



Christ Church Primary School Happiness Project



The Happiness Project is a ten week positive mental health initiative which was delivered over the Autumn Term.



During each of the ten weeks we looked at a different way in which children could recognise and then have an impact on their own well-being and happiness. Each week the Head teacher introduced the theme in assembly and the teachers followed up with lessons and activities. We also organised specialist workshops such as a puzzles workshop to develop resilience and wellbeing trips to Hampstead Heath. Parent workshops were also offered and families were updated using weekly newsletters about the themes and activities at school.



Setting goals and knowing the steps needed to achieve these.

Giving can make the giver feel happy as well as the recipient.

Healthy body: eating nutritious food, exercising, sleeping well and drinking lots of water and the connection between our physical and mental health.



Trying something new can be exciting and build resilience.

Resilience: being able to bounce back when things go wrong.

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

Friends and Family are an important source of happiness.

Celebrating differences: We are all unique and different and that is wonderful!

Simplicity: being in the moment and appreciating the natural wonders around us, learning techniques for calming our moods.

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

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.

