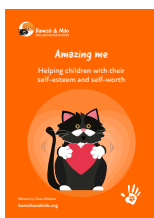
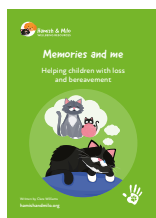
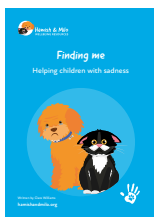




Helping schools build emotionally healthy, inclusive communities where children feel happier, heard and connected

Evidence-based SEMH and SEL programmes, parent partnership programme, professional development and impact reporting that supports a whole-school graduated response.



Supporting 800+ schools, trusts and organisations across the UK and beyond.

hello@hamishandmilo.org
hamishandmilo.org



Scan for more information!





Amazing me
Celebrating me
My friends and me
Exploding me
Resilient me

Connection
Co-regulation
Belonging
Creative enrichment

Calm me
Finding me
New beginnings and me
Actions, words and me
Memories and me



**Emotional Literacy
& Social Group
Development**

**Social Environment,
Adverse & Positive
Childhood
Experiences**

**Adaptive
& Social Brain**

**Human Needs
& Development**

**Attachment & Emotional
Regulation**



A complete SEMH support ecosystem

We provide schools and settings with a complete SEMH support package - evidence-based programmes, professional development, family engagement and Navigator impact reporting tools.

Together they help schools strengthen universal provision, deliver targeted support and demonstrate outcomes for children and young people.

- **Improve wellbeing, attendance and reduce exclusions** - schools are seeing improved emotional literacy skills impacting positively on the whole school community.
- **Improve child outcomes** - schools report improvements in pupils' confidence, attitude to learning and they are thriving in the classroom.
- **Children gain transferable social and emotional skills** - applying the learning back in the classroom, at home and beyond.
- **Empower pastoral staff** - free implementation support, professional development, supervision and accredited training help build confidence and strengthen practice.
- **Demonstrate impact** - digital resources for EHCP, SEN and PEP reviews to capture post-programme impact in line with Ofsted and ISI inspection frameworks.
- **Complete time-saving flexible packages** - progressive, structured session plans, assessment and impact tools, wellbeing journals, parent leaflets, motivational resources, sock puppet craft kits and more!
- **Cost-effective investment** - reusable resources, adaptable for individual or group support, costs pence per child.
- **Supports pupil voice** - ensuring children feel heard, understood and empowered to share their experiences.

“Hamish & Milo has changed our approach as a school for quantity and quality of pastoral support. It has raised awareness too for most staff of how emotional wellbeing comes before learning can really take place and it is central to what we do at Wicklea.”

Rachael Morley, Wicklea Academy, Bristol

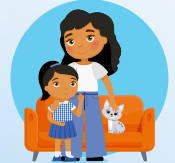


Impactful evidence-based interventions

Significant positive outcomes reported by school staff, children and parents include wellbeing, behaviour, attendance and learning.

In collaboration with the University of Bath, a quasi-experimental mixed-methods research study¹ on the effectiveness of the Hamish & Milo SEMH Wellbeing Intervention Programme showed that after taking part in the programme the following significant positive outcomes were reported by school staff, children and parents.

- 1 The children “found their voice.”**
Their self-esteem and confidence increased so they could more easily share their feelings and experiences and ask for help and support when they needed it.
- 2 Children’s social and emotional skills improved.**
Their self-awareness, resilience, and self-regulation increased so they were able to experience more empathy and build stronger, long-lasting social connections.
- 3 Children’s wellbeing improved.**
They were happier, calmer, more positive and were thriving.
- 4 Children’s academic learning improved.**
They developed a more positive attitude towards learning and became more independent, and these results were reflected in the classroom.
- 5 Parents noticed the changes in their children.**
Parents reported the positive impacts they were seeing at home.
- 6 School leaders noticed a decrease in escalations and exclusions.**
A decrease of dysregulated behaviour and a reduction in exclusions was experienced.
- 7 The impact was felt school-wide.**
The positive impact for pupils and staff was noticed across the school.



Theory and research-led targeted support

We provide the framework, language and content for courageous conversations about mental health, emotions and life experiences.

Evidence-based research, neuroscience and early social and emotional development underpin our approach - attachment theory, the importance of early social and emotional development as well as understanding the impact of emotional stress on the developing child. Hamish & Milo is also built within the theoretical landscape of relational connection and the comfort and emotional safety in feeling you 'belong' as part of a social group and was created for small group work but also has a great impact 1-2-1 or whole class groups.

