

St Anne (Stanley) Primary School

# Impact Report



# Impact Data

This report summarises the impact seen from myHappymind across the academic year. It is structured around your baseline data and the myHappymind system which is the content we teach in the programme.

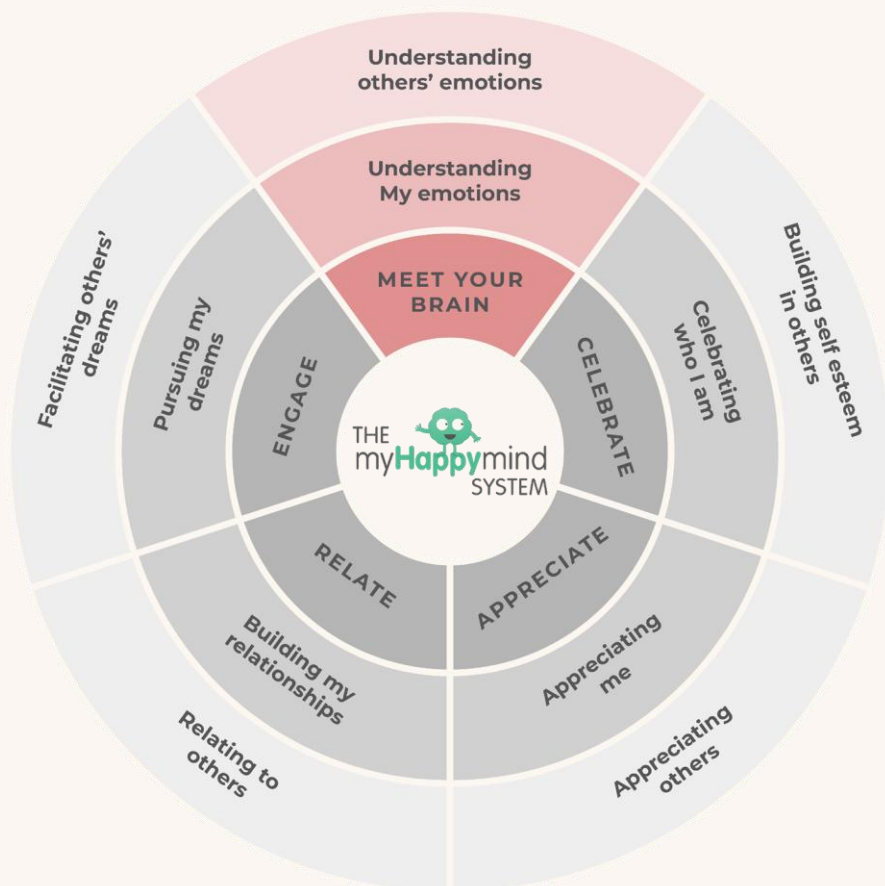


# Meet Your Brain -

## Developing self-regulation tools

**In this module the children learn all about their brain and how it helps them to be their best selves.**

They develop self-regulation strategies and a solid understanding of the Neuroscience of how we learn and grow. Understanding the brain is a key way to help children deepen their understanding of emotions and normalise the need to self-regulate - a key strategy in building confidence and self-esteem.



# What teachers said before and after myHappymind



**18%**

Only 18% of teachers said more than half of their children were aware of the factors that contribute to their wellbeing.



**100%**

of teachers said this module has helped their class to understand their brain.



**18%**

Only 18% of teachers said more than half of their children had a method to self-regulate during times of stress and worry.



**92%**

of teachers said Happy Breathing has benefitted their class.



**45%**

Only 45% of teachers said they have at least one formal lesson per week learning about children's emotional and mental health.



