



Healthy Happy Minds

Collette Rowley Clifford

The 7 HABITS(S) of Wellbeing

“Learn It, Live It, Teach It”



Healthy Happy Minds

The 7 HABITS(S) of Wellbeing



Healthy Eating



Aerobic Exercise



Be Thankful



Invest in Learning



Take a breath



Support Others



Sleep Well

Using the latest evidence based research “The 7 Habits(s) of Wellbeing” are proven to nurture holistic growth from the **inside- out**.

Interwoven into the curriculum they are learnt, lived and developed into everyday Habits(s) to support Human Flourishing.

Benefits Included;

- Increased ability to regulation emotions
- Increased resilience
- Increased ability to manage stress
- Elevates empathy, kindness
- Improves physical health
- Healthier eating habits and choices
- Improve immune function
- Improves concentration and focus

Plus many more



"We first make our habits, and then our habits make us."

Our programmes are a proactive approach to developing the whole child.

Planting the seeds and nurturing their growth from the **inside out**.



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**Plant a Seed
and
Watch it
Grow**

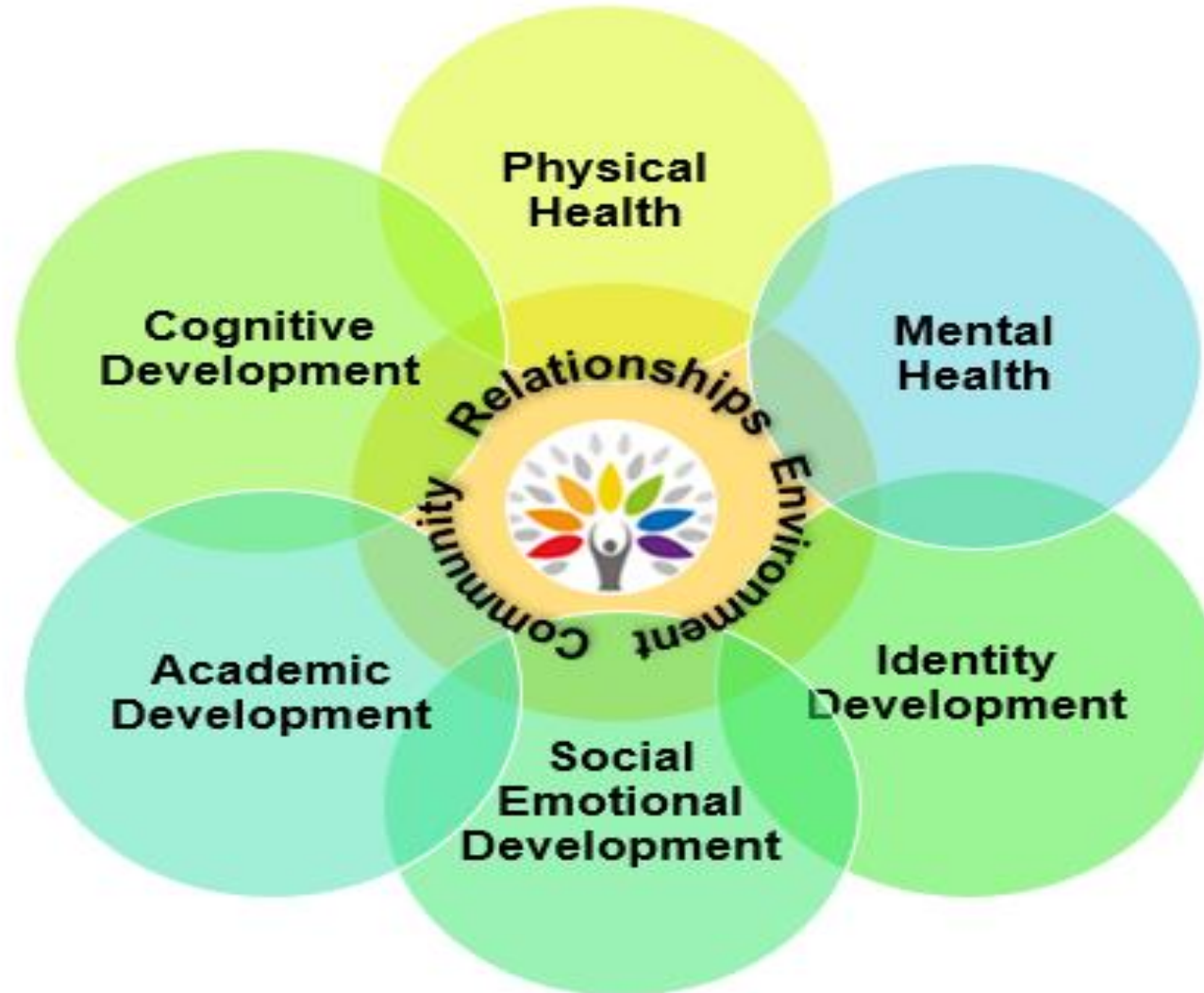


A Partnership Programme

Providing expert knowledge to truly embed habits(s) that change lives



How connected is your curriculum?



Our programme supports the development of the whole child using the latest knowledge, research and evidence from the world of medicine, psychology, nutrition, sport science and education.



Judgements: our working hypothesis in detail



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Our programmes links with the new Ofsted draft framework 2019 to support school's in shaping a culture & curriculum that truly invests in developing their staff and students.

Linking with the SIAM Framework



- **Vision and Leadership**
- **Wisdom, Knowledge and Skills**
- **Character Development: Hope, Aspiration and Courageous Advocacy**
- **Community and Living Well Together**
- **Dignity and Respect**



Supporting Staff and Students to Flourish

There are no **great schools** without **great teachers!**

Our programmes support the wellbeing of staff and students



Programmes



- The Connected Curriculum
- Teacher Wellbeing
- Healthy Happy Fitness
- Wellbeing Culture

Would you like to find out more? Please get in touch

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Healthy Happy Minds

Today's children hold the future in their little hands;
They will bring us an tomorrow based upon what we
teach them today.