



About Inspire Grow:

Inspire Grow provides therapeutic group sessions designed to support girls to understand their emotions, build confidence, and develop practical tools for managing anxiety. Each session offers a safe, supportive, girl-centred space where young people can explore their strengths, learn grounding and coping strategies, and create personalised resources to use in everyday life. The programme will be delivered using a trauma-informed, non-clinical approach, with an emphasis on empowerment, emotional resilience, and helping girls recognise their value, voice, and potential.

Sessions will be delivered by staff trained in Level 3 Safeguarding, Mental Health First Aid, counselling skills, and trauma-informed practice, ensuring that all activities are delivered safely within appropriate professional boundaries.

Inspire Grow criteria:

To access Inspire Grow sessions:

- Girls attending a high school in the Cheshire area
- Who have been identified by school staff as needing support to build confidence, resilience, basic coping strategies, and anxiety management skills.
- Groups of 6-12 students

Week 1- Confidence and self esteem session

Aims:

- To increase young people's confidence by helping them recognise and challenge unhelpful self-talk.
- To support participants in identifying their strengths and areas for development in a balanced, non-judgemental way.
- To introduce self-kindness as a practical tool for building emotional resilience and positive self-awareness.

Objectives:

By the end of the session, participants will be able to:

- Identify examples of negative self-talk, and practise reframing a negative thought into a more balanced, compassionate alternative.
- Understand how reframing can support confidence and reduce self-criticism.
- Recognise at least three personal strengths.
- Identify an area they would like to improve without using self-judgemental language, and understand that weaknesses are opportunities for growth, rather than fixed limitations
- Identify simple strategies they can use to be kinder to themselves (e.g., positive self-talk, healthy boundaries, rest).
- Reflect on how self-kindness supports emotional wellbeing and resilience.

Cognitive Restructuring / Positive Reframing Activity:

A light psychoeducational exercise where participants learn to notice unhelpful self-talk and reframe it into more balanced, compassionate statements. Using simple examples, they practise turning negative thoughts (e.g., “I’m rubbish at maths”) into more positive alternatives (“It’s not my strongest subject, but I’m improving”). This builds confidence and encourages healthier internal dialogue.

Strengths and Weaknesses Activity:

A reflective exercise where participants identify their personal strengths and areas they’d like to develop. This builds on the positive reframing work by helping them understand that weaknesses are simply opportunities to grow and learn, encouraging a balanced and compassionate view of themselves.

Self-Kindness Activity:

An exercise focused on helping participants identify realistic ways they can show kindness to themselves in daily life. Through guided reflection, they explore small actions, positive self-talk, and healthy boundaries that support their wellbeing. This encourages self-compassion and strengthens emotional regulation skills.

Week 2- Understanding our Anxiety session:

Aims:

- To increase young people’s understanding of how anxiety affects their body, thoughts, and behaviour.
- To support participants in recognising their personal triggers and early warning signs of anxiety.
- To develop practical, youth-friendly coping strategies that promote grounding, emotional regulation, and help-seeking.
- To strengthen self-esteem by helping participants recognise their identity beyond their anxious thoughts.

Objectives:

By the end of the session, participants will be able to:

- Identify at least three physical sensations associated with anxiety.
- Understand how noticing early signs and patterns can help with managing anxiety sooner.
- Understand that recognising triggers is a helpful awareness tool, not something they need to disclose in detail.
- Identify at least two grounding or mindfulness strategies, and supportive people in their lives they can use when they feel anxious.
- Describe personal interests, strengths, and values that support their confidence and sense of self.

How Anxiety Feels Activity:

A reflective exercise where participants identify how anxiety shows up in their body. They draw or write physical sensations onto a body outline to increase awareness of early signs of anxiety. This helps develop self-monitoring skills and supports emotional regulation.

Identifying Anxiety Triggers:

Participants explore common anxiety triggers by ticking off those that apply to them. This activity supports early recognition of patterns and helps individuals understand what may escalate their anxiety. It remains general and contained, focusing on awareness rather than personal disclosure.

Mindful Anxiety Coping Plan:

A guided activity where participants think about how they can respond when they notice anxiety rising. They identify grounding or mindfulness techniques they can use, and note who they can contact for support if their anxiety feels overwhelming. This promotes practical coping strategies and strengthens support networks.

Me Beyond My Anxiety Activity:

A strengths-based reflection that helps participants recognise who they are outside of their anxious thoughts or feelings. They complete prompts such as “I am someone who...”, “I really like...”, and “My favourite things to do are...”, encouraging them to connect with their identity, values, and positive relationships. This activity supports self-esteem, grounding, and a more balanced sense of self.

Week 3- Grounding techniques- Breathing exercises Session:

Aims:

- To introduce young people to accessible grounding strategies that support emotional regulation.
- To help participants understand how breathing techniques can calm the nervous system and reduce feelings of stress or anxiety.
- To provide a calm, practical space where they can learn and practise breathing exercises with visual and sensory support.

