



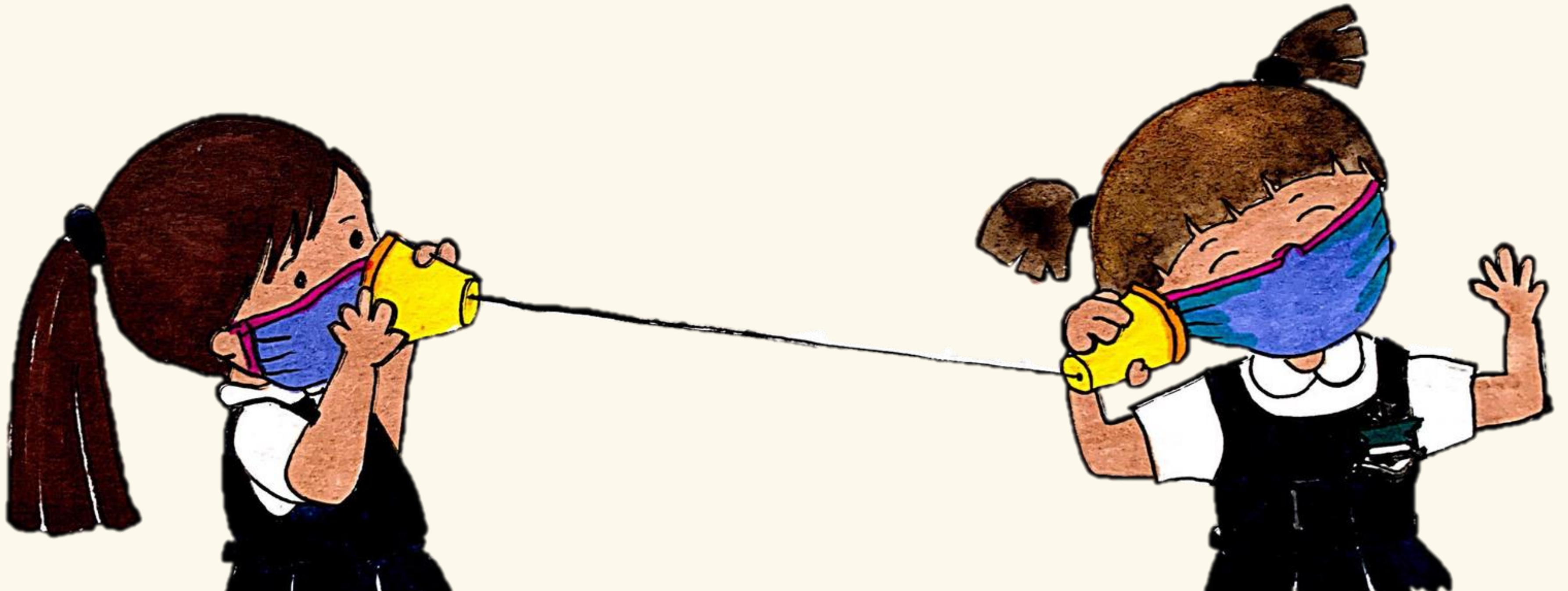
HapPiness
Initiative 

WELL-BEING PROJECT

Primary 1 (2023)

SCHOOL'S FOCUS

Positive Education & Growth Mindset





**POSITIVE EMOTIONS
AND GRATITUDE**



**RELATIONSHIPS
AND EMPATHY**



**ACCOMPLISHMENT
AND OPTIMISM**



**FOR THRIVING AND
FLOURISHING
WELLBEING**



**ENGAGEMENT
AND MINDFULNESS**



**MEANING
AND PURPOSE**



**HEALTH AND
STRENGTHS**



GROWTH MINDSET

Is Freedom



FIXED MINDSET

Is Limiting





HapPiness
Initiative 

GROWTH MINDSET FOR THE FAMILY

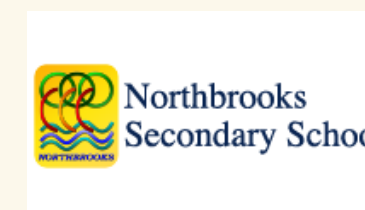
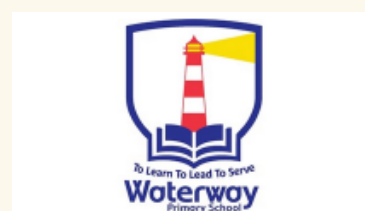
ADVENTURES WITH COCO & FAMILY

7 NOVEMBER 2022



We want to make Well-Being Skills accessible to everyone.

We have impacted more than 25,000 individuals since we started in 2017.
Below are some of the educational institutions that we have impacted.



