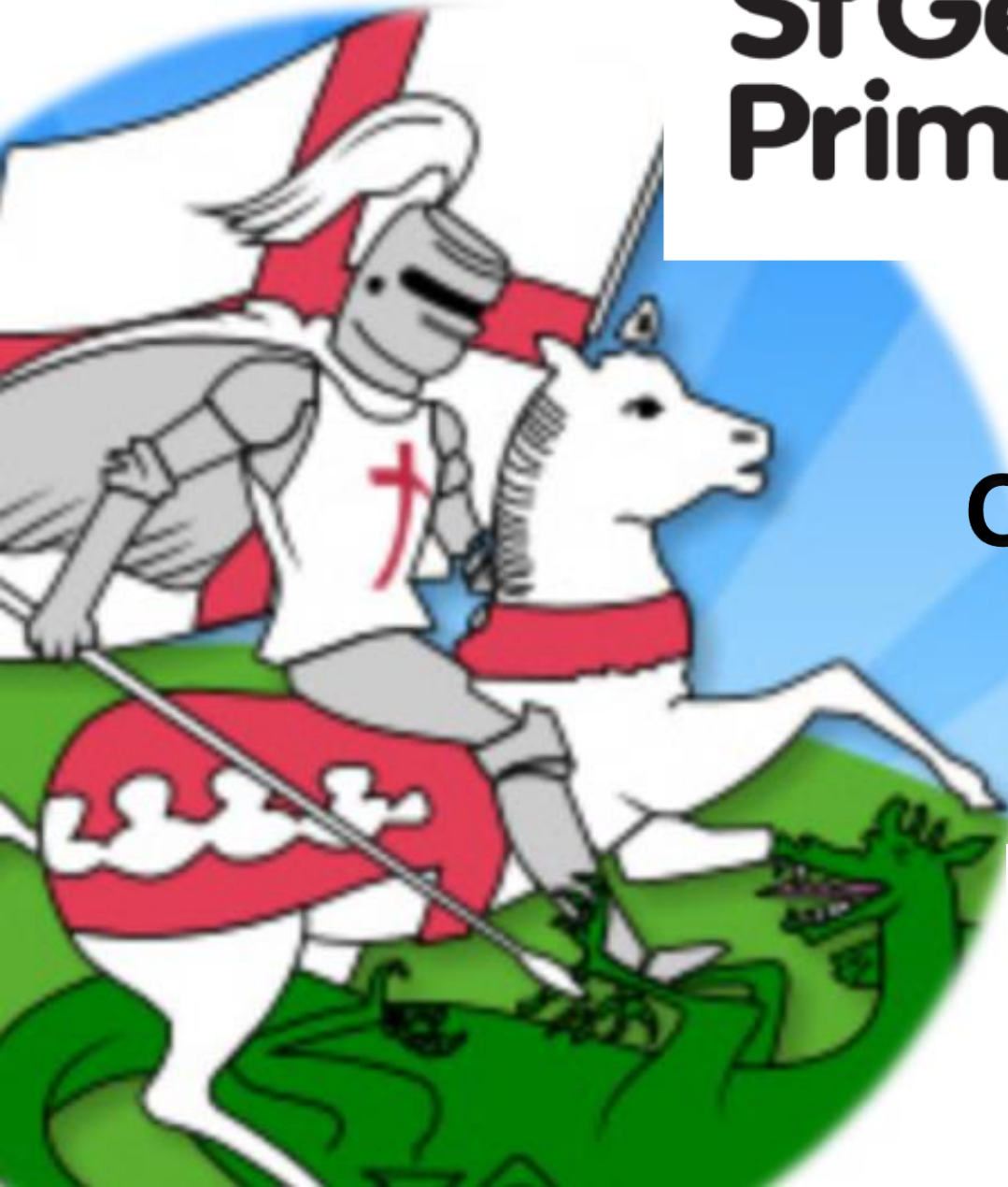


St George's Primary School

**Zumos
Oct 2019**



St George's Primary School,
St George's Road, Wallasey,
CH45 3NF

Tel: 0151 6386014

schooloffice@stgeorges.wirral.sch.uk

What is Zumos?

It is an online portal that can be accessed by teachers and pupils.

It should take no longer than 5 mins to deliver daily in school.

It has different interfaces for children at KS1 and KS2 as well as a different access for teachers.

Children can access Zumos at home.

Teachers can use pupil feedback from PSHE sessions to release information to their pupils.

Children have access to a range of self help skills, tutorials and relaxation techniques as well as games.

Class teachers will ensure all pupils have access to the daily 'How to be Happy'.



