

Feeling Good for Schools



Feeling Good



Thank you for expressing an interest in our wellbeing programme. Our fully resourced programme is free of charge thanks to funding from the innovation foundation Nesta.

What to expect from us

A programme training day/half-day or online training for staff on mental health, wellbeing and their impact on non-cognitive skills.

Free access to our NHS-accredited Feeling Good app for adults and Teens app for young people.

A teacher overview of lesson plans, Classroom ready PowerPoints, downloadable resources and pupil booklets

Ongoing remote support from the FPMH team (consisting of teachers, psychologists and doctors) via Slack

Access to a network of schools who are also delivering our programme.

We expect schools to:

Take a whole- school mental wellbeing approach

Disseminate information of the programme to other teachers and supply emails of all teachers involved in listening/class delivery and/or sign up to Slack for communication.

Provide feedback when possible- your opinion matters to us!

Support our pupil and teacher evaluation

Integrate daily listening (e.g in form time) and weekly taught sessions (e.g in PSHE/PE)

Deliver the programme as recommended, our research shows consistency and enthusiasm from teachers is most effective.

The 6-week programme consists of:

Daily listening to audio tracks lasting 3-10 minutes (adapted from our NHS programme) and weekly creative, interactive taught sessions. This programme for S1/Y7 and S2/Y8 aims to increase pupil resilience, positive perception of self and motivation; and instill teacher confidence in mental health and wellbeing

