

# Primary School Resources

We have created a range of online resources for use in the classroom, or at home, as well as resources for parents.

We want to create resources that are relevant and beneficial, so if you would like to request a resource, or suggest a theme for our next resource, please email [Emily.croucher@phase-hitchin.org](mailto:Emily.croucher@phase-hitchin.org).

For our full list of resources, click [here](#), or visit our website: [phase-hitchin.org](http://phase-hitchin.org)

## 5 Minute Video Series:

Each of these is a series of short, 5-minute videos with a key message around wellbeing and resilience. Videos are designed to be used in the classroom but can also be watched by children at home.



**Back to School Reminders**



**5 Ways to Wellbeing**



**Did You Know**

## Year 5 Virtual Programme:



**The Grow Programme is 3 interactive sessions aimed at Year 5 students, exploring different aspects of building resilience.**

This programme is written to be delivered in the classroom. Each session pack includes a video of the workshop, a detailed teacher guide, and templates for any booklets or resources needed.

For the full programme plan, including all the links, click [here](#).

## Parent Resources:



**Parent and Carer Video Series**



**Phase Podcast**



**Phase Blog**