

# Make Good Things Happen

## Well-being Programme: How to use the materials

The Well-Being Programme is free for classroom use. Copyright Hope Mountain 2020.

The programme includes a story that brings everything together .  
The powerpoints are set up to show the illustrations for the story to the class on the smart screens/TV's, while the teacher reads out the story text.  
There are also meditations embedded in the powerpoint slides.

### Powerpoints

The Powerpoints have all the activities in visual or audio format for you to use in ways that work for you and your class. They may need to be adapted for different age groups.

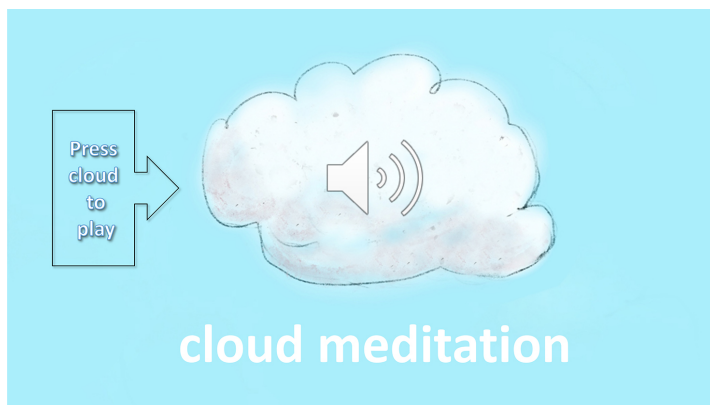
### The Story

Robyn & the Three Secrets story is provided as a pdf so you can read out to the class and use the Powerpoint to show the illustrations to the children at key moments in the narrative.

The pdf shows the slides to display at each point in the story.

### Day 1

In Part 1 of the story, Robyn introduces the cloud meditation to the children.



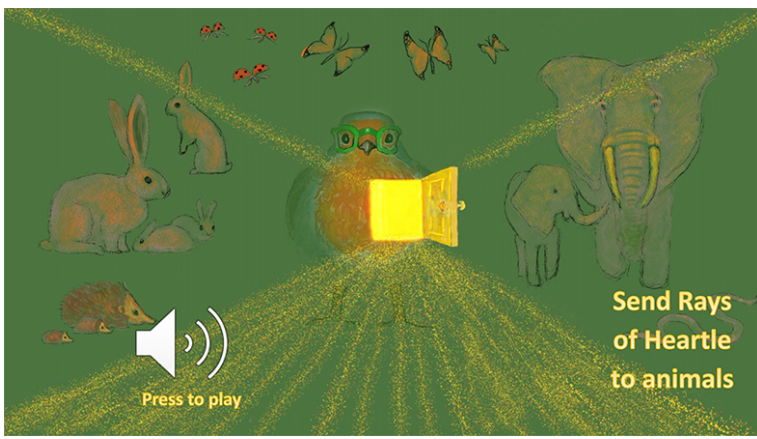
The Powerpoint has the audio for the cloud meditation embedded in the slide with the large cloud on it.

The cloud meditation can be used at the start of each day to get the children in a calm, open state of mind. It's only 1.5 minutes long.

### Day 2

Read part 2 of the Robyn story out to the class.  
The pdf will show you when to show each illustration.

In this part of the story, Robyn introduces how to 'Send Rays of Heartle'  
which will play as an audio on this slide.



### All other Days

There are Powerpoints for the rest of the 3 week programme, all downloadable on [hopemountain.org.uk](http://hopemountain.org.uk) under 'Well-Being'.

### Support & Briefings

We are offering Zoom briefings for your staff on the well-being programme, on a donation basis. Which means there is no obligation to contribute anything, but if you are able to, it will help cover our costs.

If you need any help with any aspect of the programme please give us a call on 0345 2235 398 or email [wendy@hopemountain.org.uk](mailto:wendy@hopemountain.org.uk)

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