



**bounce
forward**

*Thrive in life.
Start with resilience.*

HEALTHY MINDS PACKAGE

SIXTY-TWO LESSONS

Teaching life skills is vital, not only for the emotional health of students, but also to equip them for life beyond school. Healthy Minds makes this easy to achieve with an evidenced-based and quality approach.

For 11 years, the Bounce Forward charity has turned research projects into curriculums that are proven to have long term impacts on students. The lessons have been taught to thousands of students and the high quality training mean staff are fully equipped to teach.

Healthy Minds consists of the full suite of lessons in the topics listed and resources, ready to use in the classroom. It includes access to the game changing digital platform, BounceTogether to measure impact. Ongoing support from Bounce Forward is also included.

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Maths, English and Science help me succeed in school. Healthy Minds helps me succeed in life.

Healthy Minds Student
Year 8

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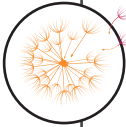
RESILIENCE SKILLS (28 lessons)

These lessons are a toolkit that enables students to be the best version of themselves and thrive



SOCIAL MEDIA (14 lessons)

Students consider the complex blurring of boundaries and learn to think critically about the choices they make



.BREATHE (4 lessons)

An introduction to mindfulness for students, focusing on worry, sleep and relationships. Delivered by MiSP



SCHOOL TO LIFE (9 lessons)

Students learn hope theory, so they approach their future with optimism, set realistic academic and career goals



MENTAL HEALTH (7 lessons)

Students learn how their brain works and strategies to overcome mental illness and boost mental health

Twenty five hours of high-quality
Continued Professional Development Delivered
through virtual training and webinars



Sixty-two evidence-based lessons for year 7, 8, 9, 10 & 11
delivered electronically, adaptable to specific needs
Monitor impact with our partner software, built for schools

Achieve the Healthy Minds Kitemark
endorsed and awarded by
Lord Richard Layard, London School of Economics



Entire package for just
£1,980 per school

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**Healthy Minds has improved
academic achievement, fixed-term
exclusions and attendance.**

”

Julie Collins, Headteacher
The Leigh Academy



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