

Product Overview

HeadteacherChat's Review of: The Happy Confident Company

In summary, HeadteacherChat recommends The Happy Confident Company because:

- High quality and engaging resources that support children's wellbeing.
- Quick and easy for teachers, teaching assistants and parents to use at home
- The resources are thoughtfully planned and based on scientific research
- Useful videos that teach children about emotions and life skills.
- Can be used for EYFS - Y9 children in class and in assembly

What are the Benefits of using The Happy Confident Company resources?

Using these resources for just 10 minutes a day, Happy Confident schools transform children's wellbeing by developing the skills and confidence they need to succeed. The impact of the programme is immediate with a large percentage of schools seeing a difference in just one week. The results are improved self-regulation, increased self-awareness and growth mindset, increased resilience, and greater compassion. Additionally, the programme benefits teachers by promoting positive behaviours and reducing time spent on behaviour management.

'Our commitment to developing children's wellbeing drives us to constantly innovate and evolve our resources to help even more children worldwide. Join us on our mission.'

How does The Happy Confident Company describe their product?

With the rapid rise of mental health issues in children across the world, The Happy Confident Company is on a mission to help every child develop a strong sense of self-understanding and self-belief from the earliest possible age. We believe that early intervention and prevention are key to improving children's wellbeing.

We provide clinician approved, ready-to-go programmes and resources that develop personal, social, and emotional skills for children aged 3 to 14 and in just 10 minutes a day. There is little training required and the programme can be tailored to each individual school.

What does it enable you to do?

The programmes equip schools with all the essential tools to support children's wellbeing and are based on 4 pillars:

Pillar 1: FEELIT

Teaches emotional literacy and social and emotional mental health through a full SEL programme containing more than 300 activities to teach 96 feelings:

- The children start by making a commitment to create a safe space to share information together with their team around them. The activities help children to consider others and to work together to share how they feel.
- The colourful FEELIT Mapper helps children to identify and label their feelings and to describe them so that they can seek help
- FEELIT Cards can then be used for interventions to teach children about emotions and what they are feeling in the moment. Children are then encouraged to choose what they would like to feel and then teachers can help them to work on the strategies to help them achieve this. Children are taught that feelings are very short and only stay in the body for 90 seconds.
- Access to the Digital Wellbeing Hub - Includes ready to teach resources with 96 feelings to teach. Teachers can focus on a feeling at a time, and can be linked to cross curricular topics, in easy to teach formats such as songs, and videos.

Pillar 2: Daily Journaling for Y3 - Y6.

Embedding gratitude and reflection through daily journaling.

- Happy Confident Me Journals help children to talk about feelings, and to start journaling to improve their own mental health and wellbeing.
Y3/Y4 Structured journaling and one free page per day to doodle and write.
Y4/Y5 Super Journal Structured journaling and introduction of 10 Powers
Y6+ Life Skills Journal 10 Powers Activity Book with 68 activities for children to complete.
These journals help children to talk about feelings, and to start journaling to improve their own mental health and wellbeing.

Pillar 3: Happy Confident Me TV

Developing life skills such as self-awareness, resilience, creativity and compassion.

- These videos teach children about emotions and what to do about them.
- Helps children to understand that it is ok to have negative thoughts and feelings and then gives them the toolkit to regulate how they feel and resolve the challenges they face.

Pillar 4: Mindfulness - Meditations, affirmations and Conversation Cards

Introducing Mindfulness tools:

- Games, positive statements and conversations starters
- Helps children to talk about their feelings and engage and learn about each other, change their mindset and inspire positivity.
- Include positive affirmation cards such as 'I choose to be positive about myself today'.

The resources are proven to have a positive impact:

- Improved pupil behaviour and readiness to learn
- Self regulation, inclusion and growth mindset

- Better Outcomes
- Self expression, confidence and resilience

It's easy for teachers and teaching assistants to use:

Teachers get access to a high quality digital platform with a selection of teaching materials. Teachers don't need to worry about planning lessons, and each teaching segment is quick and easy to pick up.

The planning teaches 12 feelings across each year group, increasing in complexity throughout the years, and once they are covered, they are then embedded through literacy and creative activities.

The resources are currently used in schools throughout the UK and internationally, with endorsements from clinicians, schools and charities. Several of the resources are being translated in other languages such as Dutch, Czech and Arabic version.

Top Testimonial

The fact that this programme is an off-the-shelf solution and very easy to implement is something the entire team has been so grateful for. It is helping our pupils to learn more about themselves and develop and hone the 10 life skills and we saw some positive results very quickly. Using both FEELIT! And journaling resources has ensured that the children are thriving and becoming the best versions of themselves. We pride ourselves on how we support our children's Personal Development and this is a huge part of helping them to become future-ready.

Executive Headteacher

 **HeadteacherChat**