Feeling Good For Schools

Information and Q&A

Feeling Good
Introduction

- Intro to the Feeling Good for Schools team!
  - Dr Sheila Ross
  - Serena Steptoe
  - Becky Tapper

- If you have a question at any time during the webinar, please write it in the chat box and we’ll pick it up at the end.

- (If you would like to ask a question anonymously, please message Serena directly.)
Charity
Promotes recovery from emotional distress (depression/anxiety/stress)
Came out of our experience as GP and working in health promotion
Sports mental training techniques + relaxation + positive psychology
Audio programme - applied to everyday life for recovery & resilience
Research - Evidenced based - NHS digital accredited
Used in NHS/universities/public health ‘Every Mind Matters’
13+ years

Feeling good: positive mindset App
Three quarters of adults with mental illness first experience symptoms before age 25

Adult Psychiatric Morbidity Survey, 2014
Half of all mental health conditions start by 14 years of age.
Learning fundamental skills for maintaining general mental health is the key to helping adolescents thrive.
Feeling Good for Schools

- Integrated, 3-part intervention for increasing pupil
  - Resilience and coping
  - Motivation
  - Self-perception

by building core non-cognitive skills in secondary-aged students.

- Builds positive emotions, good psychological function, autonomy, competence and relatedness, underpinning self esteem and intrinsic motivation.
Daily Listening

- **What**
  - Modular audio tracks

- **Why**
  - Repeating embeds skills

- **When**
  - Tutor time /as an alternative to silent reading in e.g. English

Some feedback from a pupil and a teacher who took part in our pilot programme this year

“It was relaxing and something that you kind of looked forward to for the start of the week before going to a period of learning you get a wee bit of time.”

“It benefits kids who just need some help to calm down. I’d say it’s particularly helpful there, it grounds them in a lesson, helps them find a calm zone that they are able to work in for the rest of the period and hopefully the rest of the day.”
Pupils made reference to the way listening
★ calmed them down,
★ was relaxing,
★ provided a moment of quiet,
★ was peaceful or
★ prepared them for the day.

“I’ve really loved listening to the relaxing tracks before I start English and it helps me concentrate.”

Feeling Good Teens App

Username: Feeling
Password: Good
The programme:

- An integrated 2-year approach.
- 2 x 6 week programmes (one for Y7/S1 and one for Y8/S2).
- For whole year group - inclusive/non-stigmatising
- Detailed information in our brochure.
Taught sessions

● What
Six weekly, sequential lessons that develop skills in resilience, self-perception and motivation in Y7/S1 followed by six in Y8/S1. PPTs, lesson plans, pupil booklets.

● Why
To increase engagement with the audio tracks and embed key learning and techniques/strategies.

● When
Once per week in PSHE/PE/Citizenship (or a combination).
Feedback from taught sessions

“It got me to feel positive and more confident for myself also the audio tracks made me more positive.”

“It let me feel calm and confident for the day ahead and the activities let me open up.”
Teacher training

- Online modules
- Live webinar combined with online modules
- Optional refresher/drop-in webinars throughout the year
- Ongoing remote support throughout via forum, email and phone calls
Wider community

- Teachers, whole-school approach
- Offer adult app for free to parents and carers
- Send information to parents/carers (brochures and recordings of webinars)

Free app access codes for COVID

For the UK:
app login username: coboost
app login password: positive

Download Feeling Good & start your positive mental journey

[App Store] [Google Play]
Expectations

● Take a whole-school approach
● Disseminate information of programme
● Provide feedback where possible
● Support our pupil and teacher evaluation
● Integrate daily listening and taught sessions
● Deliver the programme as recommended
Pupil Positive benefit:

Wellbeing and emotional regulation
★ feeling calm or relaxed
★ reduced stress
★ increased capacity to cope with such feelings and difficulties
★ increased confidence

Knowledge and use of relevant skills
★ building increased self-confidence

Academic and behavioural change
★ better concentration
Pupil comments

“I liked that it gave me time to relax and breathe”

“It was very relaxing and you could forget about all the bad stuff that has been happening in life”

“The fact I now worry about things way less and feel more relaxed because of the audios”

“It helped me calm down when I was feeling really stressed and really down.”
Question and Answers

1. When can we start delivery of the six week programme(s) for Y7/S1 and/or Y8/S2?
2. Which subject should we deliver the programme in?
3. How much time do we need to allocate for delivery of the programme?
4. How will the staff training be delivered?
5. How will the impact of the programme on our pupils be assessed?
6. What do I need to do/have done to sign up for the programme?
7. Is there any cost involved?
8. Can I deliver the programme in tutor time?
9. Is the programme suitable for delivery in alternative settings?
10. Any other questions?
Do you foresee any challenges to delivering the programme in your school?

- Please comment in the group chat.
- If you would like to comment anonymously message Serena directly.
Thank you!

If you have any further questions, please don’t hesitate to contact us and if you’d like to register for our programme, please confirm this by Friday 3rd July.

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