Objectives:

By the end of the session, participants will be able to:

- Demonstrate at least one structured breathing technique they can independently use when feeling overwhelmed or unfocused.
- Understand how controlled breathing affects their body and emotions (e.g., slowing heart rate, reducing tension).
- Use shapes, patterns, or lines to guide slow and steady breathing.
- Recognise mindful creativity as a simple, everyday tool to reduce stress and increase focus.

A calming, skills-based session introducing participants to simple breathing exercises such as square breathing, deep breathing, and calming breaths. These techniques help regulate the nervous system and reduce anxiety. The session is paired with mindful colouring, using shapes and lines as a visual guide to support slow, steady breathing. This promotes relaxation, focus, and emotional regulation.

Week 4- Grounding techniques- Distraction techniques session:

Aims:

- To equip young people with a range of practical, easy-to-use grounding and distraction strategies for managing rising anxiety.
- To help participants understand how redirecting their focus can support emotional regulation and reduce overwhelm.
- To encourage creativity and personalisation in developing their own grounding tools.

Objectives:

By the end of the session, participants will be able to:

- Demonstrate at least two distraction or grounding strategies.
- Understand how shifting attention to simple cognitive tasks or sensory awareness can reduce anxiety.
- Recognise which techniques feel most effective or comfortable for them.
- Create a personalised grounding bracelet to use as a tactile grounding tool by focusing on what each bead represents during moments of anxiety.
- Understand how creative grounding tools can support self-regulation and emotional awareness.

A practical session introducing a range of grounding and distraction strategies to help manage rising anxiety. Activities include counting backwards, alphabet categories, the 5-4-3-2-1 senses method, and a creative bracelet-making exercise where each bead colour represents a personal grounding reminder. These techniques help participants shift focus, regulate their emotions, and reconnect with the present moment.

Week 5- Black Box Thinking: Reflection and “Letting It Go” Exercise:

Aims:

- To help young people explore how worries, mistakes, or unhelpful thoughts can be processed and understood rather than held onto.
- To encourage healthier thinking patterns by supporting reflection, emotional clarity, and self-compassion.
- To introduce a symbolic, creative activity that promotes letting go of unhelpful thoughts in a safe and structured way.

Objectives:

By the end of the session, participants will be able to:

- Reflect on common worries, mistakes, or thought patterns in a non-judgemental way.
- Identify what they can learn from these thoughts or experiences.
- Understand that everyone makes mistakes and that reflection supports personal growth.
- Create a personalised “letting it go” box with a slot for posting thoughts or worries.
- Use the symbolic act of posting thoughts, feelings, or worries into the box to practise emotional release and reduce rumination.
- Recognise how letting go of unhelpful thoughts can support a clearer mindset and improved wellbeing.

The session begins with a paper-based Black Box Thinking activity, helping participants explore how mistakes, worries, or unhelpful thoughts can be understood and learned from rather than carried around. After reflecting on what they can let go of, participants create a “letting it go” box by cutting a slot into a box. They then write down thoughts or worries they no longer need to hold onto and post them into the box as a symbolic act of release. This encourages emotional clarity, reduces rumination, and supports healthier thinking patterns in a safe, structured way.

Week 6- Final Session: Personal Calm Plan & Future Self Reflection

Aims:

- To consolidate the skills, strategies, and self-awareness developed throughout the programme.
- To support young people in creating a personalised calm plan they can use confidently beyond the sessions.
- To strengthen self-esteem and hope by encouraging participants to visualise their future selves and recognise their growth.
- To promote long-term emotional regulation and resilience through structured reflection.

Objectives:

By the end of the session, participants will be able to:

- Select grounding, breathing, and distraction techniques that work best for them.
- Create a personalised calm plan outlining the steps they can take when they notice anxiety rising.
- Recognise who they can reach out to for support and when to use the plan.
- Reflect on how they would like to feel and who they want to become moving forward.

- Describe how the tools learned throughout the programme can support their future wellbeing.
- Recognise progress made over the six weeks and identify one or two positive intentions to carry forward, helping them to feel more confident, capable, and empowered in managing their emotions beyond the programme.

In this final session, participants bring together all the skills they've learned throughout the programme to create their own personalised calm plan for managing anxiety. They reflect on their early warning signs, the grounding and breathing techniques that support them, and the positive thinking strategies they want to continue using. Alongside this, participants explore their "future self", considering how they want to feel moving forward and how these new tools can help them reach that place. This session strengthens confidence, reinforces progress, and helps individuals feel prepared and empowered beyond the course.

Expected Outcomes

By the end of the 6-week programme, girls will have developed a stronger sense of confidence, self-awareness, and emotional resilience. They will understand their early signs of anxiety, know which grounding and coping strategies work best for them, and feel able to use these skills independently in everyday life.

At Inspire, we believe in supporting girls to grow into empowered young women who can recognise their strengths, advocate for themselves, and feel confident using their voice. Through this programme, participants will leave with practical tools, personalised calm plans, and a deeper belief in their own abilities, helping them feel more capable, prepared, and hopeful for their future wellbeing.