

Veema Education

Mental Health in Our Schools

More than just a buzzword

Student Wellbeing

Nina Jackson @musicmind

International Mental Health Advisor

Education Consultant

Award winning speaker

Author



veema.co.uk
EXCELLENCE IN EDUCATION

www.veema.co.uk



veemaedu



@VeemaEdu



Veema Education

Email: info@veema.co.uk

OR

cpd@veema.co.uk



‘ONLY ONE ME’ ‘Finest Range’



Personal Well-being Recipe Book

Who am I?



My Unique Ingredients



My Personal Well-being Method



The Smile Experiment



1. **Instructions:** divide into your team and agree on roles of Person 1, Person 2, Time/Narrator, Recorder.*
You will need a stopwatch as well as a pencil. Once you're ready have the narrator read aloud:
- Timer/Narrator:** Person 1 and Person 2, please sit or stand opposite of each other. Please follow these directions:
- Person 1: You live your life with self-discipline, making good choices, rejecting bad choices, and being part of your family, school, and society. Think about all these good choices and self-control as you do this experiment. For the next seven seconds, no matter what Person #2 says or does, I want you to show absolutely no emotional reaction. Do not get angry, sad, or frustrated, and **do not smile or laugh**. Go completely blank. Remember, show no emotion, no matter what.
- Person 2: Your instructions—when the timer says to start—are to look in the eyes of person #1 and smile at them genuinely.
- Timer: You are responsible for timing how long it takes for each person on your team to change his/her blank expression.
- Recorder: You are responsible for recording and charting the results of this experiment for your group.
- *You should do this experiment four times, changing roles each time, so that each person gets to do each job once.*

2. **Predict:** Which team member in your group will be able to keep a blank face the longest? _____

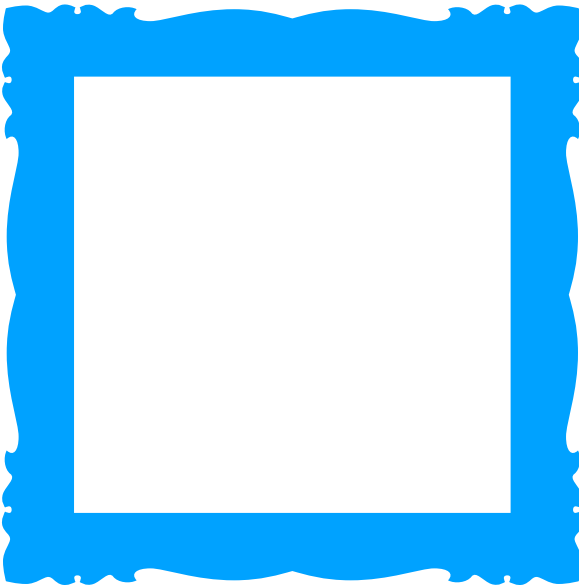
Group Member	3. EXPERIMENT: Amount of Time Before Expression Change								
	5 seconds	10 seconds	15 seconds	20 seconds	25 seconds	30 seconds	45 seconds	60 seconds	Other ____
Person 1									
Person 2									
Person 3									
Person 4									

4. **Analyze:** Discuss as a team what these results mean: why are they significant? How can you apply this experiment to your life?
- _____
- _____

(Advanced option: Do an internet search about mirror neurons and discuss why they apply to this situation.)

5. **Implement:** The goal of happiness research is to create a ripple effect—spreading the happiness in your own world. On the back side of this paper, outline plans for a project your group could create in your school or town to spread happiness.

Name _____



Notes



Wellbeing Agenda - ideas to consider for students



Community	Family
Happiness	Relationships
Food & Drink	Mindfulness
Technology	Nature
Being Active	Childhood

Supportive visual for student wellbeing



Further Reading and Articles

1. <https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/understanding-need/measure-pupil-wellbeing/>
2. <https://www.gov.uk/guidance/supporting-pupils-wellbeing>
3. <https://gov.wales/health-and-wellbeing-in-schools>
4. <https://iscresearch.com/wellbeing-in-international-schools/>
5. https://issuu.com/williamclarence/docs/wism_issue_1_final
6. <https://www.gesseducation.com/industry-news/wellbeing-in-international-schools-december-2021>
7. <https://iscresearch.com/reports/wellbeing-international-schools/>
8. <https://wiseducationblog.com/>
9. <https://www.teacherhorizons.com/advice/3-ways-to-support-student-wellbeing-in-international-schools-the-3-schools-doing-it-already/>
10. <https://journals.sagepub.com/doi/abs/10.1177/14752409211006650>

Further support for your schools can be gained by contacting us at cpd@veema.co.uk

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