

**MORTAL  
FOOLS**

# Welcome to MELVA

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

"It's a great resource to help children identify and understand worries; where they come from and how to address them effectively."

Parent of Melva Participant

**Melva  
Opportunities for  
Businesses and  
Professionals**

# Gifting a Melva package to educational settings/schools

**MELVA from Mortal Fools, is an innovative, creative, impactful way for businesses and leaders to support children aged 7–11yrs old, an investment into the wellbeing of young people in local communities, is a tangible way to achieve ESG/CSR objectives and demonstrates active collective social action.**

**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.**

**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.



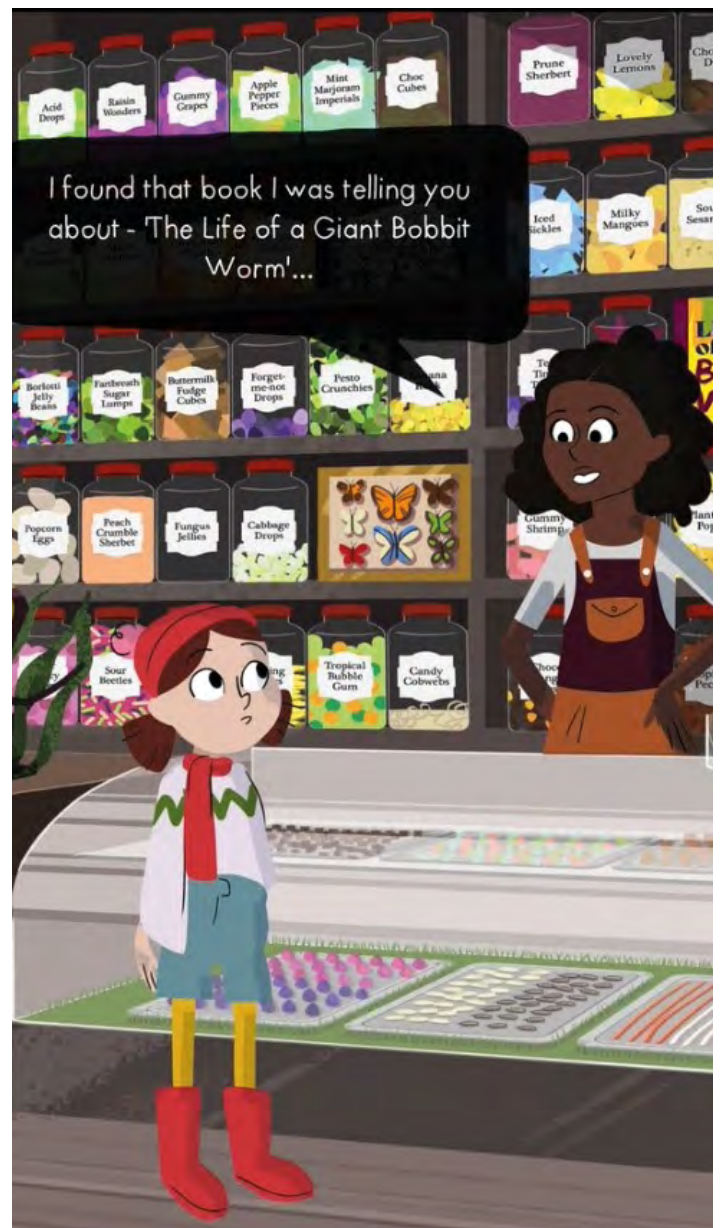


# Brave isn't how you feel, it's what you do

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.

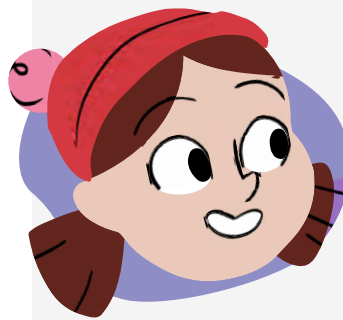
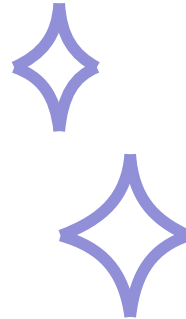
Developed in consultation with children, teachers, mental health and education professionals, Melva is a high impact way to invest into practical mental health education.