Heartland 'well-being circles' to be formed to safeguard mental health of S'poreans



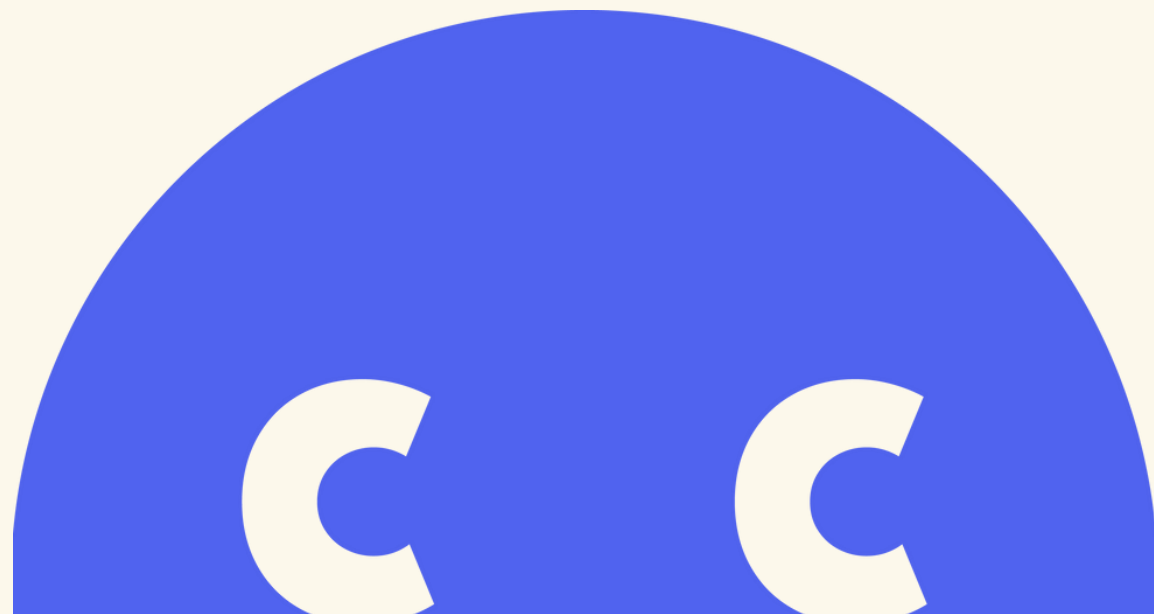


Having a Growth Mindset is important.





Well-Being Skills are important.





**Parental involvement in child's learning
is beneficial.**

Growth Mindset & Well-Being Skills are Important.

- **A meta-analysis of 31 years of Growth Mindsets research shows that Growth mindsets are linked to a reduction in psychological distress and an increase in active coping (Burnette et al., 2020).**
- **In a large-scale study across three countries (Bhutan, Mexico, and Peru) involving close to 800,000 students has shown that teaching Well-Being Skills not only improve Well-Being Outcomes but also improves Academic Performances (Adler et al., 2016).**



Parental involvement in child's learning is beneficial.

- **Involvement of parents in their child's education and development is beneficial for their learning.
(Durisic & Bunijevac, 2017; Halim et al., 2018)**
- **It could also improve the relationship between parents and their child.
(Halim et al., 2018)**



GROWTH MINDSET FOR THE FAMILY

ADVENTURES WITH COCO & FAMILY

Coco the Bear



Darcie the Deer



Sammy the Snake



Tallie the Giraffe



Twirly the Tortoise



Billy the Beaver



Collect a gift when
you're done with all
the activities!

SAMPLE

*not the final product

"Growth Mindset for the Family"

Aims to:

- **To help children learn about well-being skills (with a focus on Growth Mindset in P1) with the help of their parents**
- **To develop more positive and nurturing relationships between parents and their children at home**