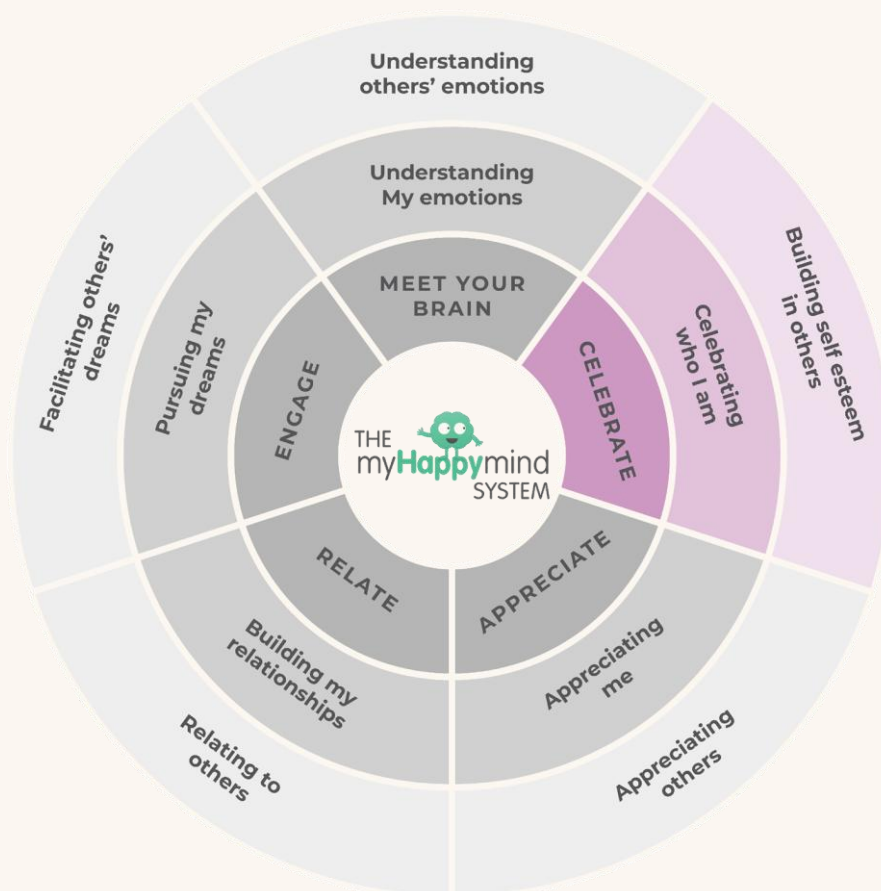
**100%**

of teachers are now having at least 1 conversation (formal or informal) about children's mental wellbeing each week.

# Celebrate - Discovering and celebrating Character Strengths

**In this module the children learn all about their unique Character Strengths and develop strategies to celebrate them.**

Character Strengths are the number one way to build self-esteem and confidence in children and this module is all about developing the children's self-awareness and confidence.



# What teachers said before and after myHappymind



**50%**

of teachers said less than half of their children could talk about their Character Strengths.



**100%**

of teachers said their class are now able to talk about their Character Strengths.



**100%**

of teachers said their class struggled with their confidence.



**100%**

of teachers said they have seen the self-esteem and confidence of their children improve from using myHappymind so far.



**45%**

Only 45% of teachers said they notice or celebrate individual character strengths on a daily basis.



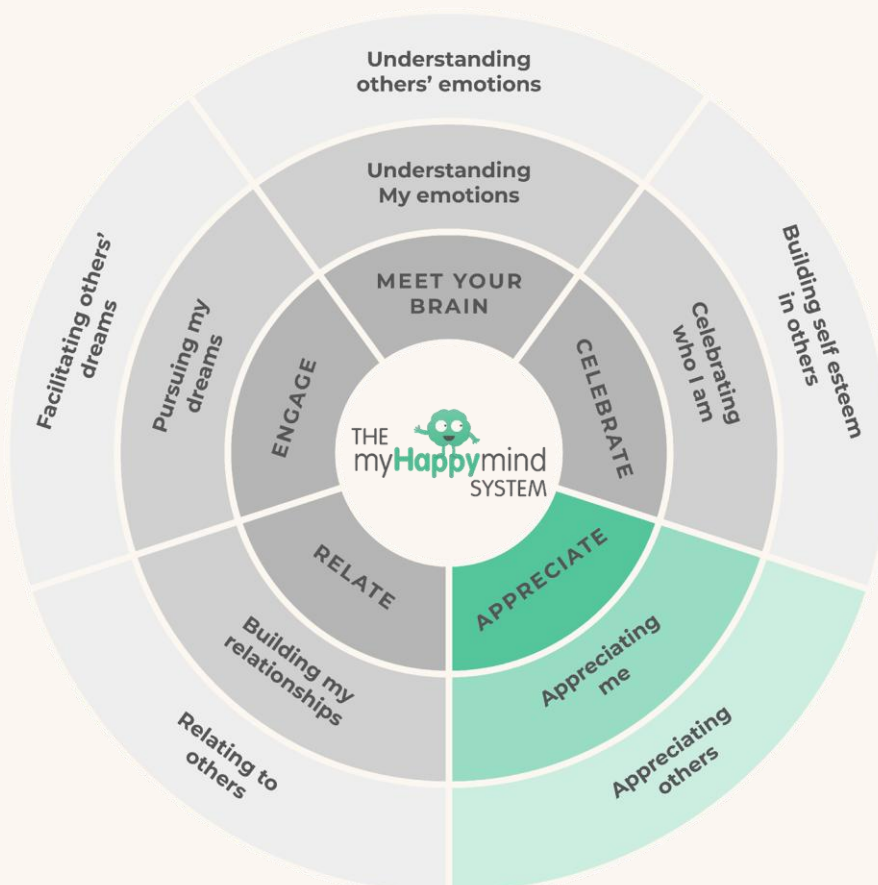
**92%**

of teachers said they are now using character-based praise through their regular teaching.

