

What is Bubble Time?

Bubble time is a short, uninterrupted session with a pastoral support assistant, which allows a child to discuss their feelings and any other matters they are currently dealing with. This dedicated time can reduce tension, build self-esteem and promote self-resilience in the child. It is an opportunity for the pastoral support team to check in with the child and allow them to offload any big emotions, in a quiet, safe and nurturing space.