



Supporting your child's mental health

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About us

- Preventative mental health service, working with local schools and parents since 2017
- We support children by teaching them self-regulations strategies, as well as giving them a better understanding of their emotions and brains

Our Services

Happy Schools Programme (focus groups) – Small group sessions run in schools, helping children build confidence, manage emotions, and strengthen social skills.

Happy Human Holiday Camps – Fun, themed camps during school holidays where children learn emotional regulation, make friends, and develop resilience through play and wellbeing activities.

1-1 Psychotherapy / Counselling – Personalised support for children and adolescents, offering a safe space to explore feelings, build coping strategies, and improve mental wellbeing.





The Brain

Left Side

- Logical
- Reasoning
- Systematic
- Likes order
- Language
- Analytical

Not fully 'switched on' until age 7 and not fully developed until late 20s/30s



Right Side

- Emotions
- Creativity, imagination
- Intuition
- Experiential
- Present
- Bodily sensations
- Cares more about the meaning and feel of an experience

Develops first



Co-regulation

The process by which an adult helps a child to manage their emotions by modelling calm and providing support

- Be present, offer full attention, putting down distractions and engage gently
- Model calm - demonstrate emotional control by staying calm yourself
- Validate - Acknowledge and name feelings without judgement
- Use physical touch (if appropriate)
- Breathe



The power of connection

A strong parent-child connection creates a safe environment for children to express emotions and seek support

- Special time - dedicated 10-15 minutes together, led by child
- Active listening
- Positive affirmations to encourage and recognise effort



Helpful language to use with children



Language that affirms, recognises, encourages, validates AND sets clear and firm boundaries

“I can see you’re struggling. I’m here to help”

“I understand you’re frustrated but it is not okay to hit. Let’s find another way”

“It makes sense that you’re feeling like this”

“I can see this is really important to you”

“I’m sorry you had a tough day. I wonder if there’s anything you need?”



Routine and predictability

Structured routines can reduce anxiety by providing stability

Encourage consistent bedtimes, rituals and check-ins eg. At dinnertime, school pick up and drop off

Remain predictable in your responses - this builds secure attachment





High-intensity strategies

Useful for: big, angry feelings, high-stress situations, feeling sluggish and difficulty concentrating

- We are the only mammals who don't process stress by shaking
- Change up your physiology
- Releases happy hormones (endorphins) to bring the body back into balance

Strategies to try in class or after school:

1. Fizzy lemonade

2. Tense & release

3. Playdough



Low-intensity strategies

Useful for: *calming high energy, sleep, regulating after a stressful event, transitions, use after a high-intensity strategy*

- Gentle and non-invasive
- These strategies will also help YOU as the adult to regulate and think more clearly

Strategies to try:

- 1. 5 mindful senses (54321 method)*
- 2. Mindful doodle (5 min fun activity for focus and calm)*
- 3. Balloon breath (letting go go difficult things and emotions)*
- 4. Daily guided meditation (start small and work your way up)*

“In order to live balanced, meaningful and creative lives full of connected relationships, it's crucial that our two hemispheres work together”

Dr Dan Siegal & Dr Tina Payne Bryson
The Whole Brain Child



Any questions?

Please ask away or email me at hello@happyhumanproject.co.uk