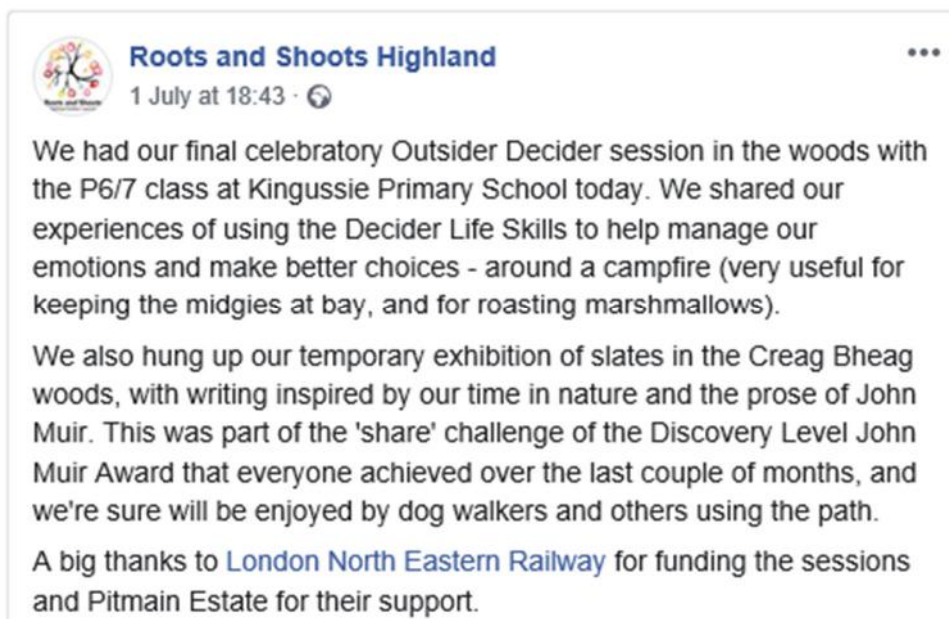
“I used *It Will Pass* and *54321* skill at the weekend when my sister wouldn't help tidy our bedroom and I was getting really annoyed. Then after I used the skills and it was better”
Female P7 pupil, Kingussie Primary School

“My favourite skill is *It Will Pass* as if you're in a fight with your friend or something, its really useful to remember that it won't last for ever”
Female P7 pupil, Aviemore Primary School

Rachel Avery, Roots and Shoots Highland CIC, an outdoor learning social enterprise based in the Highlands.

Support from the CCIF enabled us to develop and deliver outdoor positive mental health programmes for over 100 children in their last year of Primary school, in both Aviemore and Kingussie. We taught pupils the 12 Decider Life Skills, simple skills to help manage strong emotions, through fun outdoor activities. At the end of the 6 week programme, nearly all of the children reported having used one of the skills when they felt angry, or stressed, or anxious.

These are skills that can be used in school, home situations, and can be used throughout life when challenges arise and emotions run high. Now we have developed this programme, we could run it again with different cohorts of pupils to support their transition up to High School. Post Covid-19, health and wellbeing is even more of an issue than ever!



Reflecting around a campfire (L), Self care wheel (M),



Creating a group rainstorm soundscape for 'It will Pass' skill (L) and ranking different values (R)