



Supporting Children & Young People in North Yorkshire

Welcome to Spring 2026 Resources, Updates and Support



- Live, bespoke training for your staff meetings or training days
- Assemblies and resources
- Advice and support for all school staff
- Please get in touch and we will try to accommodate you needs

To keep updated about [Compass Phoenix](#), make sure to follow our social media platforms:



[Click here to visit the Compass Phoenix website](#)

January

Focus

Training links and support for school staff

Books, Links and Resources for Students

Communication

Time to Talk Day
(This will be celebrated on 6th February, but it's good to be prepared!)

We have scheduled 2 free webinars to support communication this month. Click the link below to register for either of these 30-minute webinars:

- [Opening Conversations with Parents about Mental Health & Emotional Wellbeing](#)
- [Using Active Listening Skills](#)



Time to Talk Day is the Nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. Visit [THIS LINK](#) to download a resource pack which has all the relevant promotional materials and activities.

BUZZ US is a free confidential text service run by Compass in North Yorkshire.

Young people aged 11 - 18 can text a Training and Cosultation Worker all year round on 07520 631 168 for support with a range of issues including: Anxiety, bullying, self-esteem, low mood, stress and self- harm



Great books to support children with communication include:

- **Primary:** 'Speak Up!' by Nathan Bryon
- **UKS2:** 'The Boy Who Made Everyone Laugh' by Helen Rutter
- **UKS2** Marvellous Messages - the Amazing stroy of Commiunication by Rose Ayling -Ellis
- **KS3:** How to Talk to People by Katerine Wilson

'I Statements' is a handy resource you can download here to support students to express their emotions and put their point of view across clearly and calmly.



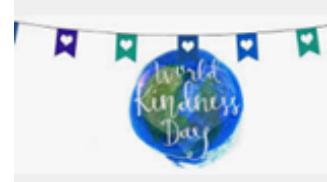
Book a **free telephone consultation** and we can support you with more resources, as well as the chance to discuss a child/group of children who would benefit from support.



Email phoenix@compass-uk.org or call the office on **01904 661916** to discuss how we can support you and your school.

February

Focus	Training links and support for school staff	Books, Links and Resources for Students
<p>Kindness</p> <p>Random Acts of Kindness Week</p> <p>&</p> <p>Children's Mental Health Week</p>	<p>We have scheduled our Wellbeing Champions training package to run weekly this February. It's a great webinar to support a member of school staff to set up and run a successful Wellbeing Champions group in school and comes with all the resources you need. Please click the link below to register for this free webinar:</p> <ul style="list-style-type: none"> Wellbeing Champions <p>The theme for Children's Mental Health Week 2026 is 'This Is My Place', with the aim support the systems around children and young people to help them feel they belong. Please head to the website for free resources and more information.</p> <p>https://www.childrensmentalhealthweek.org.uk</p> <p>Our Whole Class Wellbeing Pack is full of quick whole class techniques to support wellbeing – why not give one a go each day in children's mental health week? self-esteem, low mood, stress and self- harm</p>	 <p>Great books to support children with communication include:</p> <ul style="list-style-type: none"> • Primary: 'Kind' by Alison Green • Any age: 'People Need People' by Benjamin Zephaniah • KS2: 'The Kindness Project' Debrah Abela • KS3 onwards: 'Random Acts of Kindness' by Danny Wallace <p>'Acts of Kindness' is a lovely <u>resource you can download here</u> to promote kindness and boost wellbeing. Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support.</p> 



Feb 14th to 20th marks Random Acts of Kindness Week - A whole week dedicated to kindness!

Follow the link to find loads of quotes, ideas and resources, including videos featuring Norm to help celebrate the week. <https://www.randomactsofkindness.org/>



