



**MORTAL
FOOLS**

Welcome to MELVA

A fun, high impact digital creative
intervention, supporting the
wellbeing of children aged 7-11 years

"Melva is simply the
best intervention;
I have ever seen.
The rewards are
instant and
long lasting."

Primary Head
Teacher

**Melva Information
Pack for Primary
School Education
Settings and Mental
Health Professionals**

Get ready to meet Melva Mapletree...

Mortal Fools is a multi-award-winning theatre, drama and creative learning charity using drama and co-creation as a practice to support children and young people make sense of the contemporary world, to develop their youth leadership skills and to support their mental health and wellbeing.

In the midst of this growing mental health crisis, MELVA from Mortal Fools, is an innovative, creative, impactful way for educational settings and organisations to support children aged 7-11yrs old.

With Public Health England estimating 1/6 children have a diagnosable mental health condition, it has never been more important to find new ways to support young people; **MELVA is a new practical, revolutionary way to do just that.**

MELVA is a creative digital package supporting KS2 children to talk openly about and better understand their mental health, emotions, and wellbeing. It is an impactful investment into mental health education, an innovative way to deliver **RSHE curriculum** AND enhances **The Thrive Approach**.

Melva was created in response to the 2017 Green Paper, **Transforming Children and Young People's Mental Health Provision** and the pandemic's impact on wellbeing. Focusing on early intervention, this digital programme scaffolds the development of resilience pathways, positive emotional responses and cultivates a shared understanding of what it means to look after yourself and others.





Brave isn't how you feel, it's what you do

Through Melva, settings gain access to an online portal, toolbox of resources and suggested framework of delivery, an episodic film, lesson plans, choose your own adventure game, interactive activity booklets and a user guide, full of guidance developed in consultation with teachers.

Melva introduces a child-friendly safe, non-exposing way to explore mental wellbeing. By entering Melva's world as an active participant, children experiment through the characters, discover their autonomy, develop empathy, increase their understanding of healthy relationships, learn how to implement practical mental health strategies, whilst having **LOTS** of fun.

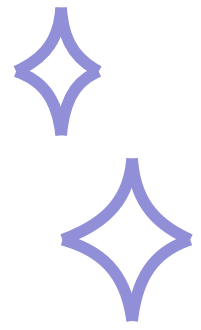
Developed in consultation with children, teachers, mental health and education professionals, Melva is a high impact way to invest into practical mental health education.



Why Melva & why now?

Melva was created in response to the current urgent mental health crisis, as a tool to engage children in conversations about mental wellbeing. It focuses on early intervention supporting development of resilience pathways, positive emotional responses, and relationships.

Melva has evolved over years with guidance from education and mental health professionals, alongside backing from Public Health England. It uses recommended mental health first aid strategies – communicated in a child friendly, accessible way, teaching children how to understand and manage their wellbeing.



Meet Melva!

Melva is a sweet-eating, eye-rolling, aspiring-mountain-climbing nearly 11 year old, struggling with anxiety and trauma (or 'worrits' as she calls it). She's a boisterous, mischievous, and funny young girl, on an adventure to find out what she's really capable of.

Participants step into Melva's world on two funny, poignant adventures.

First to search for her missing Grandpa and then on a quest to find her friend Barnabas. Along the way, they meet lots of weird and wonderful characters on her missions as she (and those around her) learn how their 'worrits' affect them, ways to tackle them and how to support one another.

The Melva Programme:

Settings get access to:

- The online portal where all the content is hosted.
- A teacher user guide and suggested framework that suggests how to use Melva digital programme as an 8 week intervention for different year groups.
- A toolkit of creative and printable resources for use in school or home.
- Evaluation tools for children and for teachers.
- Invitation to annual onboarding session and various check points and support across the academic year.

The Melva Film



- The film; broken into three 25-35 minute episodes, making it easy to fit into lessons and term schedule.
- Film accompanying lesson guides and classroom activities facilitating learning, reflection, and sensemaking for different year groups, enabling fun, meaningful implementation of the programme.

Melva Mapletree and the Quest for Barnabas Boggle



- A multi-level adventure game to play as individuals and as a group; full of things to work out, make decisions, balance consequences, and gather information and clues to help Melva's quest.
- Practical games and activities designed to develop and embed learning scattered throughout the game, shifting the emphasis onto exploring relationships and supporting others.
- Engaging printable activity booklets for young people to work through alongside playing the game, consisting of lesson-based activities and discussion prompts that help enrich conversation and reflection.

MELVA is an immediate investment into the development of foundational life skills, that can enable positive, fruitful lives of children and in the longer term, resilient teenagers and adults that can cope with the realities of the contemporary world.

MELVA is a creative early intervention *for all children aged 7-11 years* - not just for those who are struggling. Through MELVA's structured programme, educators are empowered to hold space effectively and safely for open and positive wellbeing conversations, and it supports RSHE curriculum delivery in a high impact way.

For children, MELVA cements a practical understanding of wellbeing and when to reach out for help, it lays the foundation for meaningful and resilient self-management in times of difficulty, and it playfully explores the use of mental health strategies and embeds tools into everyday life in a child friendly, fun way.



This early mental health intervention and structured digital programme is designed to be used with children at a developmentally critical age bracket to:

- Increase children's understanding of wellbeing and positive relationships.
- Support children's emotional development – increasing cognitive empathy, self-awareness, impact of emotions & experiences on thoughts, feelings & the body, improving critical thinking and decision making, and enhanced levels of resilience.
- Learn through meaningful play and creativity.
- Enable positive and open conversations about wellbeing and mental health.
- Experiment using practical and recognised mental health strategies that through the programme can be embedded into day-to-day life, the classroom, and other settings.

