



Hamish and Milo

10 x 45 min
weekly sessions

Hamish and Milo is a programme which gives children the opportunity to be involved in a range of activities about a particular theme of emotional wellbeing as part of a small group.

Hamish & Milo Wellbeing Intervention was founded by Clare (a primary teacher, educational psychotherapist, advisor and trainer) and Anne (a corporate designer and communications expert). Friends and neighbours for nearly 20 years, with their children born a day apart, they shared many years of life experiences and adventures with their children. They often discussed how to help their children but also how greater support is needed for so many children who have difficulties with their mental health, emotional development and wellbeing.

These emotional literacy resources for primary-aged children help them feel listened to, special, valued and cared for. We hope to ensure that all children feel happier and able to thrive in our ever-changing and complex world through accessing this intervention.

The complete Hamish and Milo programme contains ten emotion theme packs; friendship, resilience, anxiety, diversity, angry feelings, change, conflict, loss, sadness and self-esteem. Each theme pack can be used as a stand alone focus area or as part of a wider approach.

Before starting the group session plan, the children are encouraged to make their own sock puppet. Puppets can be a wonderful tool for enabling children to explore, think about and discover feelings and experiences. The adults will use the sock puppets to prompt discussion and provide a playful and fun way to be reflective.

Each session starts with a welcome and check-in. It's a chance for children to say how they are, to feel listened to, welcomed and special from the outset. This is followed by:

Focus Moment – a time to get the children to think about the key element of the session.

Insight Focus – the adult helps the children to understand a key concept.

Activity – a chance for the children to be creative and expressive.

Reflection – provides an opportunity for the children to share their thoughts from the session.

Wellbeing Journal – each child is encouraged to write down their thoughts and feelings to celebrate their part in the session.