Rate My Life

How is your mental health today?



really bad



bad



not so hot



ok



fine



chilled



good



really good



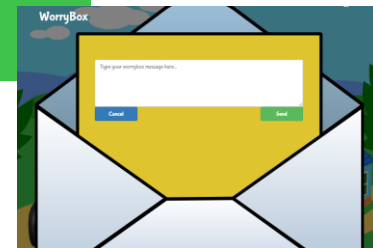
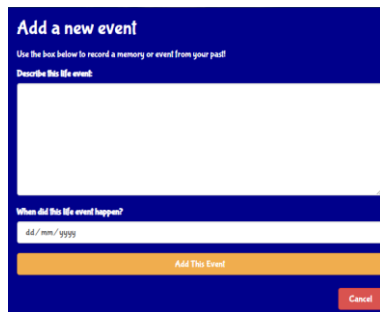
excited

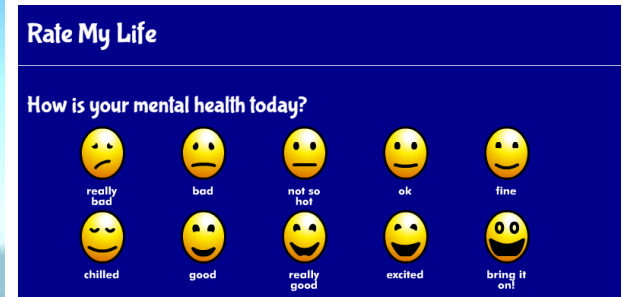
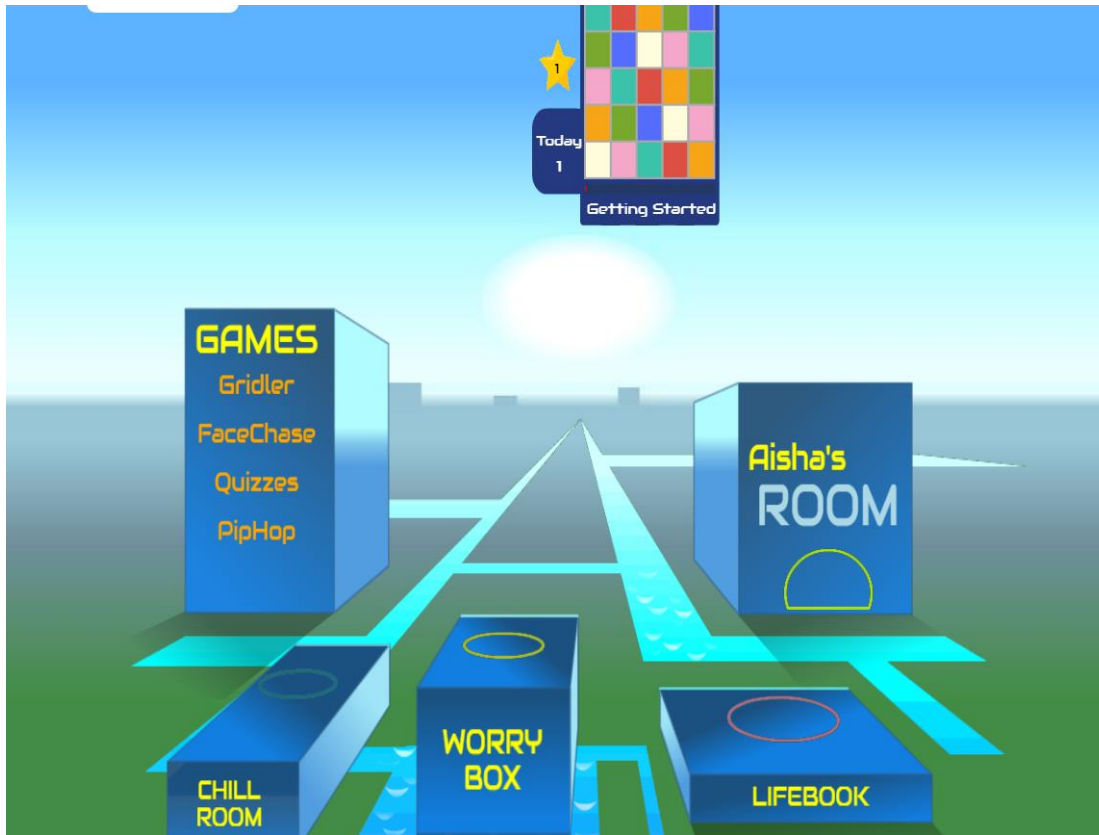


bring it on!