It is the quality of the relationship that is at the core. We truly support the adults to confidently help children with difficult emotional content. Our programmes are structured yet flexible, making them suitable for staff at all experience levels to deliver effectively and with awareness of the complexity of mental health needs that children experience.

Our programmes help children with self-esteem, self-confidence and resilience, grief, loss and sadness, explosive feelings, anxiety, peer relationships and conflict, diversity and inclusion, and change and transition - all complex issues that we know affect children's long-term mental health.

Our programmes provide targeted support for children with SEMH, SEND and neurodiversity, particularly those experiencing disadvantage, adversity or barriers to learning.

The research study showed that our Hamish & Milo Programme is effective in supporting:



Vulnerable children from disadvantaged backgrounds experiencing adversity.



Children with social, emotional, and mental health difficulties.



Children with special educational needs and disabilities.

"Hamish & Milo has been transformative for many of the children who have taken part. We have seen noticeably calmer, more regulated, more confident children who are able to express their feelings to others. Parent feedback has also shown that children are able to transfer the skills that they have learned into their home settings, with comments around the lessened incidents of dysregulation at home, as well as better, more open relationships."

Ruth Clifford-Turner, Exning Primary School, Suffolk

Hamish & Milo Wellbeing Programmes

Our range of social and emotional themes include friendship, resilience, anxiety, diversity, strong emotions and anger, change and transition, conflict resolution, loss and bereavement, sadness and self-esteem.



Actions, words and me - Helping children with conflict resolution

Our conflict programme helps children to understand what conflict is, how it affects them and how to use their communication skills, empathy, listening skills and assertiveness to express, resolve and repair relationships when there is rupture or disagreement.



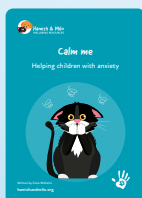
Celebrating me - Helping children with diversity, difference and inclusion

When we feel different, or that we don't belong, we can feel confused, uncertain or have mixed feelings. This programme helps children to understand their feelings and celebrate differences and diversity, prejudice and stereotyping, and to have respect for themselves and others.



Resilient me - Helping children with resilience

This programme helps children learn to express and talk about feelings, obstacles and fears to develop and grow inner strength and gain confidence in stepping out of their comfort zone. Children learn about reaching for their hopes and aspirations through developing skills of persistence and problem-solving.



Calm me - Helping children with anxiety

This programme helps children to begin to understand and recognise the signs of anxiety and helps them to know they are not alone with anxious feelings. They will learn ways to express, regulate and share their thoughts so that they feel understood and able to survive through difficult times.



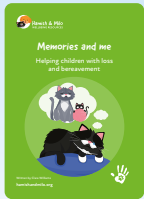
Finding me - Helping children with sadness

Sometimes children know why they feel sad and sometimes they do not. This can be because of deep blocked feelings inside them. In this programme we begin to look at sadness and how this can present. We help children with ways to be able to express and make sense of their feelings.



New beginnings and me - Helping children with change and transition

When change occurs there is anticipation and uncertainty and many children find it unsettling, worrying and sometimes painful. This programme helps children to recognise the range of feelings they have, talk about their experiences and helps them to plan for change and prepare for endings.



Memories and me - Helping children with loss, bereavement and grief

Coping with loss and bereavement is incredibly painful. This programme helps children think about bereavement, share their thoughts and experiences in a sensitive and emotionally containing way and understand how it may affect them so that they are more aware and able to seek the support they need.



Amazing me - Helping children with their self-esteem and self-worth

Learning to appreciate, affirm and celebrate who we are is a powerful gift that every child needs and deserves. This programme helps children recognise, celebrate and value their own self-worth, to feel a sense of pride through a range of activities and opportunities to think and share experiences together.



My friends and me - Helping children with friendships

Our friendships help us to feel we belong, feel connected, happy and loved. But friendships can hurt too. Children need opportunities to talk about their friendships and the range of feelings and experiences they have whilst learning strategies to help them navigate the ups and downs of friendship.



Exploding me - Helping children with strong and angry feelings

Anger can be a scary emotion to have but it is essential that children are given permission to feel and express it. This programme offers ideas, opportunities and activities to share thoughts and feelings as well as practical ways to help recognise the triggers and the physiological effects of anger and strong feelings to help children learn ways to express these feelings safely.



Families Together Programme

Families Together helps schools strengthen relationships with parents/carers through structured, evidence-informed workshops linked directly to the SEMH programmes. Families Together supports meaningful family engagement, shared language, improved understanding between home and school and stronger parent/carers partnerships.

Complete time-saving programmes

Our comprehensive, creative and flexible packages include everything from progressive, structured session plans to impact software and everything in between in a package and format that suits your school.

