



## Schools Pilot in Berkshire 2022

# EXECUTIVE SUMMARY

Between June and September 2022, the What Colour is Your Dragon (TM) trained 30 members of Berkshire NHS mental health support teams to deliver the Loving Your Dragons curriculum. A social and emotional learning programme. The pilot took place over a term involving 170 pupils aged 10 yrs in 6 primary schools in Berkshire.

### Aim

The pilot aimed to improve resilience by providing tools and language for emotional regulation to support pupils with their mental health and wellbeing in the post pandemic era.

### Method

The NHS mental health support teams visited the schools once a week over 8 weeks delivering 1 hour lessons covering 5 different themes and making use of three coloured dragons to describe three brain systems which influence behaviour, thoughts, and emotions. Sessions covered enhancing wellbeing as well as dealing with difficulty.

Module 1: Introducing the Dragons (Introducing the three colours and their meaning)

Module 2: Feeding your Green Dragon (Getting to know what makes us feel good)

Module 3: Getting to know Blue Dragon (Getting to know our unique way of learning)

Module 4: Saying Hello to Red Dragon (Becoming friendly with strong emotions)

Module 5: Learning to Love Your Dragons (Loving and training all three dragons)

## Outcomes

All schools who participated in the What Colour is Your Dragon pilot expressed an interest in rolling it out to other age groups and some wanted to adopt the method on a whole school basis.

*"My Red Dragon is always out at the end of the day because I'm tired, then you come in and make it green"*

Yr 5 Pupil Wessex Primary School Maidenhead.

## Recommendations

Feedback was gathered from teachers, pupils and the mental health support teams. Suggestions included:

- Pupils loved the creative activities and wanted more
- Pupils loved the movements and wanted more
- Some pupils wanted shorter sessions
- Some pupils requested more games
- Mental health workers liked the flexibility of the curriculum
- Staff requested sessions for their own wellbeing

## Next Steps

All the qualitative feedback suggested that the Dragon method was both a practical, flexible and welcome intervention. Next, we will pilot the Dragon method on a whole school basis including all age groups, teachers and parents.

*What colour is your dragon?*