KS1 Format Pupil View

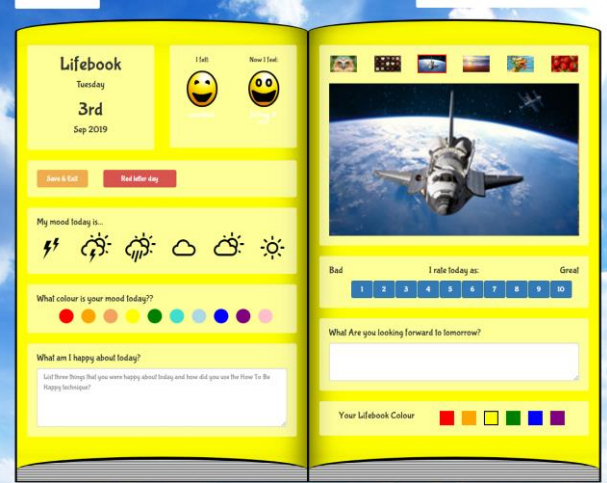
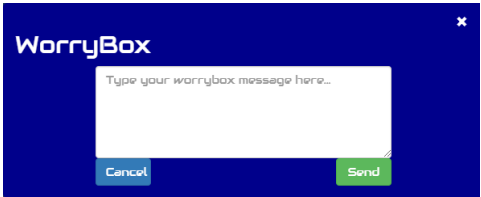
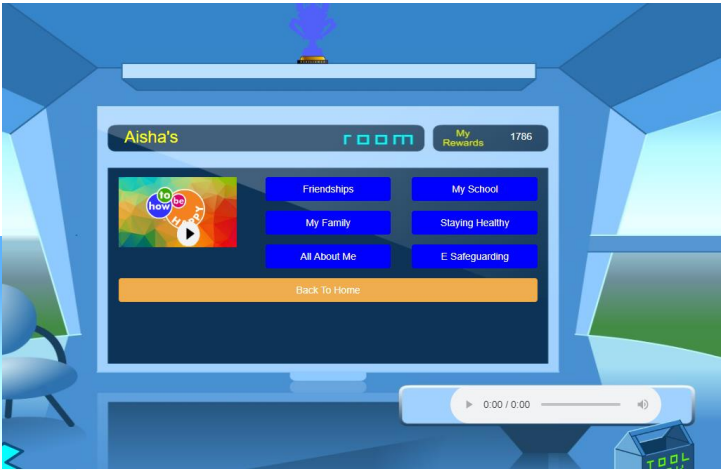
Each child can access Zumos daily at home or in school with their own username and password.





