

Keys for Happier Living

For what age?	At what level?
Children and young people of all ages	Universal and targeted support.

What is Keys for Happier Living?

The Keys for Happier Living is a presentation of the work from Action for Happiness. Action for Happiness is a movement of people committed to building a happier and more caring society. Their aim is to promote what truly leads to a happier more fulfilled life. Action for Happiness promote this research through their “10 Keys to Happier Living” which are supported by research, as strategies that will help us unlock the happiness our lives can offer us.

Our happiness is influenced by our genes, upbringing and our external circumstances - such as our health, our work and our financial situation. But crucially it is also heavily influenced by our choices - our inner attitudes, how we approach our relationships, our personal values and our sense of purpose.

How do we know it works?

The research shows that we need a change of priorities, both at the societal level and as individuals. Research shows that happiness and fulfilment come less from material wealth and more from relationships; less from focusing on ourselves and more from helping others; less from external factors outside our control and more from the way in which we choose to react to what happens to us. If these priorities are shared with staff and pupils alike, and embedded with the educational setting, it is a means of increasing happiness and fulfilment of the whole school community.

Keys for Happier Living Toolkit for Primary Schools:

Information about the PSHE Association Quality Assured Keys for Happier Living Toolkit for Primary Schools can also be obtained via this training.

Feedback from schools that have used this resources has been that:

- 95% of the children enjoyed the programme.
- 94% found the programme helpful.
- 95% thought all primary schools should teach these lessons.

How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist

Useful websites and resources

- [Action for Happiness website](#)
- [Action for Happiness 10 Keys to Happier Living webpage](#)