



"I take a big breath to help me. I tell an adult how I am feeling"

Participant feedback

"It has taught me different ways of controlling myself

and calming me down"

Participant feedback

ABOUT TANGLED FEET

We are Tangled Feet, an artist-led ensemble company and charity.

We bring together the living, breathing energy of devised physical theatre alongside the reflective practice of creative therapies and mindfulness to craft powerful experiences that invite people to feel more connected and involved, wherever they're at.

We make exhilarating physical theatre for everyone, and offer enriching participation programmes and creative therapies for young people. We create moments that empower and connect us to each other.

ABOUT THE MINDFULNESS PROJECT

The Mindfulness Project uses a collaborative, physical, and playful approach to build confidence, communication, and connection, supporting young people experiencing anxiety and low self-esteem.

Participants (students/young people) learn practical techniques to manage stress, develop active hope, and are empowered to find their voice within a supportive group.

The project uses creative and therapeutic activities including yoga, storytelling, mindfulness, and drama to explore big feelings, wobbles and worries in expressing what matters, building empathy, and developing a deeper understanding of their own thoughts and feelings.



PROGRAM INFORMATION

10 WEEK PROGRAM

- Working with a small group of up to 20 participants over 10 weeks

YEAR LONG PROGRAMS

- **Option 1:** Working with the same group of participants over an academic school year
- **Option 2:** 10 week program delivered to different year groups over the academic school year

ONE TO ONE / WORKING WITHIN A UNIT

- Working specifically with SEND / SEMH departments, working with individuals on a case by case basis



"The project from Tangled Feet has had a huge impact on the students involved with many saying that they felt 'energised' 'motivated' and 'more positive' after each session. We would wish for such a project to be rolled out among more students and staff as well in the future"

Shelley Blackbird, Head of Sixth Form, Cardinal Newman School, Luton (project delivered to Year 12 students)



"The impact of this programme has been significant and sustained, providing invaluable support to the social, emotional and mental health of the children they work with."

Michael Scott, Headteacher, Someries Infants, Luton (Project delivered to Reception & Year 1 students)

WHOLE SCHOOL WELLBEING DAY

- Whole school take over over one day
- Working with every student in the school

CPD

- Continuing Professional Development for school professionals
- Techniques for teachers and school employees in managing young peoples mental health

EVENTS

- Offering sessions as part of an event
- Flexible on timings (eg. 1 hour, half day, full day, full week)

ADD ONS

- Resource packs
- The project can be booked with Tangled Feet's children's show Butterflies

IMPACT

Experienced by 4000+ young people since 2019

100% of pupils now feel they can do things on their own,

91% of pupils now say they don't worry about things at school

72% of pupils commented they work well in a group or team.

Tennyson Road Primary School Case report: 2024-2025

CONTACT US

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