

## **Rise and Regulate**

Programme Overview (For Schools & Parents)

*Regulate • Re-engage • Rise*

This programme operates between 10:00am–2:00pm Monday to Friday and combines structured physical activity, regulation practice, and reflective discussion.

Core components include breathwork, jiu-jitsu, yoga, structured movement, outdoor walking, and lifestyle education.

Discussions include healthy habits, balanced nutrition, understanding dopamine and instant gratification, and mental wellbeing awareness.

The programme is trauma-informed and regulation-led. It prioritises safety, structure, boundaries, and positive identity development.

Safeguarding procedures align with Keeping Children Safe in Education and Lancashire safeguarding guidance.

Parents and schools receive structured feedback and review points where applicable.