

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 to 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*

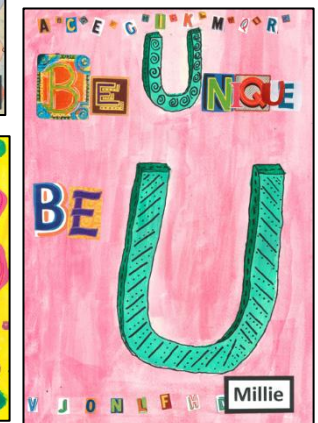
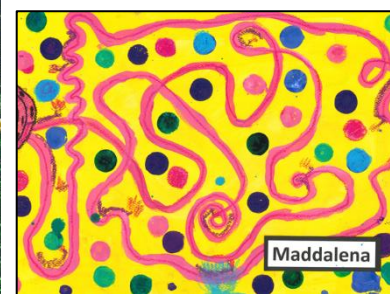
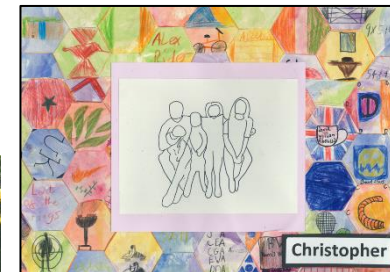
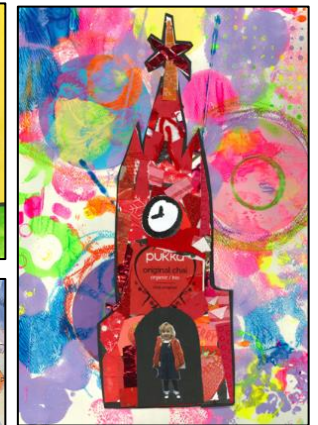


Happiness Project Art Exhibition November 2025



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 work of Brazilian artist Beatriz Milhazes (b. 1960) who creates vibrant, mixed media pieces reflecting her culture and homeland. Reception used many of Beatriz Milhazes' techniques to create their own pieces: painting on to acetate first to create prints; combining a mixture of collaged and painted circles; and using household packaging and materials



to add to their collages.

Reception linked their art works to our Happiness Project theme of **Belonging**, collaging the Christ Church symbol in their 'house' colour and placing a photograph of themselves in the school symbol, proud to belong to our school!

Year 1 – Healthy Body



Year 1 looked at the work of American graffiti and pop artist Keith Haring (1958-1990), focusing on his 'Dance' pieces depicting distinctive moving figures.

Year 1 focused on the **Healthy Body** theme of our Happiness Project, learning how exercise plays an important part in helping us to maintain a healthy body and happy mind. They talked about different types of exercise and took photographs of themselves making different movements, which they then traced to create their own brightly-painted figures. They carefully painted backgrounds and then added painted dots and movement lines in pen to reflect Keith Haring's unique style.



Year 2 – Resilience



Year 2 looked at the work of American artist Chuck Close (1940-2021) and were inspired by his personal story of resilience after he became paralysed following a seizure. Already a successful artist, Chuck Close was forced to adapt his painting style completely after his paralysis, continuing to paint with a brush strapped to his wrist and developing a new style of portrait painting made of coloured squares on a grid.



Year 2 linked Chuck Close's inspirational life story to our Happiness Project theme of **resilience and bouncing back**.

Year 2 had to demonstrate their own resilience to create self-portraits, using a grid to copy the features from a photograph and then using acrylics to carefully paint different sections using their colour-mixing and tint-making skills.

Year 3 – Simplicity

Year 3 took inspiration from American pop artist Andy Warhol (1928-1987) and, in particular, his 'Flowers' series of screen prints. They linked their work to the **Simplicity** theme of our Happiness Project, which reminds us of the importance of taking time to pause and appreciate the simple things in life such as the beauty of nature around us.



Year 3 covered paper with wax crayon and then paint, which they then scratched away to create their unique backgrounds. Each member of Year 3 then created their own flower-shaped printing block to print their bold, colourful flowers and then arranged and outlined their flowers to create their vibrant, nature-inspired pieces.

Year 4 – Emotions

Year 4 studied the work of Hilma af Klint (1862-1944), a Swedish artist, who is now recognised as one of the very first abstract painters. Hilma af Klint used her art works to express her feelings, emotions and ideas, combining geometric shapes, areas of colour and lines in her striking paintings. Year 4 explored connections between shape, colour and **emotions**, creating their own individual 'emotions wheel' with designs to represent different feelings. They then identified an event in their lives associated with a strong emotion and represented this in an abstract way with acrylic paint, oil pastel and collage materials.



Year 5 – Celebrating Differences



Year 5 were inspired by the work of British contemporary artist Bob and Roberta Smith (which is a pseudonym for Patrick Brill, b. 1963), who is famous for his slogan art and typography. Bob and Roberta Smith uses his slogans to make comments on the world around him and Year 5 learnt about the power of an effective slogan to make changes and persuade others.

Year 5 devised their own slogans to promote the importance of **Celebrating Differences** and valuing and understanding our own uniqueness. They used inspiration from Bob and Roberta Smith's lettering to create their own bold, painted letters in acrylic, on a watercolour background, in their final powerful pieces.

Year 6 – Friends and Family

Year 6 were inspired by the work of American artist Faith Ringgold (1930-2024) and, in particular, by her narrative quilts, where panels of painted fabric tell stories which are important to her life or cultural heritage.



Year 6 focused on our Happiness Project theme of **Friends and Family**, recognising how important our connections to others are. Each member of Year 6 created a 'quilted' frame of tessellated hexagons, embellished with symbols and drawings connected to their own friends and family and then learnt to trace accurately to create an outline image from treasured photograph of friends or family for the centre.