

Fresh Little Minds™
SUNRISE Programme

Parents/Carers Welcome Letter

Dear Parents/Carers,

I am AMBER, a special puppy and I am coming into your child's classroom to find ways to help their minds and bodies feel better as part of **Generation Thrive: Fresh Little Minds Sunrise Programme** created especially for Key Stage 1!

I am great for all kinds of kids. I can support shy, worried, mega energetic, moody, or scared kids. I love to help children find little ways to cope with life's stormy weather days. I even supercharge happiness, kindness, and thankfulness!

I create AMBER HeartSpaces in the classroom and in that time, we work out how the body and mind works, I teach biology, neuroscience, psychology, bioenergetics, physiology, chemistry, art, sport and a bit of history!

I teach children to notice, listen to and master fear, worry, anger, sadness, and many other energies running around inside of our bodies and minds.

Your child's teacher is one of my best friends and they will help me each week to teach. Together we will boost your child's strengths as we want them to be able to cope with the storms of life and thrive in the years ahead. As I'm a puppy, I like to play a lot, so all the children will learn all of this super dooper life affirming knowledge and skills through playing my mental health and resilience games.

All activities have lots of 'sciency' rationale behind them and when children learn my strategies they can; learn more easily, concentrate better, feel and act calmer, feel happier and have healthier minds and bodies! What's not to love about learning all about AMBER!

We would like it if you got involved with 'AMBER HeartSpace at Home' and we have workshops and resources which are perfect for parents. Help us on this mission! Look out for these when they come home.

Lots of love, hope and joy

Puppy Love

AMBER

From Fresh Little Minds

P.S. In the classroom I am a puppy puppet, imagine the mess I'd make if I was a real puppy!

