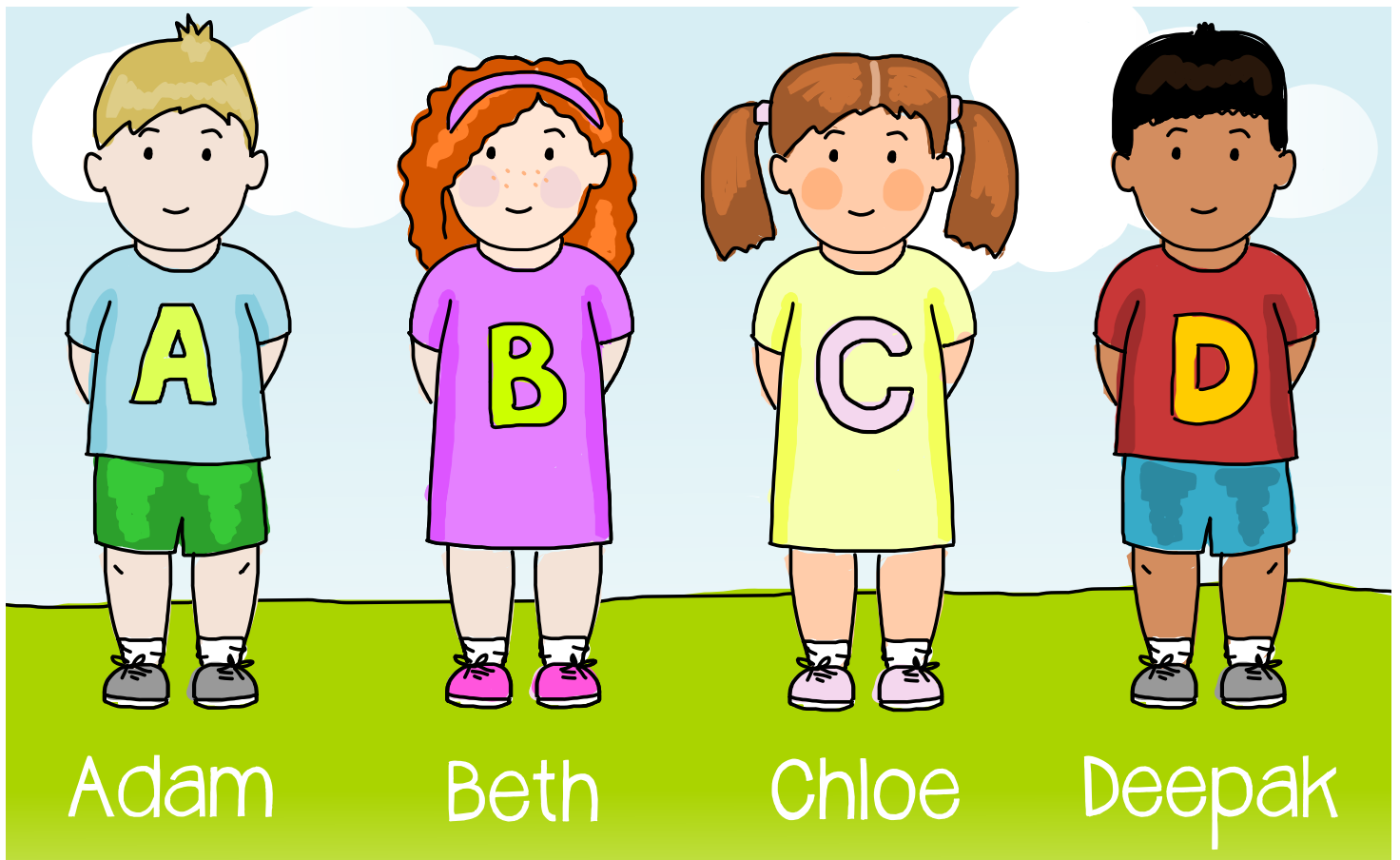




Living Life to the Full

for Primary School-aged children



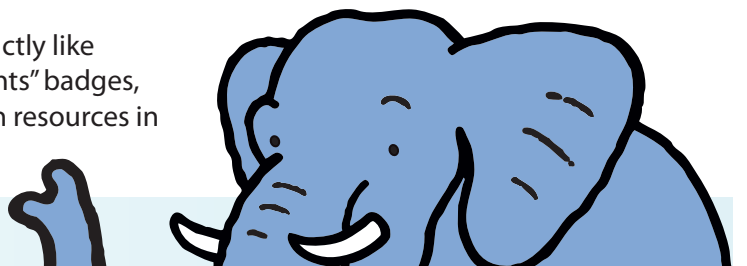
Join Adam, Beth, Chloe and Deepak at home and school
and find out why **WE EAT ELEPHANTS**

Why we eat elephants?

Problems young children (and adults) face often seem big like elephants.

If you were faced with the challenge of how to eat an elephant (or a large pumpkin if you are vegetarian!), how would you do it?










One chunk at a time of course. Problems can be tackled exactly like that - by breaking them down into chunks. "We eat elephants" badges, colouring sheets and Feelings cards are just some of the fun resources in the Living Life to the Full (LLTFF) We Eat Elephants course.



What Is the Living Life to the Full, We Eat Elephants Course?

Living Life to the Full is one of the worlds most used life skills training systems. Using the widely recommended cognitive behavioural therapy (CBT) approach, but without the jargon. By taking the key elements from CBT, translated into an everyday language, the Living Life to the Full approach has touched many millions of people around the globe. These resources now for the first time bring this approach for use in primary schools with age appropriate resources you can choose to use as you prefer.

We Eat Elephants is the first of a range of new educational resources that aim to be:

-  Engaging
-  Story-based – you tell the story, your children learn
-  Build on how you think and work as a teacher or practitioner
-  Gives you resources to teach- with attractive support materials
-  Includes everyday situations faced by young people at home and school
-  Use the engaging characters to gain attention
-  Posters and Feelings cards make learning about emotions fun
-  Help children work out why they feel as they do- and make small changes that add up
-  No jargon- yet retains the key elements needed for effective change

Developed by Dr Chris Williams- a medical doctor and Professor at the University of Glasgow, he is also a member of the British Psychological Society (BPS) and Honorary Fellow and past-President of the lead body for cognitive behavioural therapy in the UK – BABCP. He is an award-winning and widely recognised researcher and trainer in the evidence-based cognitive behavioural therapy (CBT) approach.

More information:

 www.lltff.com/WeEatElephants

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