

## The full list of our ten Happiness Project themes

Each week, we have all been taking part in class and whole school activities based around these themes, to teach us all proactive strategies to support positive mental well-being.



**Setting goals:** Setting goals, big and small, gives our lives meaning and direction. Aim high!



**Giving:** Giving to others makes both those giving and those receiving feel happier. Try to give things which are free: a smile, respect, friendship, a compliment....



**Healthy body:** Keeping our bodies healthy with nutritious food, enough water, sleep and exercise, helps to keep us mentally healthy, too, and builds our resilience.



**Try something new:** Trying new things boosts our confidence and creativity, helps us overcome anxiety for the next time we are faced with a new challenge and helps to build resilience.



**Resilience:** We all need the tools to be able to bounce back when times are tough. We also need to know when and how to ask for support – that's an important part of resilience too!



**Emotions:** We all have different feelings all the time. Positive and negative emotions are all important to recognise and identify, but we should focus on the positive when we can!



**Belonging:** Belonging to something bigger gives our lives a shared goal, meaning and purpose. We all belong to so many different groups: our families, our faith groups, our school...



**Family and friends:** Staying connected to our families and friends has a positive impact on our well-being. One act of kindness towards others soon leads to another and another.



**Celebrating difference:** We are all unique and wonderful! Knowing our strengths, weaknesses and differences helps us respect and value ourselves and others.



**Simplicity:** Taking time to pause, reflect and appreciate the beauty of nature is important for all of us, helping us focus on the present, rather than worrying about the past or what's to come.



# Christ Church School, Hampstead

A village school in London inspiring *life in all its fullness*



## Happiness Project Art Exhibition November 2021



Our whole school Happiness Project this term has reminded all of us about ten themes to promote positive mental health and well-being, helping to keep us and others happy.

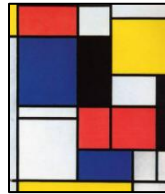
For our Christ Church Arts Project, we have been inspired by some of these themes and by the work of artists from around the world to create the beautiful art work which we are very proud to share with you in our Art Exhibition today.





### Reception - Belonging

Reception looked at the straight lines and blocks of colour in the work of Dutch painter, Piet Mondrian. They selected the sections to paint using each of the primary colours and drew themselves and their friends in a big Christ Church School logo to show the importance to our well-being of 'belonging to something bigger': our school!

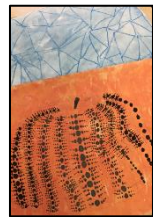


### Year 1 – Simplicity



Year 1 were inspired by both the beautiful flower images painted by American artist Georgia O'Keeffe and our Happiness Project theme of Simplicity which teaches us the importance of taking time to

appreciate nature around us. They used their observational skills to look closely at flowers and then used pastels and watercolour to create their own close up art works.



### Year 2 – Resilience

Year 2 looked at the work of Yayoi Kusama, a Japanese artist who has spoken openly about her mental health and who has shown resilience to overcome many challenges to keep producing her art work.



Kusama said *'I fight pain, anxiety, and fear every day, and the only method I have found that relieved my illness is to keep creating art. I followed the thread of art and somehow discovered a path that would allow me to live.'*

Year 2 had to demonstrate their own resilience to use their careful painting and pen skills to produce their own versions of Kusama's famous pumpkin.

### Year 3 – Family and Friends



Year 3 learnt about how an American artist, Faith Ringgold, creates autobiographical quilts and illustrations containing panels inspired by memories or scenes with her family. Year 3 thought about how staying connected

with their families and friends supports their well-being and happiness and created their own mono-printed and watercolour quilt scenes from their own lives.



### Year 4 – Simplicity

Year 4 looked at the work of a range of landscape artists including Ken Done, Robert Duncanson and John Constable, focusing particularly on Constable's paintings of Hampstead Heath.

They learnt about how to use colour and shading to create perspective in their paintings and used different techniques and types of paints to create the foreground, mid-ground and background. Year 4 love spending time on Hampstead Heath, like Constable did, supporting their well-being by appreciating the natural beauty of our local area.



### Year 5 – Emotions

Year 5 looked at the work of artists Frank Bowling and Jim Dine, who both explored emotions through their art work, such as in



Dine's piece 'Four hearts'. They explored how colour can be used to represent different emotions and, in our Happiness Project, we have all be learning about how it's good to recognise and talk about all the emotions we feel. Year 5 used paint, pastel and working in the negative to create their own art work representing positive emotions.



### Year 6 – Celebrating difference



Recognising and celebrating the uniqueness of each one of us plays a vital role in helping to maintain our positive mental well-being. Year 6 looked at the way that graphic artist Emory Douglas used his art to convey a message and selected their own messages about diversity and uniqueness to include in their art work. They each combined their collage, digital and printing skills to create a unique celebration of themselves!

