

# WE ARE SKY

## **What is the WE ARE SKY project?**

Developed by Fledgling Education CIC, this project helps children and young people explore healthy ways of understanding and expressing their emotions.

By using weather patterns as a metaphor for our emotional landscape, it encourages the idea that there is no right or wrong way to feel- only more or less effective ways of communicating.

## **What do we offer?**

### **WE ARE SKY Workshop In Schools and the Community**

*In the Autumn, we hope to pilot the project in schools across Cheshire and Staffordshire. Working together with sound and visual artists, we hope to show children how to channel emotions from their vast and varied emotional spectrum into something that positively impacts themselves and the rest of the world.*

### **FLY IN THEIR SKY**

#### **Positive Behaviour Coaching sessions for families**

*We have a passion for empowering parents/carers to recognise negative behaviour patterns demonstrated by their child and support them in breaking the cycle. Come and talk to us and we will listen and support you without judgment and give you the opportunity to fly in your child's sky.*



# TODAY'S ASSEMBLY

We Are Sky is a project created by Fledgling Education CIC to help children learn how to respect, process and communicate their emotions.

**The key message is:**

**EVERY EMOTION YOU FEEL IS REAL AND VALID.**

**EXPRESS IT WITHOUT USING BEHAVIOUR THAT HARMS YOURSELF AND OTHERS.**

Today, Felicity (NPQH/ Emotional Education and Behaviour Specialist), introduced the children to the project and explored:

**THE WIDE SPECTRUM OF EMOTIONS AND HOW EACH ONE HAS IT'S PLACE IN THE WORLD**

**HOW TO "STAND WITH THE WEATHER, NOT AGAINST IT" BY ACCEPTING, RESPECTING AND UNDERSTANDING THEIR FEELINGS RATHER THAN HIDING OR FIGHTING THEM**

**How can you help at home?**

*You can help your child learn to describe what they're feeling both emotionally and physically perhaps using the weather as a metaphor. Model how YOU emotionally regulate by talking aloud about your own feelings. Continue to encourage safe expression using drawing, movement, journaling, quiet time or poetry. Of course, it's about finding a method of communication that's right for you and your child.*

**WE  
ARE  
SKY**



**IF YOU WOULD LIKE MORE INFORMATION  
OR SUPPORT, PLEASE GET IN TOUCH**



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**SPONSORED  
WALK**  
**6 peaks**  
**24 miles**  
**2 days**

**DAY 1**

- 1. Mow Cop Circular Walk  
o Distance: 4.5 miles (7.2 km)  
o Elevation: 227 meters
- 2. The Cloud Walk (Bosley Cloud)  
o Distance: 4.5 miles (7.2 km)  
o Elevation: 340 meters
- 3. Thor's Cave and Manifold Valley  
o Distance: 5 miles (8 km)  
o Elevation: 209 meters

**DAY 2**

- 4. Park Hall Country Park  
o Distance: 3 miles (4.8 km)  
o Elevation: 250 meters
- 5. Churnet Valley and Dimmingsdale  
o Distance: 3 miles (4.8 km)  
o Elevation: 190 meters
- 6. The Roaches and Hen Cloud  
o Distance: 4 miles (6.4 km)  
o Elevation: 505 meters (Hen Cloud)

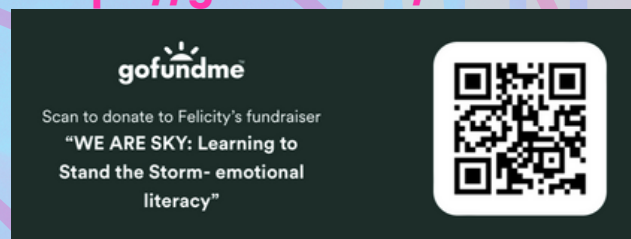
**FLEDGLING EDUCATION BELIEVES THAT SCHOOLS  
SHOULD NOT HAVE TO PAY FOR CHILDREN TO  
ACCESS TO THIS PROJECT.**

**So much so, we are running a fundraising event on  
31st May/1<sup>st</sup> June.**

If this project resonates with you, please consider donating,  
sharing or even giving feedback using the contact  
information below.



<https://gofund.me/3de2b220>



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