

A photograph of three children sitting at a light-colored table in a room with blue walls. The child on the right is laughing heartily while holding a card. The child in the middle is looking at their cards. The child on the left is also smiling. On the table are some cards and yellow string. In the background, there is a clock on the wall and a bulletin board with various posters.

ordinary Magic

Supporting children,
young people &
families to thrive

Who We Are

We are Ordinary Magic - a purpose-led, not-for-profit supporting the emotional wellbeing of children, young people, and families through play therapy, school reintegration, SEND advocacy, and community drop-ins.

It is our mission to deliver early, accessible and inclusive support that helps children and families feel safe, seen, heard and understood. We want a future where emotional support is never out of reach, and every child has what they need to thrive.

The need

To achieve this goal for as many schools and families as possible, we are reliant on funds from generous donors, businesses and individuals. Sadly, the funding doesn't always cover the demand for our services.

Paid-for services

As a CIC we deliver many 'paid-for' services, which enable us to sustain our work and provide interventions free-of-charge to those most in need.



The Menu

Nurture Groups

Our Little Sparks Nurture Groups are safe, welcoming spaces for younger children to explore their emotions, build confidence, and develop important life skills - all through play.

These groups use fun, play-based activities to support emotional growth and resilience. Children learn how to understand and express their feelings, improve their focus and problem-solving (executive functioning), and build positive connections with others.

These groups offer more than just support - they create a space to decompress, share worries, and feel understood.

Whether it's through games, creative play, calming techniques, or gentle group discussions, children begin to recognise their own emotions, learn how to self-soothe, and build a little toolkit to help them navigate tricky times.

The Costs: £45 per session (10-12 a term) for up to six children, delivered by trained Emotional Wellbeing Practitioners. We can increase the group size or run multiple courses at the same rate, per every six children. Sometimes the children in nurture groups have higher SEMH needs which are more complex. In these cases, we may decide together that the group is no larger than four children to make sure these needs are met.

Therapeutic sessions

Sometimes children and young people need a more therapeutic approach whether it be 1:2:1 or in small groups. We offer a range of sessions based on the needs of the children.

- 1 to 1 Support in schools from **£45** per session
- Play Therapy - **£80** (we also offer a specific therapeutic play session with a LEGO theme)
- Play Therapy 1/2 day (3 sessions) **£240**
- Play Therapy full day (5 sessions) **£320** (includes 20% discount)
- Talking Therapy (A range of modalities available) **£80**
- Talking Therapy 1/2 day (3 Sessions) **£240**
- Talking Therapy full day (5 sessions) **£320** (includes discount)

Workshops



Our workshops are designed for a minimum of 30 children and priced at £1.50 per child. We offer discounts for running multiple back-to-back workshops during a day. Choose from:

Healthy Mind Happy Mind

Help children explore ways to look after their mental health, understand emotions and build resilience.

The Healthy Mind Happy Mind workshop is an engaging session designed for primary-aged children to support their emotional wellbeing. Through fun activities, group discussions and practical learning, children can develop their resilience, understand their feelings and develop on their own personal tool kit to supporting their mental health. The workshop encourages confidence and allows children to feel safe and included.

Ready Player One

This workshop supports the children's different viewpoints, things that they are in control of and what they cannot control and the understanding of growth mindset.

Pens and pencils are required.

Ready Teddy Breathing

Help Reception/Early Years classes learn emotional resilience and coping strategies in a fun and engaging way. At Ready Teddy Breathing, we empower children to explore their feelings through playful activities and mindfulness techniques. Our workshops provide essential skills for emotional well-being, enabling young minds to navigate their world with confidence and calmness. Join us for a journey of discovery!

Transition

The Transition workshop is designed especially for Year 6 children to support with their transition into secondary school. It helps them support their confidence, allows for some preparation and shares the excitement for the change to come. Through fun and engaging activities, open discussions and exploring common worries, the workshop allows for children to develop new skills, prepare to manage new routines and expectations for their move to secondary school.

If you are interested in booking any of these interventions at your school contact Michelle O'Connor at Michelle@ordinarymagic.co.uk

Forest School

We will bring Forest School to you! If you have an outdoor space, our Forest School Trained Emotional Wellbeing Practitioner will bring all equipment, resources and staffing to your school and deliver the following:

- Develop sensory processing skills through climbing, digging, and exploring natural textures
- Enhance communication and social skills via teamwork and shared discoveries
- Build confidence and independence through achievable challenges like fire lighting and tool use
- Improve physical development with climbing, balancing, and rope work
- Support mental health and emotional regulation by reducing stress and promoting calm



£420 for six sessions.

If you can't cover the cost

You could consider running a non-uniform day with voluntary donations.

A fundraising campaign – sponsored run; bake and sweet sales.

A 'break-the-rules day' with a donation of 50p per each 'rule' broken.

Making Ordinary Magic your Charity Week partner or asking parents for contributions via ParentPay.