Each SEMH programme has everything you need to run 10-week intervention groups including practical reusable session plans. Session plans are in a consistent format with a welcome activity, an insight section giving the adult cues for the psycho-educational content, a creative main activity to engage and scaffold the learning experience and a reflective end to each session enabling personal reflection and growth.

- **Free implementation training for all staff** - covering the approach, framework, impact tools and how to use the supporting resources.
- **Resource Hub** - access to our ever-growing range of supporting resources; activities, templates, posters and planning tools to support staff in delivering the programmes.
- **Hamish & Milo Online** - all programmes are also available on an easy-to-use digital platform that can be accessed on any device, making it easy for planning and reference in schools. No subscriptions, just a one-off fee per school for unlimited staff numbers and children.



100 practical, reusable explicit session plans. 10 for each 10-week emotion theme in a clear, consistent format and structure.



Child wellbeing profiles for assessment and measuring impact, plus planning tools and digital options.



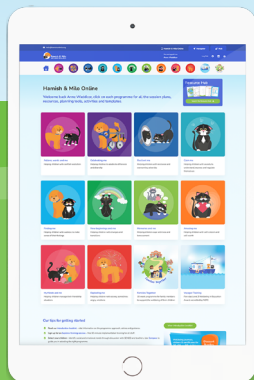
Parent and carer booklets to support a shared dialogue and collaboration about the child's needs and the programme.



Beautiful affirmation wellbeing journals for reflective practice, stickers and certificates.



Sock puppet craft kit, a therapeutic tool to help children talk about their feelings and experiences.



Empower your pastoral staff

We provide a range of professional development opportunities to help schools strengthen SEMH provision, develop staff confidence and build emotionally healthy, inclusive school communities.

Our programmes help adults feel confident supporting children with more complex emotional experiences through a trauma-informed and attachment-aware approach. It's the genuine warmth, kindness and empathy of the pastoral staff that enables the children to feel a sense of belonging, emotionally held and special throughout the group experience.

We offer a range of training, support and supervision to equip staff with greater confidence to deliver the programmes effectively and with compassion, care, insight and awareness.



Free implementation support

- **Discovery Sessions** - a 30-minute introduction to the framework, evidence base and wellbeing programmes.
- **Explorer Sessions** - a 90-minute implementation workshop covering programme delivery, impact measures, supporting resources and best practice.
- **Navigating Navigator** - 60-minute training and support sessions to help practitioners use the Navigator Impact Platform confidently and effectively.
- **Families Together Training** - guidance on the content, approach and implementation of Families Together and strengthening parent and carer engagement.

Professional development

- **Expedition Sessions** - focussed training exploring individual themes such as anxiety, friendship, resilience, emotional regulation and self-esteem.
- **Belonging & Inclusion Training Day** - practical strategies to strengthen inclusive practice, belonging and emotional wellbeing across your whole school community.
- **Bespoke Training & Workforce Development** - Tailored professional development aligned to your priorities, SEND strategy and workforce needs.

Ongoing support and development

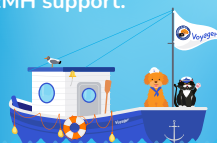
- **Supervision Hubs** - collaborative sessions to ask questions, share experiences and deepen practice.

For more details visit [hamishandmilo.org/training](https://www.hamishandmilo.org/training)

Accredited Training - Hamish & Milo Voyager

Hamish & Milo Voyager is our five-day NCFE-accredited Level 3 Wellbeing in Education Award designed to deepen understanding of child development, emotional literacy, attachment, regulation and effective SEMH support.

The course equips staff with the knowledge, confidence and practical skills to support children experiencing a wide range of social, emotional and mental health needs.



NCFE

Insight and impact reporting

We provide tools to identify areas of need, measure progress, inform future planning and signposting, evidence improved outcomes and demonstrate the impact of SEMH interventions.

Evaluating the impact of interventions is vital. Gathering data, ensuring children's voices are heard and having the right means to measure children's social and emotional skills are central to a school's capacity to ensure the development of social and emotional skills, engagement in learning, overall achievement, and successful outcomes. We provide tools to help identify presenting behaviours, better understand underlying needs, measure impact and report for EHCP, SEN and PEP reviews.