# Appreciate - Developing an Attitude of Gratitude

**In this module the focus is on helping children to develop an Attitude of Gratitude.**

Gratitude is one of the simplest, yet most powerful, ways to boost wellbeing in the short term and to create a healthy brain in the long term. By getting children used to expressing Gratitude regularly we're getting that Dopamine flowing in the brain and supporting their overall happiness.



# What teachers said before and after myHappymind



**27%**

Only 27% of teachers said they notice children expressing Gratitude to each other or for experiences on a daily basis.



**92%**

of teachers said they are noticing more Gratitude being shared in their classrooms.



**100%**

of teachers said their class would focus on Gratitude for "stuff" if asked



**83%**

of teachers said they have seen children expressing Gratitude for people around them and for experiences



**23%**

Only 23% of teachers said that their children proactively express Gratitude.



**100%**

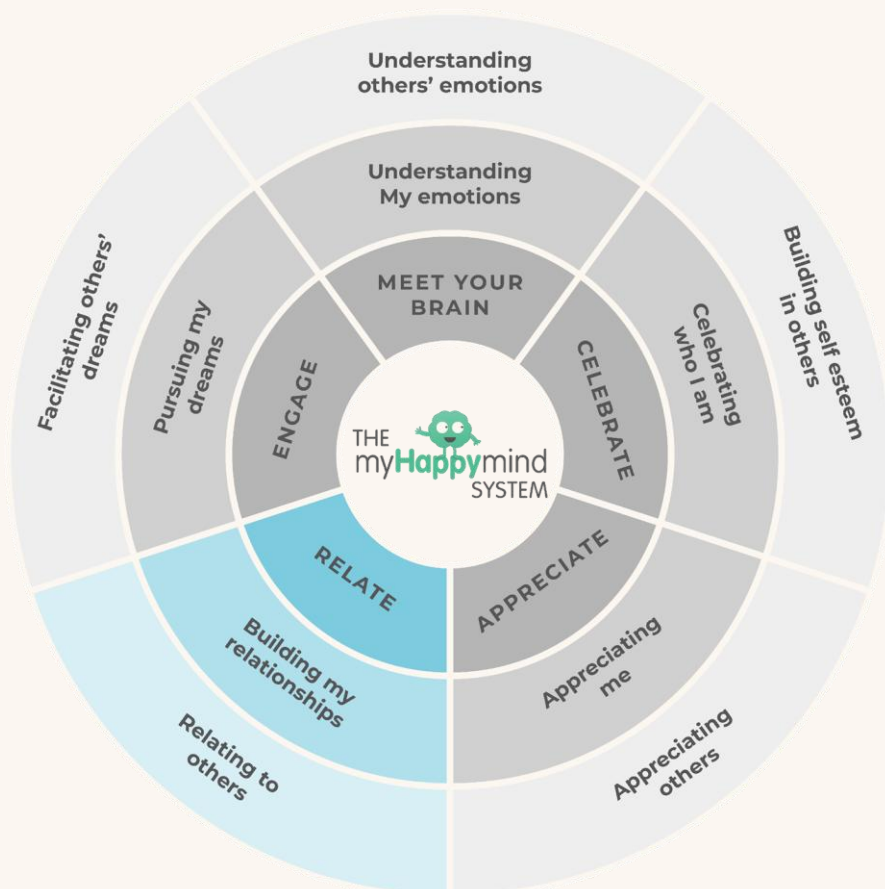
of teachers said they have introduced an Attitude of Gratitude into their classroom.



# Relate - Developing healthy relationships

**In this module the children focus on developing healthy relationship habits.**

This includes understanding other perspectives, Active Listening and celebrating diversity of thought and character. Healthy relationships are a key building block in supporting overall wellbeing; they provide children with a support system and endless opportunities for positive interactions.



# What teachers said before and after myHappymind



**68%**

of teachers said that they would rate their children's Active Listening skills as poor or fair.



**89%**

of teachers have noticed a difference in the children's Active Listening skills.



**62%**

of teachers said at least half of their children had friendship challenges.



**100%**

of teachers said their children have a better understanding of the importance of positive relationships and how to build them.



**73%**

of teachers said at least half of their class struggled to see things from another's point of view.



