

THE AMAZING JOURNEY OF CUPPA AND KATY

BY ROSS MCWILLIAM

BA HONS, MSC, PGCE, LCSP, CMI LEVEL 7



Assembly and Classroom intervention including Emotional Confidence, Resilience and Positive Mental Health and Wellbeing

The Amazing Journey of **CUPPA The Mindset Ninja** and **Katy Cupsworth The Mental Health Warrior**



Using the CUPPA Mindset System of reading, activity, choices and consequences, audio, video and measurement tools, pupils are taken on a journey of self-discovery. They are made aware of the importance of emotional wellbeing along with the identification of strategies to protect against mental health issues.

“The underlying message in many of the CUPPA stories speak about taking on challenges, resilience in the face of failure, and a real development of self worth...and blessedly so!”
Barry J Hymer, Professor of Psychology in Education, University of Cumbria in Lancaster.

“The CUPPA Mindset System is a must have for all teachers who want to improve the emotional and mental mindsets of pupils. The preventative mental health strategies, linked to greater awareness are crucial for all pupils....and staff.”

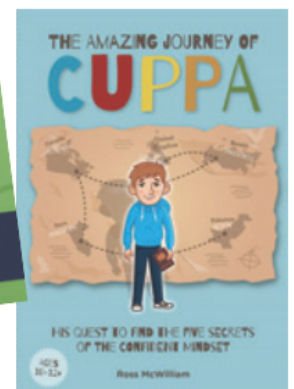
Ross has spoken at Institute of School Business Leaders, Well's National Music Conference and National Association of Headteachers
Ross is Mental Health First Aid accredited by Mental Health England.

David Fann, former primary headteacher with over 25 years' experience of working with primary age pupils.



Perfect for Children's Mental Health Week, World Book Day and School Wellbeing

Free Cuppa Mindset Series Books as part of the visit.



Preventative Mental Health Strategies

What to do now? Contact Ross for your assembly and classroom intervention.
www.cuppajourney.com 07771 916 788 ross@rossmcwilliam.com