- **Compass** - Identify individual child strengths and areas of need and signpost towards the most appropriate programme to support their social and emotional development.
- **Child Wellbeing Profiles** - As our primary impact measure tool, unique to each emotional theme programme, they provide a descriptive impact framework of underlying needs and presenting behaviours, giving you a shared language and understanding of the mental health needs of individual children. Use pre- and post-intervention to measure impact as well as inform any future intervention or support.
- **Child's Voice Questionnaire** - Capturing the child's voice is an important part of measuring the outcome of the wellbeing programmes. Children need to know that it's safe and that it's important for them to express their views and the 'Child's Voice Questionnaire' shows the experience from the child's perspective.
- **Individual Child Profile Records** - Record detailed information about each child; the context, background and ongoing observations. They link directly to the Child Wellbeing Profiles and can be used as a record for intervention, ongoing support, development of EHCPs or individual support plans or for signposting where children may need involvement from additional services.
- **Champion Planning Journals** - Unique to each emotional theme programme they provide a framework to keep notes, observations and reflections about the sessions and about the children in the group for easy reference. They include a progress record for individual child progress comments.
- **Navigator Impact Reporting Dashboard** - Navigator is our innovative impact reporting platform, helping schools measure progress, demonstrate outcomes and understand the needs of cohorts and groups of children.

"I've had parents crying because of the positive difference it has made. Children not wanting to come to school, who are now coming in with no problem!"

Verity Katuszka, West Town Lane Academy

Read our school stories at [hamishandmilo.org/school-stories](https://www.hamishandmilo.org/school-stories)



Navigator Impact Dashboard



Navigator is our innovative software platform to assess social and emotional learning and demonstrate outcomes.

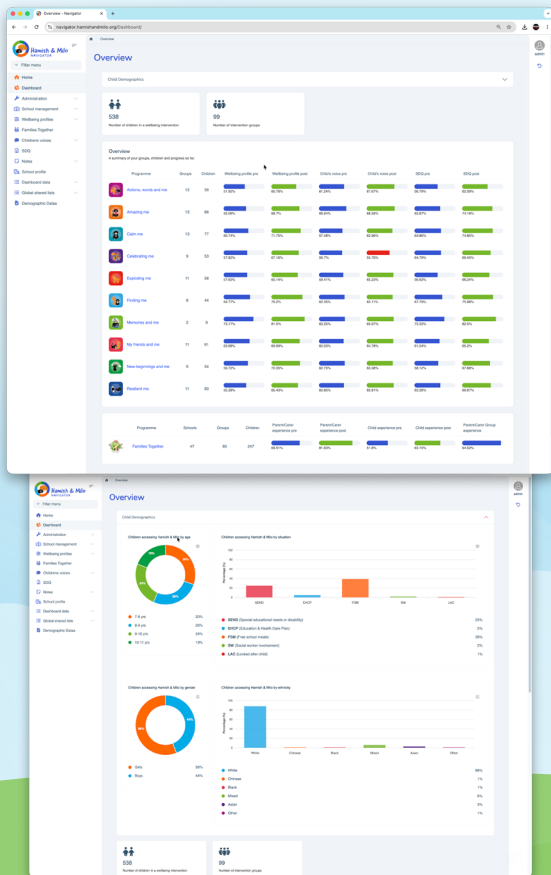
Navigator tracks changes in children's feelings, presenting behaviours and social and emotional development, helping schools evidence progress and demonstrate the impact of interventions. Share insights, shifts, changes and progress that occurs for children through being part of the programmes.

Data is digitally collected pre- and post-intervention using our Child Wellbeing Profiles and Child Voice questionnaires alongside SDQs.

View demographic insights - age, year group, gender, ethnicity and situations or contexts - helping schools better understand who they are supporting and identify patterns across different cohorts.

Analyse outcomes at group, whole school, trust or local authority level, aligned to the different programmes, giving you a complete and nuanced picture of who you are supporting, vital for reporting and supporting your SEND and inclusion strategies.

Users can view individual child dashboards, review observations, child drawings and Child Summary Reports, and share evidence for EHCP, SEN and PEP reviews.



"I absolutely LOVE Navigator, it is just so easy and I can see all the data instantly. If we have Ofsted, I can literally just show them every child's experience."

Naomi Trickey, Waycroft Academy

For more information visit
[hamishandmilo.org/navigator](https://www.hamishandmilo.org/navigator)

Hamish & Milo



WELLBEING RESOURCES®

Sensation & Emotion Cards

Our unique emotion cards are a great way to help children put language to sensations and emotions, to help regulate their feelings and increase self-confidence. Our packs consist of a huge 60 different emotions, guidance and a range of therapeutic activities.



Hamish & Milo Pals

Our Hamish and Milo Pals are precious, cuddly friends who help children feel comforted, cared about and listened to. Perfect to snuggle and they are great fun too.

Find out more at [hamishandmilo.org](https://www.hamishandmilo.org)