

WISH

WELCOME BACK
I CAN
SOCIAL CONNECTIONS
HOPEFUL FUTURES

WISH is a universal intervention programme for children and young people in Key Stages 2-4 to develop and enhance their well-being, self-efficacy and resilience. The programme is built on psychological theories and research into the best support for children and young people, and enables them to reflect, learn and develop their skills now and to move them towards positive futures.

The WISH programme is Shropshire's bespoke intervention to support children and young people during and following the Covid-19 pandemic. It is the lead intervention for Shropshire schools and endorsed as part of the DfE Government well-being intervention that is currently being delivered nationally.

The WISH Programme consists of:

- A 30 minute online training video for School Staff.
- A short feedback questionnaire for School Staff to ensure they are ready and confident to facilitate the sessions.
- Prepared PowerPoint slides for the 10 WISH sessions.
- A WISH manual to support the delivery of each PowerPoint slide.
- A short survey for children and young people to reflect on their well-being before and after the sessions.

The 10 WISH sessions may be run in 15-20 minutes, although more time can be taken to run them and there are additional opportunities for extension activities for each session.

The WISH programme has been created by Dr Kathryn Morgan, Dr Chantal Goss & former Trainee Educational Psychologist Emily Williamson



APPLYING PSYCHOLOGY TO MAKE THE DIFFERENCE

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<https://www.shropshirelg.net/services/educational-psychology-service/>

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