

Project Soothe @ St Mary's

The Concept

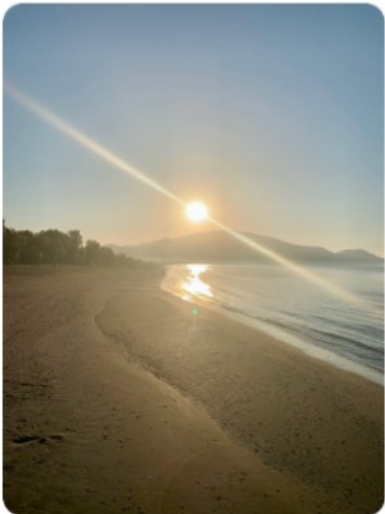
Looking at a beautiful and peaceful images can help soothe us and that sharing with others will improve mental health and wellbeing.

Through academic research Prof. Stella Chan and colleagues from Edinburgh University created [Project Soothe](#) part of which includes an image bank of soothing images. We wanted to work with the children of Saint Mary's Catholic Primary School, Bath to explore this concept. Through engagement with a whole school approach we collected over 100 images from 70 individuals with a brief explanation of why they found their image soothing.



As well as the photographic side of the exercise we worked with a small group of emotionally challenged Year 3 students to make a [short film](#) about 25 of the soothing images.

With generous funding from Project Soothe we also helped create a portable exhibition to be displayed in the school and shared with local community and other schools as a gift of compassion.



The project was led by [Richard Bullard](#) and [Andrew Hassenruck](#) who both work with a youth led organisation [Boys in Mind](#).

Project Soothe @ St Mary's

The Process

Below is a brief description of the process and it may seem complicated but was a delight to do.

1. Presentation to school showing [a video](#) and examples of the types of images which may be soothing.
2. Children and staff are invited to think about what calms them and to take photos and provide a sentence as to why their image is soothing.
3. School contact parents with a release form and timescale for submitting images.
4. School collect images with child/teacher's names and year group and quotes into a spreadsheet and also consent forms for usage.
5. Photos are processed to get the best quality from the image.
6. Images photoshopped with school logo, quote, first name and year group and any other info desired.
7. Photos are printed and inserted into transparent sleeves.
8. Film team is formed of about 6 children and they select 25 images which they think are the most soothing.
9. Film team receive training in all aspects of filming
10. Re-prints of these photos and they are laminated for the display and filming
11. Each of the 25 selected photographers are offered the chance to be in the film.
12. Film team sets up and films, with assistance, the 25 photographers.
13. The film is professionally edited into a short film for distribution by the school and Boys in Mind
14. All the photographs are edited into a [montage](#) with music which can be used in the school for reflective times
15. All the prints are mounted in a simple frame for each of the photographers.
16. A display board can be obtained for a portable exhibition which can be shared with other schools or the local community.
17. A red carpet event takes place in the school to show the film and hand out the prints to each of the children involved.
18. School and parents report on the benefits to the Film making group and the school as a whole.



Project Soothe @ St Mary's

St Mary's PROJECT Soothe June 2021



Dot Y3 - At Ladram Bay, a special place we love going to and hope to visit again this summer. The first time cuddling Nana and Grandad after lockdown! Wildflowers in the Botanical Gardens



St Mary's PROJECT Soothe June 2021



Maia Y3 - Cuddling my teddy and my Daddy make me feel peaceful because, they are both warm, and fuzzy and squishy with smiles that always make me feel better.



St Mary's PROJECT Soothe June 2021



Mr Tarrant - My soothing image is of my crazy cat, Milly. Even with all her eccentricity and naughtiness, she's always at my side when I've had a bad day or I'm feeling unwell.



St Mary's PROJECT Soothe June 2021



Sebie Y5 and Theo Y2 - The warm sea and sand on the empty beach made us feel relaxed as we had loads of freedom to run around and splash in the waves. The fresh sea air was lovely and it was good to spend time with our family.



Project Soothe @ St Mary's

The Outcomes

The final film can be seen [here](#)

School

“The whole project was great, even though it was a bit tricky due to Covid restrictions. Andrew and Richard worked really well with the film team who were just brilliant. Not only do we have a wonderful film but we have a great slideshow film that we can use in our reflection time in school. We’re also looking forward to sharing it with our church and other local groups we are involved with and the response from our parents has been so positive. What impressed me most was the way the film team came out of their shells; some are quite anxious and don’t always find communicating very easy but to see them actually talking on the film was quite emotional. Being part of the process has had a significant, positive impact on them.”

Richard, project co-ordinator

“I really enjoyed working on this film. The concept was quite easy for all the children to understand whatever their age and the range of images that the children chose was, pleasingly, very broad and unexpected in some cases. Those whose photos were chosen were able to express why it made them feel calmer and soothed. The film team also really felt quite special being film makers.”

Children

“I enjoyed choosing the photos to go in the film and display and liked being the interviewer.”

“I was very pleased to see my photo printed and on the display. I loved getting a framed one too.”

“My favourite bits were doing the clapperboard and asking the questions.”

“It was great fun!”

Parents

“We love this! Great to see younger minds thinking about what makes them happy and calm.”

“I love this! So much fun and great to see everyone so passionate and enthusiastic! T loved taking part.”

“Well done on a really fantastic project.”

Andrew, Film lead Boys in Mind.

“This is one of the most enjoyable projects I have worked on. The film team were really focussed and worked incredibly well and quickly under a time constraint. The school were very supportive, responsive, well organised with so many photographs submitted. The boost in confidence within the film team was tangible and everybody was pleased to receive a framed print of their photograph. There was a buzz in the school during the red carpet event and a few tears were shed by staff when they saw the film. All in all it was a thoroughly worthwhile project which was fun and transformed the lives of all those involved.”

Project Soothe @ St Mary's

The Cost



Each print, processed, text added and framed cost **£6.50**. Final cost depends on numbers

Andrew's time **£850** Meetings, filming and editing.

Richards time **£500** Meetings, filming framing and display

Display board **£300**

St Mary's **PROJECT Soothe** *June 2021*



Sophie Y5 - Covid has made a big impact in everybody's life. We chose these photos which has been taken during the pandemic because we have HOPES and we are all in this together.