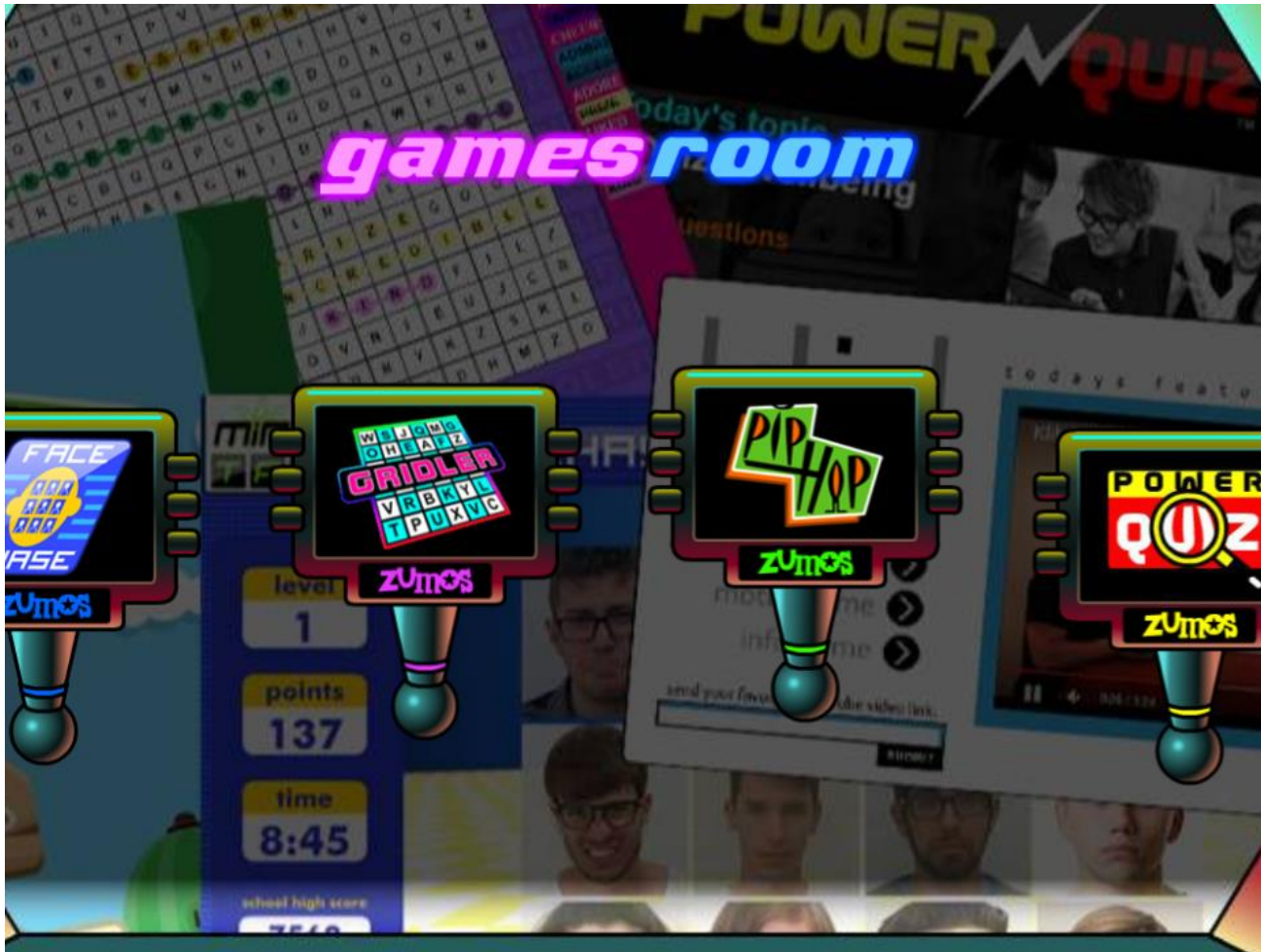
KS2 Format Pupil View

Each child can access Zumos daily at home or in school with their own username and password.



Zumos

- Will be used with all pupils at a class level (QFT)
- Additional early support will be given to access Zumos in school (15 mins 3 x per week) for identified pupils.
- The worry box can be accessed by all pupils – Teachers will only read these during school working hours. This will be explained to pupils.
- Staff will continue to model the use of Zumos with the children so they are familiar with the site.
- Adult Zumos should be ready Jan 2020 and all parents will have a free access to this (confidential).



Playing the games for 10 mins 3 times per week can alter their cognitive bias. Changing negative feelings into more positive responses.

Mind Tap Games

Why do they work?

Mind Tap games are based around **Cognitive Bias Modification**, or CBM for short.

Cognitive Bias Modification (CBM) is a computer-based approach that can help to reduce stress, anxiety and depression.

It can achieve this with simple games that gradually alters the player's attentional bias. **An attentional bias is the tendency for our perceptions to be affected by our recurring thoughts.**

To put it another way: what we pay attention to in the world around us has a lot to do with what we're thinking about. For example, a person who thinks a lot about clothes and fashion will be quick to notice what other people are wearing. Similarly, a depressed person whose thoughts are mostly negative will tend to only pay attention to negative events going on around them. In other words, they have a negative attentional bias.

A negative bias can be very useful in dangerous situations, because it can quickly draw your attention to any potential threats and help you to avoid the danger, but in normal, everyday situations, having a tendency to automatically zoom in and focus on negative information can cause all sorts of problems.

Lifebook

Tuesday

3rd

Sep 2019

I felt:



excited

Now I feel:



bring it on!

Save & Exit

Red letter day

My mood today is...



What colour is your mood today??



What am I happy about today?

List three things that you were happy about today and how did you use the How To Be Happy technique?



Bad

I rate today as:

Great

1

2

3

4

5

6

7

8

9

10

What Are you looking forward to tomorrow?

Your Lifebook Colour





ZOILS



★ **chillroom** ★
Feel good everyday!



me time

To start feeling amazing;
complete at least 20 minutes
of mindfulness a day.

1 Minute

3 Minutes

5 Minutes

10 Minutes

15 Minutes

20 Minutes



Visualisations

Relax and escape to a world
of mindfulness anytime.

How to Breathe

A Journey Within

Antarctica

Rivers

Calm Mantra

Crystal Cave

Journey to your Heart

Meadows

Mountains

Relax



Power Quiz

There are 4 sections to the quiz that the children complete.

These should be completed termly to identify any MHWB needs and to target support.

We will complete these with children in school.

These quizzes disappear from the games room when they are completed.

Quizzes include;

Well being

Self esteem

Resilience

