



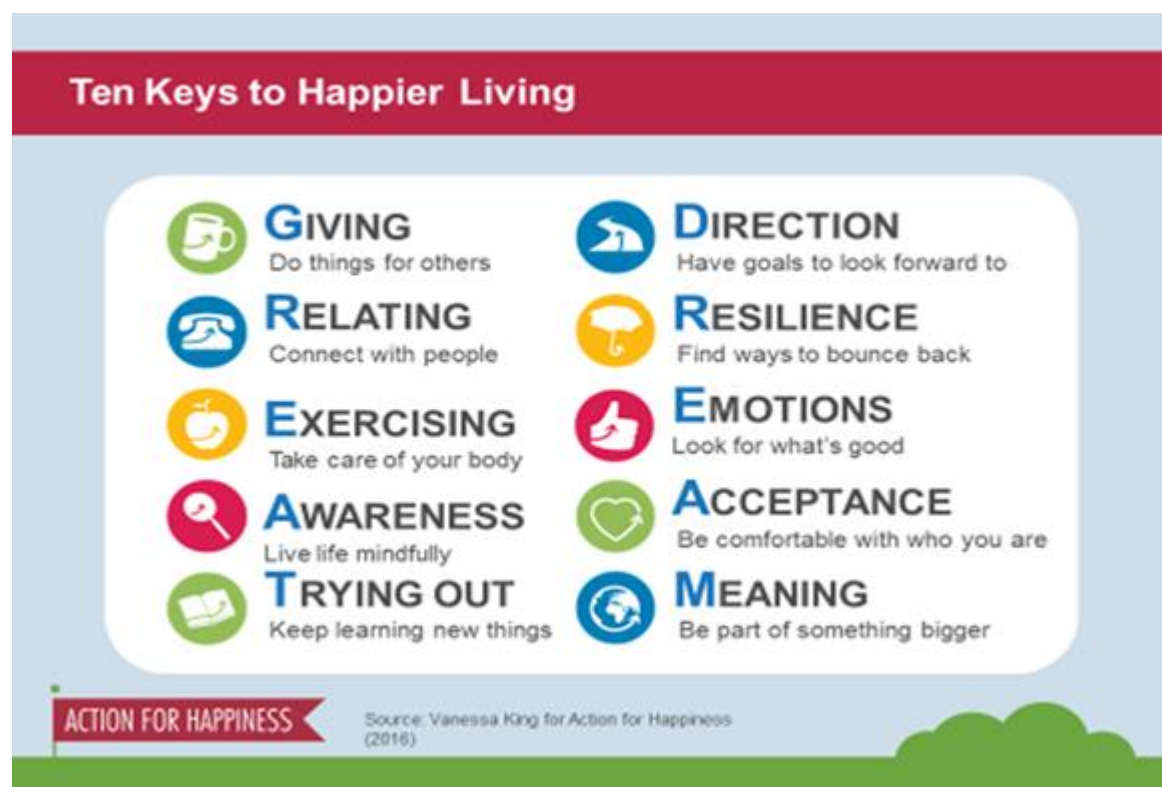
Northamptonshire
Educational Psychology Service



Wellbeing Boost for Schools – Week One

What is written here is very simple and it really does make a difference to the lives of people. This is your first weekly email with suggestions to boost the wellbeing of staff, parents, children and young people in your school, based on the 10 Keys from Action For Happiness. What are the 10 Keys? **GREAT DREAM** Each letter represents something we can do to help us feel happier. Action for Happiness helps people take action for a happier and kinder world. For more details visit their website www.actionforhappiness.org

This week we will look at **GIVING – Do things for Others** and how that can help us, our colleagues, children and families. There is evidence that each of these keys do change things for the better. For those of you who like to have evidence, please visit the website and research – you may be surprised. I won't keep mentioning evidence in the emails.



- If anyone wishes to take advantage of the free 10-day Coaching Programme they can access it here <https://10daysofhappiness.org/> It is very simple and only takes a few

minutes a day and can change your thinking and actions for the better. It will take you through the 10 Keys and asks you to think of actions you can take for each key. (I will have completed it by the time you read this.)

GIVING – Do kind things for Others

1. Write down what you could do today to be kind and give something to someone else. It may be simply to thank someone for what you might usually take for granted. It may be as simple as giving someone a smile, a gesture, a kind word or some encouragement. Notice how that feels. How do they respond?
2. Ask the children you are with online or in class what they could do for someone today and then afterwards ask them what they noticed. Build up a bank of resources based on their suggestions.
3. Help someone who is struggling and let them know that you care.
4. What could the school Senior Leadership Team do to be kind to the staff and children? How could this become a more conscious activity in school – possibly using the posters to stimulate thoughts and actions
<https://www.actionforhappiness.org/happiness-posters>
5. Write down a way you could be kind and give within your family at home, or even a phone-call to a family member or friend who might be on their own.

More suggestions for this key and others feature on the Action For Happiness Calendars, which provide suggestions for each day of the month.

<https://www.actionforhappiness.org/january>

Final Suggestions


If you have a notebook I suggest that you devote one page per key and jot down your plans for that key and the differences you notice after putting the plans into practice. If you prefer keeping things electronically you could file each of these emails and create a folder of plans and what you notice for each key.

If you are a parent you can also keep a notebook or store this information electronically to use with your family, now or later.

If you are a class teacher you could keep a file/box of what the children say, do and

Wishing you a happier week ahead.

John

A close-up photograph of a hand holding a vibrant red flower with a yellow center. The background is a soft, out-of-focus grey. On the left side of the image, there is a white rectangular area containing a quote and the name 'Mother Theresa'.

“Not all of us can do
great things but we
can do **small things**
with **great kindness.**”

Mother Theresa