

TAKE FIVE

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AT SCHOOL

**STAND STRONG
BREATHE**

Option 1 Executive Summary

With Option 1 - YOU directly deliver Take Five in your school, with your own staff.

WE will fully train & support one or two members of your staff to effectively lead & deliver the whole programme from the outset.

Suitable for: Primary, Secondary, Special schools.

Ideal for schools who can commit a member/s of staff to a **minimum of 100 hours**/year in the first year, and 39 hours/year thereafter (in Secondary schools [depending on size] hours may be 30% more).

This option involves an initial set-up cost for a twelve-month Licenced programme. Thereafter, you can bring Take Five alive in your school, with the only ongoing cost being an annual subscription fee starting at £60/year.



Bringing Take Five alive in your school

What you get in the twelve-month Licenced programme:

- ✓ **2 days training** for your chosen Take Five Champion(s)
- ✓ **Comprehensive Resources** - including all training materials, badges, and Growing Stronger celebration stickers and Practice cards
- ✓ Up to **6 tailored remote support sessions** to discuss any additional needs relating to **whole school / universal** or **targeted** resilience building
- ✓ Up to **10 Take Five Practice Cards** co-designed by your school



Feedback from two schools who recently completed the Option 1 Training

Hayfield Lane Primary

- 'Good to role play and practice'*
- 'Fantastic resources to share and practice with staff'*
- 'Safety message really clear throughout'*
- 'Knowing we have support and can get in touch'*
- 'Confident of help and support for us'*
- 'Great to skype with Mark Lilly and discuss trauma'*
- 'Feel very confident'*

St. Peter's Cross Keys Primary

- 'Training Manual easy to use'*
- 'Resources provided seem really clear, easy to use and well prepared'*
- 'Loved practical ideas, easy to see how would work in EYFS'*
- 'Fantastic resources'*
- 'Very satisfied with Training'*
- Follow up email from Head:*
 - 'Jo and Sam came back both buzzing from your training today! They could straight away see how this could benefit so many children and talked a lot about the secondary trauma and how this really struck a chord with them in terms of impact on the other children in the class.'*

What does it cost?

All quoted prices herein are valid until April 1, 2018

One-off fee for initial 2 days of Training, Licence, set-up plus twelve-month supported programme costs:

Whole school Licence for 12 months with 1 Champion trained £1390

Whole school Licence for 12 months with 2 Champions trained £1480

(option for split payment e.g.: 70% of £1390 prior to start of training = £973, and 30% in month 12 = £417)

What happens after twelve months?

By the end of 3 terms your Take Five Champion (supported remotely by Each Amazing Breath) will have brought Take Five alive across your school (tailored to your needs). You will then have the option to continue with the Licence through an annual subscription. This fee allows us to stay in touch & quality assure Take Five in your school for the years ahead.



Annual subscription packages from £60.00

Package feature	Bronze	Silver	Gold
Annual (1 hour) remote support and advice 'Check in' to discuss progress of your use of Take Five	✓	✓	✓
10 Take Five Ambassador Badges	✓	✓	✓
Privileged access to additional consumable Take Five resources at cost price (stickers, bookmarks, badges, door hangers etc.)	✓	✓	✓
Trauma-smart consultation opportunity for discussion of Targeted and Universal building and specific needs (Up to two, 1-to-1, 30 minute sessions)		✓	
Trauma-smart consultation opportunity for discussion of Targeted and Universal building and specific needs (Up to four, 1-to-1, 30 minute sessions with Mark Lilly and the team)			✓
Quality assured production of 4 unique Take Five Practice resource cards, co-designed by your students		✓	
Quality assured production of 8 unique Take Five Practice resource cards, co-designed by your students			✓
Additional Volume of Take Five Practices (about 45 cards)			✓
Plaque for your reception area - We are a 'Growing Stronger and More Resilient' school.	✓	✓	✓
Annual Subscription cost	£60/Year	£140/Year	£250/Year

Optional extras	
Highly subsidised 1-day refresher training for new staff or Champion (should your previously trained Champion leave)	£120/person
Half day or Full day visit to your school by one of our Trainers is available on request	Price dependant on your location

FAQs

How soon after the training can we do Take Five in school?

Very soon. Over two intensive days we train you in all aspects of using the training materials to train staff across your school. Whoever attends this training will be the *Take Five Champion* for your school and they need to be able to have a minimum of 100 school-day hours/year available to fulfill this role.

How many Champions shall we train?

Many schools train one Champion; however, it can be a shared role (with the 100 hours/year split). This provides for mutual support, and helps if a Champion is off sick or leaves; in particular, sending two people is helpful for Primary schools who are keen to have Take Five in Early Years, or for a Secondary, where the scale is larger.

Do you tailor Take Five to different Phases?

Yes, tailoring Take Five to needs and **ensuring it is developmentally appropriate is a key part of what we do.** We provide both an Early Years and a Secondary workshop during the 2 days training, as well as Key Stage 1 and 2.

What happens if we decide not to subscribe after 12 months?

To continue to do Take Five in your school after the initial 12 months you will need to pay the annual subscription. This brings many benefits to your school and helps ensure that Take Five is quality assured, as well as providing access to new resources and support for other resilience building opportunities, for example with parents and carers.

Booking details

Bookings for all our programmes are taken through an Application and Booking form. This form also provides details of the training courses. If you do not already have a form please email enquiries@eachamazingbreath.org to request one.

Who delivers Take Five?

Each Amazing Breath CIC is a UK-based not for profit organisation, who developed not only Take Five but the strong framework that allows us to work with each school to co-produce a resilience building plan, and bring alive Take Five based on real-world, local needs.



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