Happy World Adventures

Transforming children's emotional, physical and environmental wellbeing!







Children's Wellbeing

CURRENT ALARMING FACTS AND TRENDS

63% of children can identify unhealthy food before they can read and write and 10% of 4 year olds are obese.

50% of mental health issues are already established by age 14.

66% of children suffer anxiety about the planet.

71% of parents said their child's mental health made their workday more stressful and they lacked focus.

Meet Our Team

'We are highly qualified and we care".



Sarah Gilbert

Sarah Gilbert is The Little Sunflower, a professional actor, drama teacher, counsellor and holistic therapist who has worked with children for 30 years. Sarah guides the development of children's emotional learning, promoting positive mental health, self-awareness, creative fun and fostering compassion in children.



Karen Mooney

Dr. Karen Mooney is a scientist and founder of The Science Room. Karen creates engaging science experiments and eco-activities that raise children's awareness about sustainability practices and empowers them to make a positive impact on the planet.



Edel Owens

Edel Owens is The Wholefood Hero, a former primary school teacher (MD in Education) turned wellbeing provider for Fortune 500 companies. Edel designs food challenges for children to taste new and exotic foods, enabling them to grasp the power of healthy eating and set themselves up for a lifetime of wellbeing!

How we can help your School

There are many wellbeing programmes available for schools but none that bring mental wellbeing, nutrition and sustainability together in an organised and fun way. This is exactly what we offer at Happy World Adventures!

With our expertise in mental health, nutrition and sustainability, we teach big concepts in a simple way to help children understand those 'big thoughts' around anxiety, self-esteem, a healthy body and a greener planet.

With tried and tested workshops and cross-curricular tools, we relieve teachers of the extra workload of compiling additional resources as well as enhancing the quality of what's being delivered in the PSHE and WAU curricula. This relieves the anxiety of feeling the need to "be a practitioner" as well as a teacher.

Teachers really enjoy our in-person workshops and say that they are a "powerful way" to embed key messages from a "different voice". They also believe it helps them to dispel any misinformation and feel more confident in their own ability to deliver the information to their pupils.





Our Program

Schools get ready! It's time for your pupils to feel happy and healthy at school by exploring wellbeing in a new way. Some of the things your pupils will master with our new program are as follows:

- confidence building and creative expression through drama, art, games and song
- understand, accept and regulate emotions with EFT and breathwork
- improved nutrition by discovering the power of eating healthy wholefoods
- sensory development by taste testing traditional and exotic foods
- become environmentally conscious through eco-friendly activities and science
- cultivate empathy by understanding the impact of human actions on the planet
- and so much more!

Duration: Half day or full day

Cost: Pricing available on request,

Customised options also available.

Contact us to book:

+44 (0)75 25536107 happywellbeingworld@gmail.com

Teacher Wellbeing Workshop Offerings



Empowering
Teachers for
Better Wellbeing

STAFFF WELLBEING

Expert-led sessions to boost teachers self-care

Guided activities for stress relief, relaxation techniques and better diet

CLASS WELLBEING COVER

Cover for teacher absences or staff meetings

Promotes a positive and supportive learning environment, while also providing valuable opportunities for growth and development



HOW TO WORK WITH US



Big Concepts made Easy for your Pupils

Work with us in 3 Easy Steps:

- Call or email us to arrange your Wellbeing Survey for your school
- We will talk you through the Wellbeing Survey and how to easily deliver it in 5 minutes
- We will provide you with a Wellbeing Analysis and suggest a plan to move forward

Get Ready for Adventure

Planning for your Schools Wellbeing with Happy World Adventures

Help children to embark on their welbeing journey with confidence. Follow these essential steps to ensure you're fully prepared for an unforgettable adventure with Happy World Adventures.





Age range check

Ensure your child or group is aged between 6 - 12 years old. This is the age group we cater for.



Health Information

Provide details of food allergies/ intolerances or any other medical information that we should know.



Photos & Social Media

Please let us know if you are happy to have your child included in our promo campaigns.



Pack Smart

Children will need a healthy lunch and drink, a rain coat and sun screen for our summer cam.



Disclaimer

Sign our disclaimer to ensure you understand our terms and conditions.



Contact Us

Our team are available to take your call from Monday to Friday so please get in touch!









One of the luckiest things to happen to you in life...is to have a happy childhood".

Agatha Christie

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075 25536107 happywellbeingworld@gmail.com www.happywellbeingworld.com