



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, which has been successfully used by the NHS and pupil/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.

In a nutshell:

Integrated 2 year, 3-part approach consisting 2 x 6 week programmes (one for Year 7/S1 and one of Year 8/S2) of regular group listening sessions (via the Feeling Good Teens app - adapted from our NHS-endorsed PosMT audio tracks); teacher training to optimise programme delivery; and weekly sessions delivered by teachers (usually in PSHE, Citizenship or PE lessons) that consist of individual, group and whole-class creative tasks and activities designed to increase engagement and reinforce key learnings and techniques related to the development of non-cognitive skills, leading to increased academic and personal confidence.

How does Positive Mental Training work?

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PosMT consists of specifically developed audio tracks lasting 3–10 minutes each, based on a proven NHS programme incorporating breathing, 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:

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

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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 group activities

Safe spaces – In small groups, 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, in pairs, possible scenarios and consequences of feelings, thoughts and actions.

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

Teacher and staff training day

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We offer an adapted version of our Royal College of General Practitioners (RCGP) – accredited training modules to all school staff (those involved in the delivery of the programme and interested others). In addition to familiarisation with the Feeling Good for School programme and the science behind resilience, we offer guidance and understanding of the critical skills needed to support pupils' beyond academic endeavours.

Training components

- An Introduction to Resilience and Self-Determination Theory and what it tells us about strategies and attributes to overcome challenges
- A consideration of stigma and cynicism surrounding mental health and well-being
- Enhancing skills to help pupils with Emotional Regulation
- Techniques to manage mental boundaries
- An exploration of pupils' stress triggers
- Practical strategies to support pupils to reframe stress and anxiety
- Approaches for motivating pupils
- The positive impact of developing non-cognitive skills on academic achievement and behaviour
- An overview of the Feeling Good For Schools Programme (the taught sessions) and best practice
- Discussions and Q&As

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 and will help your school deliver some of the requirements of the new government guidance for compulsory Relationships Education and Health Education.

Relationships Education, Relationships and Sex Education (RSE) and Health Education

As well as expanding on the practical materials provided by the government for Teaching about Mental Well-being.

Teaching about mental wellbeing

We're proud to be supported by NESTA. 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

foundationforpositivementalhealth.com