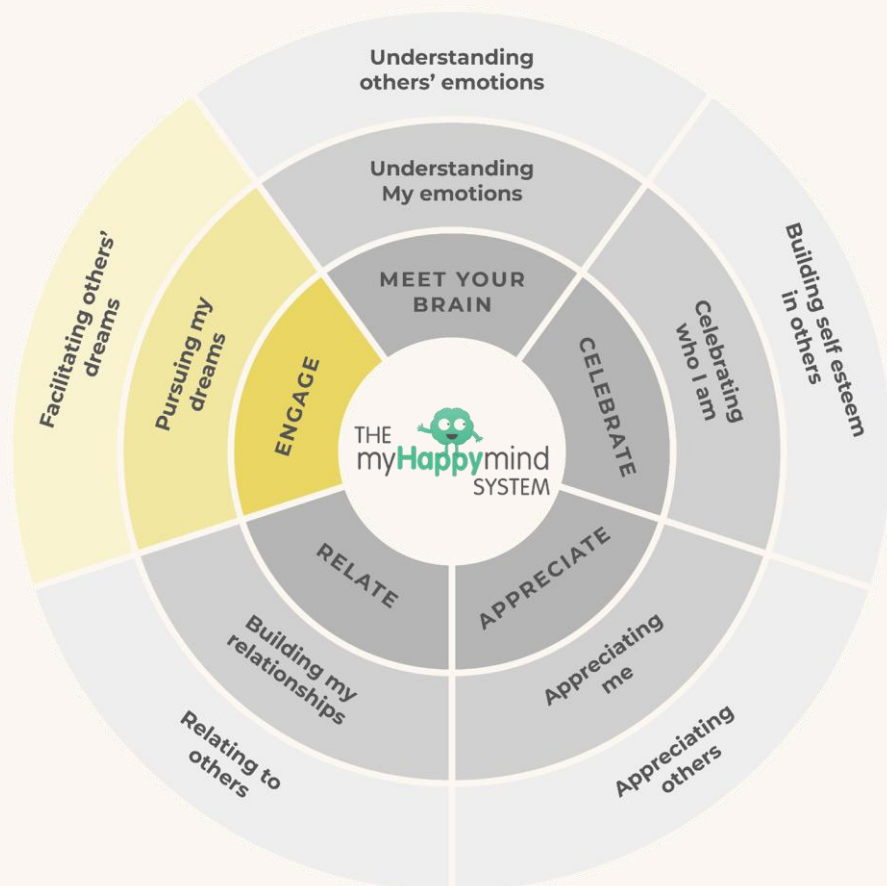
**100%**

of teachers said they are integrating the "Stop, Understand and Consider" approach into their regular teaching and learning.

# Engage - Building resilience and perseverance

**In this module we are focussed on building resilience and perseverance.**

We do this by helping children to set their own 'Big Dream Goals'; these are things that the children want to achieve because they are passionate about them, e.g. learning a new skill in sport or art. By setting children up with goals they are internally motivated to achieve, we give them their own evidence that they already have the skills to be resilient and to Persevere.



# What teachers said before myHappymind



**18%**

Only 18% of teachers said more than half of their children knew how to set their own goals.



**36%**

Only 36% of teachers said at least half of their children could persevere in the face of challenges when trying to achieve goals



**9%**

Only 9% of teachers said more than half of their children knew how to make a plan to achieve their goals.

# Feedback

*"The children liked learning about Neuroplasticity and the neural pathways. The children know that when they first do something it might be tricky but when Neuroplasticity happens they can do it! We love Team H-A-P!"*

*"Happy Breathing helps us become calm. We enjoy learning about the parts of the brain and what they do."*

*"Children are requesting more Happy Breathing time in class."*

*"Some children are using Happy Breathing at playtime when they are finding things difficult."*

*"The children were really good at spotting each other's Character Strengths too. They were very proud of each other."*

*"They enjoyed spotting strengths in their friends."*

# Feedback

*"A very enjoyable set of myHappymind sessions completed. Very worthwhile and appropriate for Reception children at this time of year."*

*"We spoke about Character Strengths as we did our termly assessments"*

*"Children are able to identify strengths of their own and others too."*

*"Children appreciate their friends and know that saying thank you is important"*

*"The children feel more comfortable talking about everything they are grateful for."*

*"I am hearing a lot more 'thank yous' in the classroom. "*

*"A very worthwhile module. Always encourage children to say thank you but this section really made them think about ways we can say thank you and reasons why, just the general awareness of being thankful and grateful. Also pitched at the right level for this age of children "*

# Feedback


*"The children have shared what they love about their lives and what they are grateful for. Some have shared this with their families at home. One little girl said, "My mum smiled at me and said 'Thank you'."*

*"I feel the class and indeed the Year 6 group are listening more actively, and they are being more respectful when needing to listen to peers or staff."*


*"Now that the children understand Active Listening, when I mention this, they understand what I am talking about, and it has an impact on the classroom environment."*

*"The children have become better able to relate to one another."*


# Thanks for your time





Thank you for taking the time to read this report. If you have any questions or would like to discuss it, don't hesitate to get in touch.


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