# 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.

# 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



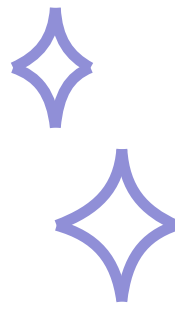


# Gifting a Melva package - what's the cost?

Faced with the urgent and interconnected challenges facing society, it's never been more important for businesses to understand their role, impact and influence in the realm of corporate social responsibility.

We believe businesses must go further and faster, to build a better world for the future workforce and to unlock crucial and urgent support for children and young people in our communities and networks.

For businesses, Melva is a very tangible, measurable and high impact way, to demonstrate an investment in children and evidences corporate social responsibility to communities.



## Melva Programme including Melva Film & Game

**£750**

"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

*Access to Melva is per academic year, running August - August and the £750 includes access for one year. At the end of the year, you can regift for another year/multiple years, the school may choose to take on the license fee or access might lapse if funding to continue isn't secured.*

**We offer discounts for multi school purchases and Trusts.**

# Gift Melva to a setting of your choice

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

Primary Head Teacher



For settings, the cost of the programme can be prohibitive in the contemporary landscape of ever-changing budgets, sector cuts alongside increasing children's needs and worsening mental health.

By gifting a Melva package, you are investing in a high impact, early mental health intervention, that will support children not only in the present at a developmentally critical age, alongside scaffolding increased resilience, emotional intelligence and wellbeing, so they can thrive as healthy, happy teens and adults.

You can gift Melva with a setting in mind, Team Mortal Fools can work with you to identify a setting to gift to and we are open to larger scale gifting and multi-purchases.

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.

## Bringing Melva into your organisation

**Melva could form part of an organisation's mental health and wellbeing offer to employees with caring responsibilities for children aged 7–11 yrs old.**

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

Family Influencer  
North-East Family Fun

## Host a family screening

As an organisation, you could work with Mortal Fools, to host and organise a screening of the Melva film with additional elements as part of an employee/client family day. The film is a boisterous, mischievous and funny film of one girl's adventure to find out what she's really capable of.

Melva the feature film tells the story of Melva Mapletree; Melva is a young girl whose struggles with anxiety, trauma and bereavement (or 'worrits' as she calls them) are keeping her from doing exciting new things, and sometimes mean she can't even leave her house.

*Do you ever have worrits?* You know - that uncontrollable churning in the pit of your tummy like you have 341 worms squirming about inside it? Well, Melva Mapletree has them too, and right now they're so big and squirming that they're stopping her from even leaving the house. But then, one night, something happens which changes her world forever...

Team Mortal Fools could work with you to identify additional resources and Melva activities run by our team to make a film screening into one with lasting impact.



## Purchase the game package for your employees with children

**Melva Mapletree and the Quest for Barnabas Boggle is an interactive, online game which teaches children about the importance of making the right choices.**

**The game is high quality commercial spec. This Melva adventure focuses on exploring relationships and supporting others, whilst still looking after yourself.**

In this 'choose-your-own-adventure' style game, users take on the role of Melva's niggling voice - making decisions about what she says and does. When Melva's best friend, Barnabas, doesn't turn up to meet her after school, users must help Melva search Scratchicle Town for clues about his whereabouts and why he's disappeared. As well as choosing the right path, users must also complete fun games and activities along the way to help keep Melva's worrits under control.

The game includes an online resource booklet, designed to deepen children's knowledge and understanding of their own and others' mental wellbeing alongside encouraging and scaffolding open conversations at home.

**Melva Mapletree and the Quest for Barnabas Boggle is £9.99 per family licence and a price would be agreed as per organisational size.**

# How do I find out more about Melva?

Your investment in Melva and support helps us, reach more children and young people.

For now you can read more about MELVA on our dedicated website: [www.melva.org.uk](http://www.melva.org.uk) including testimonials, digging a little deeper into the research and themes and information videos.

If you have any questions or would like to book an exploratory conversation you can email: [Rachel.Horton@mortalfools.org.uk](mailto:Rachel.Horton@mortalfools.org.uk)

You can also get to know Mortal Fools, the organisation behind Melva by visiting the company website: [www.mortalfools.org.uk](http://www.mortalfools.org.uk) or connect with them on social media via your preferred platform: [@mortalfoolsuk](https://www.instagram.com/mortalfoolsuk)



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