Healthy 'Relationships' Programme for Schools in Birmingham and Solihull

We offer a comprehensive Healthy 'Relationships' programme aimed at supporting schools in delivering impactful, age-appropriate education on relationships.

Our workshops are led by trained Independent Domestic Violence Advisors (IDVAs) or Young People's Violence Advisors (YPVAs) and use trauma-informed methods. Our sessions ensure a safe and consistent learning environment with content tailored to the developmental stage of the students.

Key topics include:

For younger children: Friendship circles, kindness activities, making friends, recognising positive traits, role play, and personal boundaries (Year 5-6 will cover expanded content).

For older students: Roleplay, media analysis, myth vs fact quizzes, social media debates, recognising abuse, and education around sexual activity.



Core elements across all workshops:

- Defining healthy relationships (trust, honesty, respect).
- Recognising unhealthy signs (control, manipulation, isolation, abuse types, grooming, trauma).
- Consent and boundaries (personal limits, understanding the law).
- Social media and safety online (red flags, safe digital interaction).
- Communication skills (listening, managing emotions, compromise).
- Self-esteem and identity (empowerment, recognising strengths, self-reflection).
- How and where to access help and support for unsafe relationships.

Delivery Format

- Introductory workshops are universally accessible on topics like healthy relationships for all students.
- Specialist modules are also available focusing on more advanced issues, such as exploitation, online grooming, and sexual abuse, conducted by our specialist educators. These are costed individually.

Engage with Us

We can currently deliver an introductory package for schools in Birmingham and Solihull postcodes free of charge. If your school does not meet the funding criteria or wants to deliver extra content across multiple year groups or put on some specialised sessions we can discuss the individual costs.

Get in touch with Michelle O'Connor at Michelle@ordinarymagic.co.uk

Our package of family empowerment and support

We can provide a package of support for your families which includes workshops (both face-to-face and online), weekly or bi-weekly support drop-in's during which we can give advice, signpost, make referrals and help families to navigate them.

Our workshops cover topics such as:

- Understanding Behaviour
- A brief introduction to autism
- Girls and autism
- Managing behaviours
- Living with an anxious child
- Understanding sensory differences
- Understanding Masking
- A brief introduction to ADHD
- Connecting with your child
- Smartphone use and safety in the online world
- Sleep seminars – help your children with their sleep routine.

Please contact Michelle O'Connor michelle@ordinarymagic.co.uk to discuss your school's needs and costings.



Pastoral Support days

Ask our experienced team to attend your school for a day and provide a bespoke package of pastoral support. Cost: £150 per day.

Therapeutic Animal Encounters & support

Animal interactions lower stress and promote relaxation, build confidence through completing tasks, improve social skills, give emotional non-judgemental support, teach responsibility and empathy, help children with additional needs such as autism, ADHD or sensory challenges, and increase physical activity.

Our Menu

Dog

- Therapeutic Dog Small Group Sessions (for up to 4) - **£80**
- 121 therapeutic dog interventions - **£50**
- Dog therapy 121 - **£80** (UKCP accredited counselling)
Min eight sessions (1 hr)

Alpaca

- Therapeutic alpaca walking - one hour walk for small groups (up to six people) - **£100** - our specialist staff to supervise (x 2)
- Therapeutic 121 work with alpacas - **£50**

Equine

- Equine therapy - **£60** (121)
- Equine group work - **£100** (up to three children)

Forest & Fields

- Forest and Fields x Ordinary Magic - small group and 121 therapeutic animal encounters - **£160** p/h (includes chickens, reptiles, small animals and a dog and two staff trained in mental health to support a small group of children)

All these sessions take place off school site, at appropriate venues. We will work with you to complete any necessary risk assessment.



Staff Training

Ordinary Magic can support your staff to recognise the signs of Adverse Childhood Experiences in children and young people. We train teachers and staff to identify trauma, respond to grief, and support healthy relationships and loss. Our experts develop their practical skills for understanding behaviour and providing emotional support to children and young people.

Trauma-informed training, designed by Barnardo's, supporting professionals to understand how trauma impacts a child's brain development, emotional regulation, behaviour, and ability to learn.

Healthy Relationships training supports professionals to confidently help children and young people understand what healthy, respectful relationships look like.

Sudden and Traumatic Grief training supports professionals to understand and respond to grief following sudden, unexpected, or traumatic events, including experiences of collective grief within schools, families, or communities.

Bereavement training equips professionals with the knowledge and confidence to support children and young people experiencing loss, including death, separation, or significant life changes.

Understanding and Supporting Children with Challenging Behaviours training helps professionals move beyond behaviour as "defiance" and instead explore the underlying reasons behind it.

Pastoral Support training strengthens the confidence and skills of professionals providing day-to-day emotional and wellbeing support to children and young people.

Please contact Michelle to discuss your school's needs and the packages we can offer. Michelle@ordinarymagic.co.uk



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Get in touch!
We're here to help.

Call us: 0121 514 8854

Email us: info@ordinarymagic.co.uk