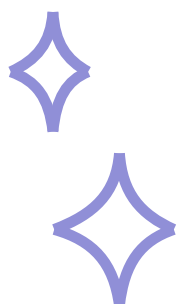
What's the cost?

Melva Programme
including Melva Film & Game

£750

Access to Melva is per academic year, running August - August and is invoiced annually, unless actively cancelled.

We offer discounts for multi school purchases and Trusts.



What Melva brings to an educational setting...

Aligns with the curriculum AND innovatively enhances Thrive Approach in Thrive Schools

The themes explored in Melva directly achieve aims laid out in the statutory Relationships, Sex and Health Education (RSHE) curriculum, in a meaningful, fun, practical and creative way.

Some Melva schools use the Thrive Approach, and some do not – either way, Melva enhances and compliments a setting's mental health education offer, supporting a whole school approach.

Learning through Melva

The character of Melva provides children with a safe, non-exposing way to learn. By learning about Melva's worrits, and their impact, children can reflect on their experiences, behaviour, feelings and develop empathy for others.

"The children love Melva. The format is engaging, it's attractive and it explores topics like anxiety in a relaxed and fun way!"

Deputy Headteacher

Child-friendly Language

By using child-friendly language to talk about complex subjects like panic and self-doubt, a shared understanding cemented, providing a foundation for holding conversations that can continue day-to-day after their participation in the Melva programme.

Children are actively involved

Children are given a purpose and role– firstly as Mountain Rescue Volunteers, and then as Melva's 'Niggling Voice.' This provides a clear context for learning and gives them the autonomy to make decisions and actively participate.

A fun way to learn

Melva is fun! The Melva world is full of weird, wonderful, and funny characters children love, and the accompanying resources provide a range of fun activities and games to suit different learning style.

Developing empathy and understanding healthy relationships

Melva's adventures explore relationships with others – friends, teachers, parents, and even celebrities. Through storytelling and discussion, children explore how they can support others, and how relationships impact our wellbeing, positively and negatively.



Developing practical strategies

Practical activities, such as meditation and rubber chicken, feature throughout– equipping children with the practical strategies they need to understand and manage their worries. These activities can become a regular, helpful part of classroom life.

A chance to experiment

Melva works because it is playful. Children learn and talk about sensitive topics in a way that is not heavy handed or intense; the inclusion of playful features like the 'whack-a-worrit' game, or the exploratory clickable items in the game, keep children engaged throughout.

A bank of resources to continue conversations

When you have finished the programme, the toolkit of resources, activities, and shared experiences are yours to revisit and reuse!

Understanding “good” choices

Throughout the game, children are presented with multiple choice options for what they think Melva should do – but some options are not “good.” By including choices which are silly or harmful, children have autonomy to make wrong choices, explore the impact, and try again.

“It's a great resource for helping children identify and understand worries, where they come from and how to address them effectively.”

Parent of Melva Participant

Melva's Impact



Impact map for children





Impact map for teachers/ practitioners

Activities

Training in resilience and
mental wellbeing for self

Training to use Melva
Programme and resources

Training in
managing vulnerable and
challenging behaviour
and conversations

Learning how to use
creative tools to support
mental wellbeing

Initial Outcomes

Increased awareness and
understanding of mental
wellbeing needs of self

Increased awareness and
understanding of mental
wellbeing needs of children

Increased ability to
respond to mental
wellbeing needs

Common language to
have structured and safe
conversations about
challenging topics

Long Term Outcomes

Reduced time spent
dealing with challenging
behaviour

Reduced stress of staff,
sick leave and TA cover

Reduced referrals of
children to statutory
services e.g. CAMHS

Improved relationships
and cohesion across
school community



Bringing Melva into your setting



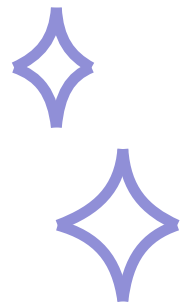
If you're curious about the Melva programme and want to explore bringing it into your setting, drop the Melva team an email via:

melva@mortalfools.org.uk

If you're an NHS commissioning contact, local authority or business interested in gifting Melva to a primary school setting you can book an exploratory conversation via:

Rachel.Horton@mortalfools.org.uk

A member of the team will then get in touch with additional information and suggest a call/zoom meeting to run a demo of the programme and explore Melva in your setting.





Melva Programme

including Melva Film & Game

£750

Reminder of
the cost ↗

"The game provides lots of practical solutions to help with childhood anxiety and everyday worries"

Family influencer
North-East Family Fun

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We do offer discounts for multi school purchases and Trusts.

All Melva schools are invited to annual onboarding webinar and subsequent support sessions with a focus on facilitating peer learning. Our Melva team is also on hand via email to trouble shoot and to support educators using the programme.

We also offer a Melva teacher CPD series, which is available at an additional cost and can be purchased separately to the Melva programme.

Connect with Mortal Fools



Get to know Mortal Fools, the organisation behind Melva by visiting the company website: www.mortalfools.org.uk or connect with us on social media via your preferred platform: [@mortalfoolsuk](https://twitter.com/mortalfoolsuk)



"I learnt that being afraid
of something doesn't mean
you can't do it."
Melva participant

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**You can read more
about MELVA on our
dedicated website:
www.melva.org.uk
– there you will find
testimonials, research
and themes information
and you can watch our
information videos.**





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Our profits go to charity



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