



# Positive Mental Training for Schools



Future Ready Fund Grant Winner

# Embedding resilience, self-esteem and motivation in school kids

We're helping schools enhance pupils' skills with a pioneering, research-based, non-stigmatising approach designed to embed non-cognitive skills, such as resilience, into the classroom and curriculum. Our goal is to give secondary-aged pupils access and guidance to a specifically adapted version of our *Positive Mental Training (PosMT)* programme, which has been successfully used by the NHS & student/community settings for 13+ years. *PosMT* is proven to have a positive impact on social & emotional skills, perceptions of self, motivation and resilience.

## **In a nutshell**

A 9-week, 3-part approach consisting of regular group listening sessions (via app or audio players and wireless headphones) of our NHS-endorsed *PosMT* audio tracks, teacher training to optimise delivery of the programme, and weekly creative group activities designed to increase engagement and reinforce key learnings and techniques related to the development of academic & personal confidence.



# How does Positive Mental Training work?

Based on sports psychology, *PosMT* consists of specifically-developed audio tracks lasting 3-10 minutes each, incorporating breathing, positive reappraisal and visualisation techniques (amongst others) proven to help with stress management, resilience and self-perception.

Resilience, for instance, is built through tracks that instill 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 in students 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: [foundationforpositivementalhealth.com/research](https://foundationforpositivementalhealth.com/research)

*PosMT* is available as the iOS/Android app *Feeling Good* (approved by the NHS Digital App Library).



# Examples of audio and activities

## Weekly Audio Tracks

**'Boosting Your Inner Strength'** - Understand how deep relaxation and clearing the mind helps you overcome your fear of situations and deal better with challenging events.

**'Calm Your Mind'** - Using the relaxed body state to create calm mental imagery; visualising your inner safe place and priming the brain with positive affirmations.

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

## Corresponding Group Activities

**'Motivation Sprint'** - Sharpen vision and motivation with this fun activity where you provide speedy anonymous answers to 4 questions. e.g: *What are the things that matter to you more than anything?*

**'Safe Spaces'** - Using materials provided create a collage, drawing, painting or write-up of your 'Safe Space'. Exhibit with your group & take photos of your favourites for whenever you need a reminder.

**'Soundtrack Goals'** - Feel good about working towards your goals, by linking your favourite songs to them through performance-enhancing visual rehearsal techniques.



# Teacher & staff training day

We offer an adapted version of our Royal College of General Practitioners (RCGP)-accredited training modules for all school staff. In addition to familiarisation with the *PosMT* programme and the science behind resilience, we offer guidance and understanding of the critical skills needed to support students beyond academic endeavours.

## Training components

- Stress triggers at school
- Resilience & Self Determination Theory
- Emotional Regulation (Reflexive Discussions & Presentation)
- Skills for reframing stress & anxiety
- Introduction to the *PosMT* audio tracks and best practices
- Embedding *PosMT* in your curriculum
- Managing mental boundaries
- Discussions & Q+As

# Would you like to get involved?

Our objective is to have the development of non-cognitive skills, via the delivery of our *PosMT For Schools* intervention, embedded into UK curriculums by 2025.

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](mailto:info@fpmh.org.uk)

**[foundationforpositivementalhealth.com](https://foundationforpositivementalhealth.com)**

