



Christ Church Primary School Happiness Project



The Happiness Project is a whole school positive mental health initiative which is delivered over ten weeks in the Autumn Term.



The aim of the Happiness Project is to develop understanding of different ways in which children could have a positive impact on their own and others' well-being and happiness. Each week the Head teacher introduces the theme in assembly and the teachers follow up with lessons and activities. We also organise specialist workshops such as a puzzles workshop to develop resilience and a drama workshop to explore emotions. At the end of the project, children create a tool kit of ideas they can use to support their own wellbeing. Parent workshops are also offered and families are updated using weekly newsletters about the themes and activities at school.



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



Setting goals and knowing the steps needed to achieve these.

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

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.

Tool Kit: A personalised set of ideas to support a child's wellbeing

If you would like more information on how your school could deliver a similar project then please do get in touch with us

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