The Keys to Happier Living Toolkit for Primary Schools is an evidence-based resource pack for teachers to support children to learn, develop and embed the core skills for emotional wellbeing and resilience. Based on the Action for Happiness’ GREAT DREAM Model it consists of resources for an assembly and 11 subsequent lessons. A Children’s Journal embeds pupil’s learning, and an Adult’s Journal supports teachers to integrate the keys prior to teaching them. Training is strongly recommended to enhance understanding of the key principles.

Links to the PSHE Programme of Study:
The Keys to Happier Living links to the following PSHE themes in the Programme of Study in KS 2:
- Health and wellbeing
- Relationships
- Living in the wider world

An overall learning goal is supplemented by learning outcomes for each session

Comprehensive guidance for staff and a range of templates are provided.

What do Teachers say?

(a) The resources have been brilliant and easy to use.
(b) The toolkit was very handy, very resourceful and very well displayed.

What do Children Say?

I think I learned so much about friendship, how special I am and probably ‘trying out’.

It helped me appreciate things more.

It was very helpful to help me feel happier.

I think all schools should teach these lessons

The class are now more able to talk about their feelings. They, on the whole seem a little more confident to try things out.

The sessions have given the children a chance to think about the things they can do in their everyday lives to improve their own and others’ lives.

How can I access Key to Happier Living for my School?

Attendance at a one-day training course and purchase of the resources will equip teachers to deliver the programme in their school. Training sessions are run by Educational Psychologists. For dates and making bookings, access www.northamptonshire.gov.uk/TaMHS