**Student learn
Growth Mindset
Skills**



**Student practise
in class with their
teacher and friends**



**Student go home to share
and practice with their
Parents/ Guardian**

LEARNING OUTCOMES FOR STUDENTS



Session #1: Identifying Feelings

Session #2: Talking about Negative Feelings

Session #3: Understanding our Thoughts and Feelings

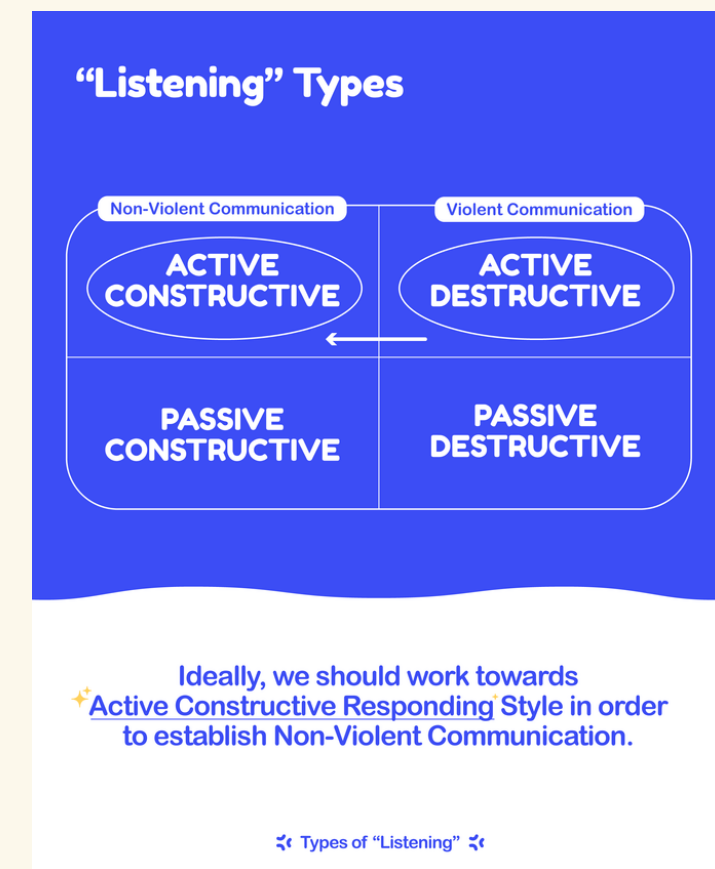
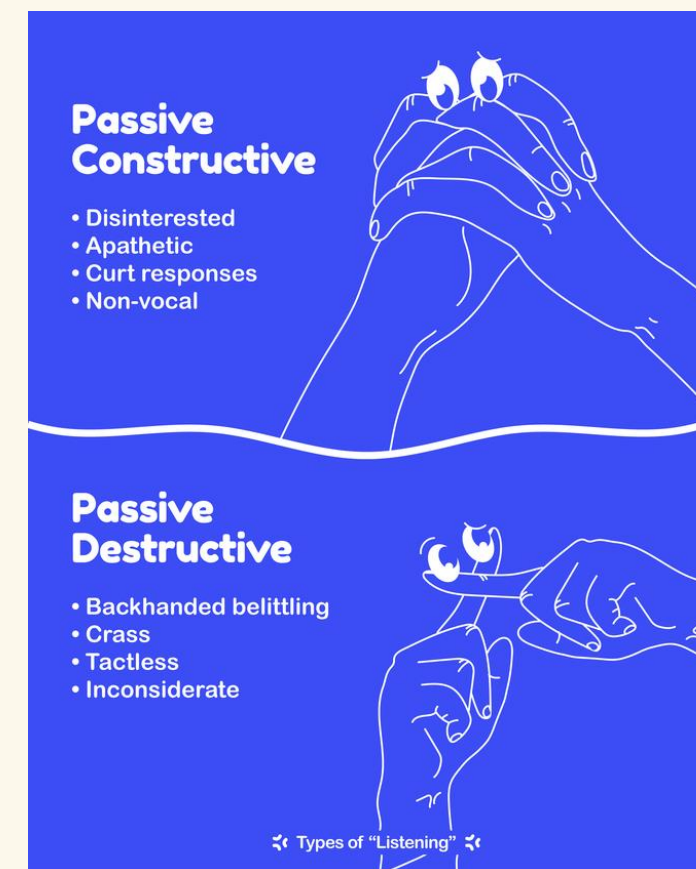
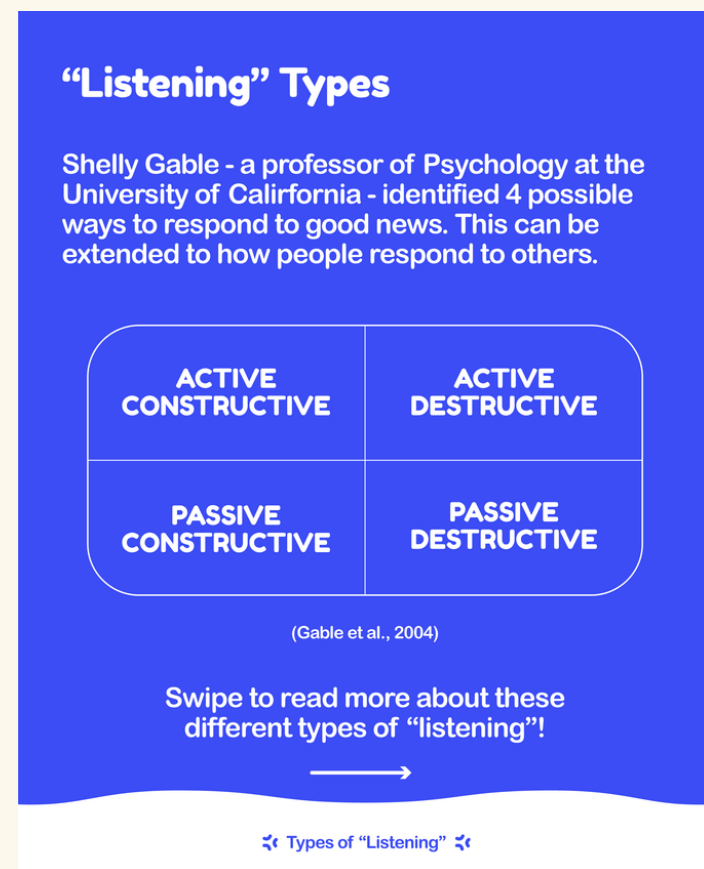
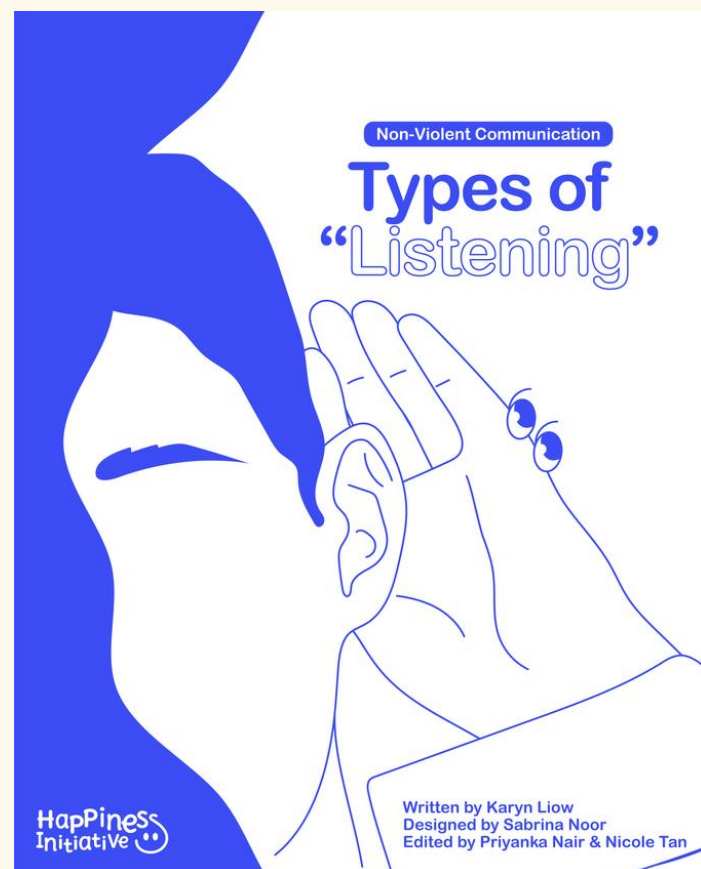
Session #4: Growth Mindset: We can Improve with Effort


