



Hamish & Milo Wellbeing Resources

A comprehensive emotions curriculum to enhance PSHE and SEMH intervention for primary-aged children, providing an explicit framework for pastoral staff, giving children a voice and the emotional literacy skills to thrive.

We provide the framework, language and content for courageous conversations about mental health and emotions.

The complete wellbeing programme includes all ten emotion theme packs; friendship, resilience, anxiety, diversity, strong emotions and anger, change and transition, conflict resolution, loss and bereavement, sadness and self-esteem.



The programme includes comprehensive resources plus access to downloads and templates on our hub!
Advice, training and supervision packages are available including free options.



100 practical, reusable explicit session plans.
10 for each 10-week emotion theme pack



Child wellbeing profiles for assessment and impact measure, plus digital options



Beautiful affirmation wellbeing journals for reflective practice, stickers and certificates



Parent and carer booklets to support shared dialogue and partnership working



Sock puppet craft kit, a therapeutic tool to help children talk about their feelings and experiences

“We have one looked after child (LAC) who is having a really hard time at the moment. He often comes in to see his puppet, even on days when we don’t have the group. Yesterday he came in and he wouldn’t talk to us, but he sat in his safe space and told his puppet. The eye contact between him and the sock puppet is amazing as he doesn’t usually give eye contact.”

Natalie Green, Byron Academy, Gillingham

“We have never really found anything before Hamish & Milo that is bespoke enough and where we can see this level of impact. We now have developed the role of our support staff to be able to deliver this across the school and to do more of this work.”

Lee Bell, Saltersgate Infant School, Doncaster



Proud to be working with the prestigious Department of Psychology, University of Bath in a research project to explore and exemplify the impact on children’s wellbeing.

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