

DELIVERED BY  
WORLD CHAMPION INLINE SKATER,  
MSC PSYCHOLOGY  
& WELLBEING EXPERT  
**JENNA DOWNING**



# VIRTUAL WELLBEING

**KEEPING HEALTHY AT HOME AND AT SCHOOL**



A UNIQUE & INNOVATIVE DIGITAL  
WELLBEING SERIES TO IMPROVE  
YOUNG PEOPLE'S MENTAL AND  
PHYSICAL WELLBEING

# VIRTUAL WELLBEING

WITH WORLD CHAMPION INLINE SKATER & WELLBEING EXPERT,  
JENNA DOWNING

## PROJECT DESCRIPTION

An inspirational series of evidence-based virtual wellbeing sessions, and accompanying resources, to support children & young people in adopting some positive habits to improve their mental and physical wellbeing, develop confidence and boost resilience.

## PROJECT OBJECTIVES

- Inspire healthier lifestyle choices
- Encourage positive behaviour change
- Improve physical and mental wellbeing
- Build confidence and boost resilience
- Reduce anxiety around SATS and transitions
- Improve school attendance
- Foster healthy development

## RECOMMENDED USE

This programme is recommended for primary and secondary school use and can be used flexibly with Years 5-6 and 7-11. It can be used:

- As part of a lesson in school, e.g. in PSHE
- In assembly
- In form time
- As an extra curricular activity
- At home

It can be targeted at whole year groups or used with smaller, more bespoke groups of pupils. This tailored, flexible approach will allow you to meet your school's needs and priorities.

# WORKSHOPS

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## 1 DREAM, BELIEVE, ACHIEVE

Learn all about Jenna as she shares her inspiring story in becoming a World Champion to encourage your pupils to dream big, work hard, and always believe in themselves no matter what. Jenna will be sharing the lessons she has learnt in sport including her top tips to stay healthy and well to encourage your pupils to adopt a positive, resilient mindset. Expect a high energy, interactive virtual session that will truly inspire and motivate your pupils.

## 2 MIGHTY AND RESILIENT

Through engaging activities, storytelling, and interactive games, participants will explore the concept of resilience, discovering how to embrace setbacks as opportunities for growth. Pupils will learn to identify their feelings, develop problem-solving skills, and practice positive self-talk. By the end of the workshop, pupils will leave empowered and equipped to tackle life's ups and downs with a brave heart and a resilient spirit!



# WORKSHOPS

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## 3 CALM YOUR ANXIETY: A SATS MINDFULNESS WORKSHOP

A soothing workshop that focuses on mindfulness and relaxation techniques to help reduce anxiety and promote emotional well-being in the lead up to SATS week or during times of transition. Through engaging activities, guided meditations, and interactive games, pupils will learn the fundamentals of mindfulness and discover various relaxation techniques they can use anytime they feel overwhelmed. Pupils will explore breathing exercises, visualisation practices, and simple yoga movements, all aimed at fostering a sense of peace and balance.

## 4 GOOD VIBES ONLY

An uplifting workshop that focuses on cultivating a positive mindset and spreading joy! In a world where challenges can sometimes feel overwhelming, this workshop aims to empower pupils to embrace positivity, build a growth mindset, and foster an optimistic outlook on life. Throughout the workshop, pupils will create their own "Good Vibes Toolkit," filled with strategies and reminders that help them maintain positivity in their daily lives. They'll practice techniques for overcoming negative thoughts and learn how to cultivate a habit of gratitude, helping them to shine brightly even in challenging times.





## **TEACHER FEEDBACK FROM WORKSHOPS**

"Well-being is the forefront of what we do as teachers. All children thoroughly enjoyed the workshops and have learnt critical-thinking skills and empathy towards others. It has been wonderful to participate in these workshops at a whole-school level and help pupils to see the value in supporting one another."

**"Real positive experience for those children who struggle with emotions and how to reflect on how they feel."**

"One inactive child in my class never did any physical activity at home until she started watching Jenna's sessions. After each one, she went home and tried to beat her score at whatever challenge Jenna had introduced. What an amazing transformation!"



# ABOUT JENNA



Jenna Downing is a former World Champion Inline Skater, an X-Games silver medallist and 10 x British Champion. She was the youngest female skater to turn professional and was the first female skater to have her own signature pro skate.

Now, Jenna works as a national education, physical activity and wellbeing consultant, specialising in motivational speaking, tutoring, coaching and mentoring. Jenna delivers thought-provoking, inspirational keynotes, bespoke mentoring programmes, and workshops, to help individuals of all ages to achieve their full potential.

Jenna uses a positive psychology approach in her interventions to inspire positive cognitive, affective and behavioural change.

Jenna has a MSc in Psychology and is a L3 qualified mentor.



# champion

M I N D S E T

GET IN TOUCH

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[CHAMPION-MINDSET.CO.UK](http://CHAMPION-MINDSET.CO.UK)  
[INFO@CHAMPION-MINDSET.CO.UK](mailto:INFO@CHAMPION-MINDSET.CO.UK)