



# Christ Church Primary School Happiness Project 2018



The Happiness Project is a 12 week positive mental health initiative which was delivered over the Autumn Term. The first week was an opportunity to assess the children’s current level of well-being through conducting interviews with children and using the ‘Children’s Happiness Scale’. This gave a baseline by which the impact of the project was measured. Next came 10 themed weeks, each looking at a different way in which children could recognise and then have an impact on their own happiness. Each week the Head teacher would introduce the theme in assembly and the teachers follow up with lessons and activities. Specialist workshops organised including mindfulness and Philosophy For Children. Parent workshops were also offered on subjects such as supporting children’s positive self image and resilience. Parents were also updated using weekly newsletters about the messages and activities at school.



Week 1—**Setting goals** and knowing the steps needed to achieve these.

Week 2—**Giving** can make the giver feel happy as well as the recipient.

Week 3—**Friends and Family** are an important source of happiness.

Week 4—**Trying something new** can be exciting and build resilience.

Week 5—**Emotions:** we need to be able to name them, recognise them and also focus on the positive ones.



Week 6—**Healthy body** including eating nutritious food, exercising , sleeping well and drinking lots of water are needed to maintain our well being.

Week 7—**Mindfulness:** being in the moment and appreciating the natural wonders around us, learning techniques for calming our moods.



Week 8—**Celebrating differences:** We are all unique and different and that is wonderful!

Week 9—**Resilience:** being able to bounce back when things go wrong.

Week 10—**Belonging:** being members of different groups can help us feel part of something bigger and give us meaning.

The final week consisted of a celebration including a concert and a balloon release—taking messages of happiness into the world.



If you would like more information on how your school could deliver a similar project then please do get in touch with us [admin@cchurchnw3.camden.sch.uk](mailto:admin@cchurchnw3.camden.sch.uk).

