

Team of Life

Information for Parent/Carers

What is the Team of Life

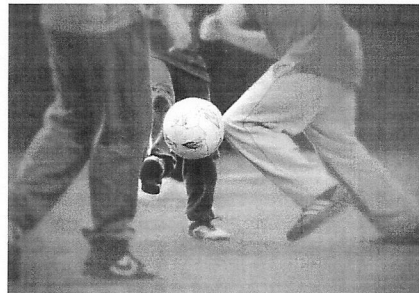
The Team of Life helps promote wellbeing and resilience among teams of children within school communities.

Using sporting metaphors, this fun and interactive approach invites children to share strength-based stories of skill, knowledge, hope and survival.

Working together with others enables children to build a sense of social support, get help when they need it and recognise what they have to contribute to others

- Bringing children and young people together in teams
- Establishing a 'team of life' from amongst family, friends and other significant relationships.
- Working together with their team to 'score' goals in life
- Enabling children to reflect on how they can overcome obstacles with the help of their team.

“It helps people to be able to tell others about their goals and become more confident”



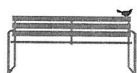
Research led by University of Liverpool has shown that Team of Life helps children to connect and interact with others in positive ways.

There are many resources aiming to improve children's well-being and resilience by teaching children individual coping skills. The Team of Life aims to go further by building the relationships and support networks within communities that enable children to access the help and support they need, while also encouraging them to help others.

To support schools to implement Team of Life we are developing new digital resources. We want to consult and co-create these resources with children as much as possible. We will be working with groups of children in schools throughout the development process. Thanks for your help and support with this important project which is led by Dr Vicky Eames, Consultant Clinical Psychologist <http://riverbankpsychology.co.uk/>.



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