

Covid secure
measures in place

Contact us to find
out more.

A-life

Engaging,
inspiring,
motivating.



Health & Wellbeing Workshops for schools and Holiday Programmes (HAF)

Bringing to life: Relationship & Health Education, Science, PSHE & PE

Our Workshops



Hands-on Healthy Workshops

⌚ 60 mins

👤 up to 65 pupils

🎒 Nursery-Year 6



Mental Health & Wellbeing Workshops

⌚ 60 mins

👤 up to 35 pupils

🎒 Year 1-6



Fun Fitness Sessions

⌚ 30 mins (EYFS /KS1)
45 mins (KS2)

👤 up to 65 pupils

🎒 Nursery-Year 6



Alcohol & Drug Awareness

⌚ 75-90 mins

👤 up to 35 pupils

🎒 Year 5-8



ONLINE Mental Health & Wellbeing

Login and run when
suits class teacher

👤 whole school

🎒 Year 1-6

www.a-life.co.uk

“Very impressed, well-equipped, perfectly
pitched. Would have no hesitation in
recommending A-life to other schools.”

Stoke Park Infant School, Eastleigh





Why A-life?

- ✔ **Curriculum-packed:** Our workshops tick a vast number of curriculum objectives in a one hour session. With an active approach to embed a growth mindset.
- ✔ **Active learning:** The hands-on nature of our workshops allows pupils to delve in and explore for themselves, making them accessible for absolutely all ages and abilities.
- ✔ **Bespoke:** Due to our unique 'mix n match' programme, a day of A-life workshops is truly bespoke and can cater for whatever your needs are as a school.
- ✔ **Sustainable:** The A-life programme aims to reach ALL pupils and also their parents and teachers as well, equipping these key influencers with the tools and information they need to support children in their quest to get fitter and healthier.
- ✔ **Online Options:** To make this vital teaching available to all schools, pupils and budgets, we now have online options that are easy to run, curriculum packed and engaging for children.



Online options are classroom-based and also great for remote schooling



Celebrating 17 Years

For more information visit www.a-life.co.uk
email info@a-life.co.uk or call 01183 343 590