



UNIVERSITY OF
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Faculty of Education

THE SEEDS OF HAPPINESS

Pilot Study

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The Seeds of Happiness is a 7-lesson curriculum which introduces children and their teachers to the science of wellbeing, encouraging them to positively change their habits and behaviours.

A Pilot Study was designed to assess whether the curriculum leads to changes in children's wellbeing and attitudes to learning. The study took place at a primary school in England across two KS2 classes.

SEEDS OF HAPPINESS RESULTED IN IMPROVED WELLBEING

Participating classes showed similar levels of wellbeing before the course commenced. However, measurement of wellbeing levels at points during and after the completion of the course showed 'statistically significant differences' between the classes, with higher scores in the intervention class.



"I ENJOYED THE LESSONS AND ALL THE THINGS WE TALKED ABOUT. IT KIND OF HELPED ME...FIND MYSELF...AND MAKE MYSELF HAPPY."



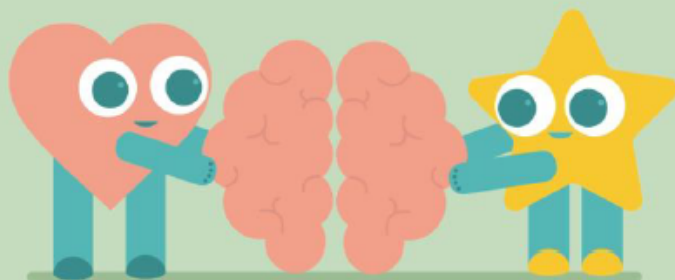
SUSTAINED IMPROVEMENTS TO WELLBEING

Follow-up measurement of the classes' wellbeing 6 weeks after the completion of the course showed sustained levels of improved wellbeing in the participating class compared to the control class.

"(I) REALLY ENJOYED THE LESSONS...THEY WERE FUN... YOU FEEL HAPPY FOR THE REST OF THE DAY"

POSITIVE IMPACT ON ATTITUDES TO LEARNING

Interviews with the children showed that participation in Seeds of Happiness led to positive emotions, including enjoyment, excitement and happiness, as well as a positive change in attitudes towards learning. In fact, the module on how we learn and neuroplasticity "Your Elastic Plastic Brain" was one of the most recalled modules during the interviews.



"I THINK SEEDS OF HAPPINESS GOT ME REALLY EXCITED FOR MY LESSONS, EVEN THE ONES I DIDN'T REALLY LIKE BEFORE."



[Download the full Pilot Study.](#)



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