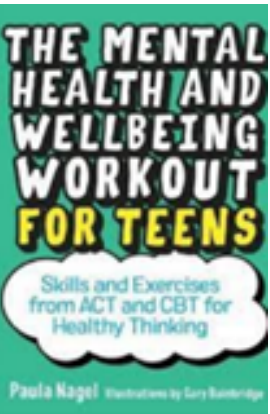



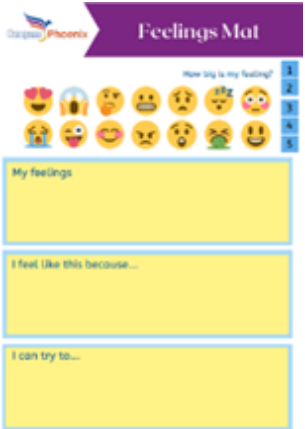


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March

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<div>Happiness</div> <div>International Day of Happiness March 20th</div>	<p>To help support children reach their potential they need to be able to regulate their emotions. With this in mind we have scheduled a 30 min webinar for school staff to suport children with emotional regulation.</p> <p>Click the link below to register for this free webinar Emotional Regulation (30 mins).</p> <div><div><div>IDEA</div></div><div><div>Quick ideas for the classroom</div><ul style="list-style-type: none">• Carve out 5 mins at the end of each day to share what makes people happy.• Create a simple display where staff and students share what sparks joy... they could can pin images/ quotes or even a snack packet to a washing line – anything goes!</div></div> <p>Since 2013, the UN has celebrated the ‘International Day of Happiness’ as a way to recognise the importance of happiness in the lives of people around the world. Follow link below for resources, facts and stats including, ‘The Happy schools project.’</p> <div>https://www.un.org/en/observances/happiness-day<div>United Nations</div></div>	<div></div> <p>EYFS: Mr. Men and Little Miss ‘Discover You’ series. Please note these are also available on Youtube with downloadable resources.</p> <p>KS1: The Colour Monster: The Feelings Doctor and the Emotions Toolkit by Anna Llenas</p> <p>KS2: What’s Going on Inside my Head? Molly Potter & Sarah Jennings</p> <p>KS3: Paula Nagel ‘The Mental Health and Wellbeing Workout for Teens’</p> <p>‘The Feelings Mat’ is a wonderful <u>resource you can download here</u>. Why not share it with your year group in assembly this month or use it when exploring a character’s emotions in a reading session.</p> <div></div>



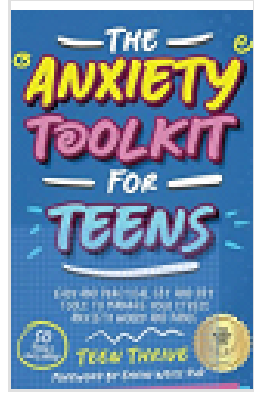
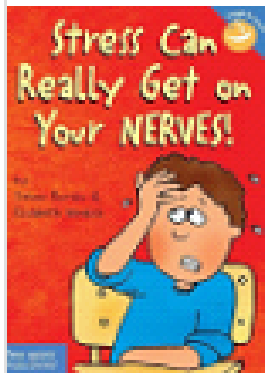
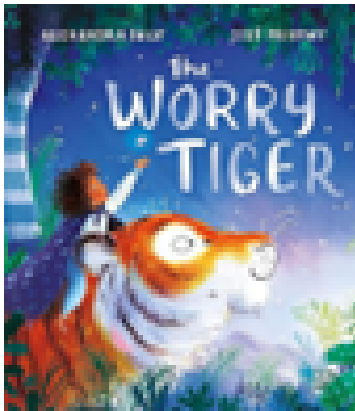



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April


Focus	Training links and support for school staff	Books, Links and Resources for Students
<div>Managing Stress</div> <div>Stress Awareness Month UK</div>	<p>To help support school staff, children and young people understand and manage stress, we have scheduled 5 free training packages for the whole of April. Click the link below to register for one, or all of these free webinars:</p> <ul style="list-style-type: none">• Supporting Children and Young People to Cope with Stress & Anxiety (1 hour 30 mins)• Anxiety (30 mins)• Separation anxiety (30 mins)• Staff wellbeing (1 hour 30)• Avoiding Burnout (30 mins) <div></div> <p>Young Minds have a fantastic page dedicated to supporting young people with exam stress. Follow the link here to access their excellent resources: https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/</p>	<div></div> <p>Great books to support children with understanding Stress include</p> <ul style="list-style-type: none">• KS1: ‘Worry Tiger’ by Alexandra Page• KS2: ‘Stress Can Really Get on Your Nerves’ by Trevor Romain• KS3: ‘The Anxiety Toolkit for Teens’ by Teen Thrive and ‘Star Fish’ by Akemi Dawn Bowman. <p>Take Your Thoughts to Court is a handy resource you can download here to support students to manage stress. Book a free consultation and we can support you with more resources like this, as well as the chance to discuss a child/group of children who would benefit from support</p> <div></div>

CALM ZONE

A lovely site to signpost children and Young People to is the Calm Zone by Childline it has useful videos, tips and ideas that are really accessible.
<https://www.childline.org.uk/toolbox/calm-zone/>



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2025 - 2026 Assembly Overview

Connect

Give

Take
Notice

Keep
Learning

Be
Active

Term	Theme	Overview
Autumn 1	Connect	Introduction to the 5 Ways to Wellbeing and focus on: Connect. Includes some interactive fun ideas to illustrate the idea of staying connected. PLAN and RESOURCES HERE
Autumn 2	Give	Focus on Give - Linked to giving gifts at Christmas and self-care week in Nov – give to yourself too. PLAN and RESOURCES HERE
Spring 1	Keep Learning	Focus on learning - including 'Multiple Intelligences' and how we are all different learners but equally important. Encourage children to be creative and take control of what they are interested in.
Spring 2	Take Notice	Focus on 'take notice' - encourages children to spot changes in the natural world as well as internal emotions. Links to 5 senses and mindfulness.
Summer 1	Be Active	Focus on 'Be Active' - making the most of the better weather so we can be outside and how physical activity helps our mental health
Summer 2	Understanding our Fight Flight Freeze response	Focus on understanding our Fight Flight Freeze response – what it is and how to manage it including top tips to manage big emotions.



Please look out for the assembly plans and resources which we will email to you at the start of each half term.