



Feeling Good for Schools

Foundation For
Positive Mental Health



Embedding resilience, self-esteem, and motivation in pupils

We're helping schools enhance pupils' skills with a pioneering, research-based, non-stigmatising approach designed to be embedded into the school curriculum. Our goal is to give pupils ages 11+ in the UK access and guidance to a specifically adapted version of our Positive Mental Training (PosMT) programme for adults, which has been successfully used by the NHS and community settings for 13+ years. PosMT is proven to have a positive impact on social and emotional skills, perceptions of self, motivation, and resilience.

Anyone can benefit from building resilience, like they do from brushing their teeth.

Our Programme in a nutshell:

We've created two 6-week programmes. Part 1 of the programme is aimed at Year 7/S1 or Year 8/S2 and, ideally, those pupils go on to complete Part 2 when they move up to the next academic year.

Each 6-week programme includes 6 fully resourced **weekly lessons** on topics such as **Mental Health and Mental Strength, Emotions, Social Media, and Challenges and Setbacks**. In addition to the lessons, pupils listen to short, linked audio tracks, on a regular basis as a class and, optionally, at home via the Feeling Good Teens app. Those pupils with the **lowest 20% resilience and wellbeing scores** at the start of the programme have **significant improvement** in resilience and wellbeing compared to those with the top 80% of scores, indicating that the programme is helping those who need it the most.

What are the benefits of daily whole-class listening?

Weekly lessons reflect, reinforce, and augment the listening themes. Due to this whole-class approach, all children can benefit from the daily listening. This consists of specifically developed audio tracks lasting 3-10 minutes each, based on the proven Positive Mental Training programme, incorporating **relaxation, calm breathing training, positive reappraisal,** and **visualisation** techniques (amongst others) in a **non-stigmatising** way.

Resilience, for instance, is built through tracks that instil a growth mindset, guiding pupils to see problems as challenges, and to feel confident and motivated to find solutions. Self-esteem is improved through tracks with positive priming and guided visualisation techniques to identify previous positive situations and engender positive self-talk and self-image. Motivation is increased through tracks utilising visualisation towards personal goals.

PosMT has been shown to build positive emotions and good psychological functioning, elements which, according to Self Determination Theory, underpin self-esteem and intrinsic motivation.

You can explore more of our research at: feelinggood.app/schools/foundationforpositivementalhealth.com/research

“ I was really impressed with the kids' response, actually; it was pretty remarkable.”

- Y7/S1 class teacher.

Examples of audio and activities

03

Weekly audio tracks

Calm Your Mind – Understand and experience how deep relaxation and clearing the mind helps you to overcome your fear of situations and deal better with challenging events.

Build Your Self-confidence – Learn to step back from negative self-talk and to see yourself cope better than you ever have before in many different situations.

Skill Up – Imagine executing a goal in your mind as a visual rehearsal to practise, helping you do it better in real life. This embeds pro-social skills, such as managing relationships better.

Corresponding tasks during weekly lessons

Safe spaces – Pupils will reflect on and discuss thoughts and feelings associated with a safe space and collaborate to produce a visual representation of this, to present to the class.

Feel, Think, Do – Choosing an emotion, pupils will discuss possible scenarios and consequences of feelings, thoughts, and actions.

Soundtrack Goals – Pupils work towards goals by linking their favourite songs to them, through performance-enhancing visual rehearsal techniques.

Training for school staff

Online training modules are offered to schools that we work with via our online training platform. Feedback and evaluations of our programme indicate that the more committed pupils and staff are to the daily listening element of the programme, the more impact it has. We explore this and the science and theory behind our programme in more detail in the training. You can also book a live webinar with us where your staff can take part in discussions and ask questions.

Would you like to get involved?



Our objectives are to make the development of non-cognitive skills more explicit and embedded in UK curriculums and to support whole-school approaches to the development of non-cognitive skills through our Feeling Good For Schools Programme.

The Feeling Good for Schools programme is detailed, thought-out, evidence-based, well-researched, and tried and tested. It will also help your school deliver some of the requirements of the new government guidance for compulsory Relationships Education and Health Education, as well as expanding on the practical materials provided by the government for Teaching about Mental Wellbeing.

We're proud to have been supported by NESTA who funded the development and research of this programme.

Cost

We want to support as many schools as we can through our programme, which is why we only charge £1 per pupil, and this includes free access to our adult app, Feeling Good: mental health, for school staff and parents/carers. We also partner with a number of agencies across the UK, enabling us to offer the programme to schools in some areas for free, so get in touch to find out if there's funding for your area.

If you're interested in implementing this approach in your school or institution, have any comments, questions or ideas, or would like to support our intervention, we'd love for you to get in touch at info@fpmh.org.uk

www.foundationforpositivementalhealth.com

www.feelinggood.app/schools/

