



SKy|light is excited to introduce 5 to Thrive, a 6-week, fully funded, 1-2-1 wellbeing programme tailored for students in Year 9, 10, and 11. This is for young people who have been identified as struggling with self-esteem, confidence, motivation, stress, or friendship issues. This preventative, early intervention programme is designed for those young people who have not yet accessed specific mental health services such as CAMHS or other forms of counselling.



The programme takes a young person-centred and strengths-based approach to supporting those students who are becoming disengaged or disinterested with their personal and school life. It is structured around the 5 Ways to Wellbeing, which are proven strategies for enhancing mental health and cognitive function. Each week focuses on one of these five aspects through targeted interventions. Sessions involve an informal catch-up, providing a space for young people to explore recent thoughts and feelings, followed by structured wellbeing activities and personal reflections, lasting 45 to 50 minutes.



PROGRAMME STRUCTURE

1. Identify

Exploring values, strengths, and interests to build a strong foundation of self-awareness.

2. Take Notice

Mindfulness and awareness exercises to help students stay present and manage stress.

3. Connect

Activities aimed at building and enhancing relationships, fostering a sense of belonging and support.

4. Be Active

Identifying physical activities students enjoy and creating a personalised action plan to incorporate these activities into their daily routines.

5. Give

Encouraging acts of kindness and community involvement, promoting a sense of purpose and self-worth.

6. Learn

Continuous learning and personal growth activities to boost self-confidence and motivation.

The final session includes creating a comprehensive wellbeing action plan and providing additional resources and signposting to support ongoing mental health and wellbeing.

The 5 Ways to Wellbeing—Take Notice, Connect, Be Active, Give, and Learn—are evidence-based actions that enhance mental health and overall wellbeing. Mindfulness practices reduce stress and improve emotional regulation (Keng et al 2011)*, while building social connections and regular physical activity boost happiness, reduce anxiety, and enhance cognitive function (Holt-Lunstad et al 2010)**. Additionally, these practices can significantly support young people struggling with self-esteem and motivation by fostering a sense of achievement, belonging, and purpose.

*Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies.

**Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review.



This programme aims to provide students with the tools and strategies they need to improve their mental health and wellbeing, setting them on a path to greater resilience and success.

For more information or to enrol your students, please contact SKY|light's Youth Engagement Officer,

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