Session #5: Growth Mindset: We can Grow from Challenges

Session #6: Growth Mindset: We can Learn from Others

WELL-BEING RESEARCH FOR PARENTS

For you to learn more about how to improve your well-being together with your child.





PROGRAMME EVALUATION

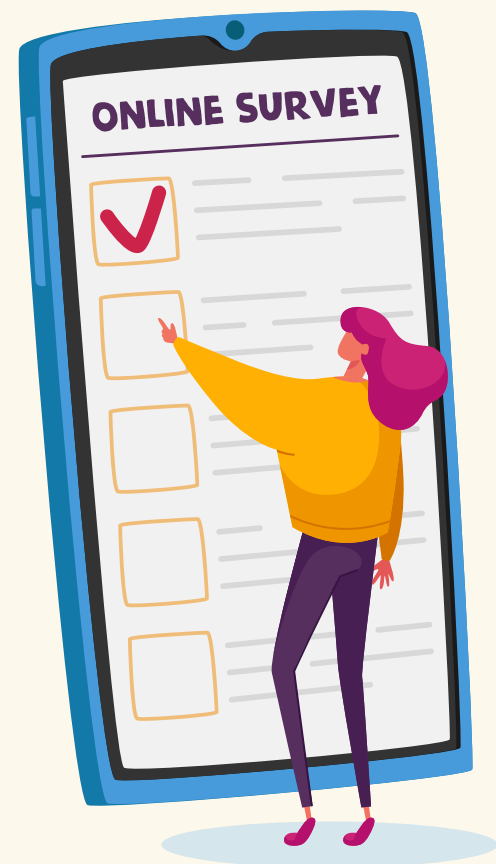
To measure the effectiveness of the programme and improve future programmes for your child.

Your responses will be kept confidential and only aggregated data will be presented.

**There will be two Surveys Time-point
Today & After completion of the activity book.**



PRE-SURVEY QUESTIONNAIRE



<https://forms.moe.edu.sg/forms/JmGL5e>