



Minds  
**Happy**  
Souls

Happy<sup>TM</sup>  
Mojos

Handy Brochure for Schools

[happymojo.co.uk](http://happymojo.co.uk)

“Imagine a place where  
**every** child feels empowered  
& believes in themselves.

Our mission is for children to  
think and feel great in body  
& mind; at home, at school &  
at play.”

MIN ROBERTSON - FOUNDER

# Contents

- 4 ★ Our story
- 6 ★ Meet the Team
- 7 ★ Happy Mojos Philosophies
- 8 ★ Why choose Happy Mojos?
- 9 ★ How do we achieve these results?
- 11 ★ Wellbeing and Mental Health Support Programmes for Schools
- 12 ★ Passionate about improving Mental Health in Schools
- 13 ★ Rise & Shine Programme
- 17 ★ Stretch & Shine Programme
- 19 ★ After School Bubble Clubs
- 21 ★ Staff Development & Training
- 23 ★ FAQs
- 24 ★ Class & Club Summary
- 25 ★ Join our Community





# Our Story

We care about the mental health of children. Full stop.

We want to make our social, emotional and mental health support accessible to all, which is why I created Happy Mojos; to reach out to children, parents and schools, by offering a fun solution to a heavy problem.

Happy Mojos is built upon more than 25 years of working, researching and educating children. We combine our extensive background in education, children's mental health and wellbeing with proven science backed methods and we create highly effective mind-heart-body approaches that have a significant impact on overall wellbeing and attainment. Our services range from group sessions to 1:1 targeted sessions and is all linked to the relevant curriculum.

Our work with children in schools has led to the development of our extended care and popular after school clubs and holiday club programmes. Bringing our unique combination of fun and engaging activities we help build and support the mental health and wellbeing of children.

We have found the impact of our services reach far beyond the children to the staff which is why we now also offer training to school staff to offer sustainability to our programmes & to empower staff to embed these approaches within your school community.

Have Happy Mojos as part of your wellbeing strategy and see the magic unfold.

*Min Robertson*

Founder of Happy Mojos





A young child with light brown hair is lying in a ball pit. The child is wearing a black superhero mask with white eye cutouts and a blue t-shirt with a white palm tree pattern. The child's right arm is raised, pointing their index finger upwards. The ball pit is filled with colorful balls in shades of red, blue, green, and orange. A green safety net is visible at the top of the frame. The text "Minds Happy Souls" is overlaid on the left side of the image in a white, sans-serif font.

Minds  
**Happy**  
Souls





# Meet the Team



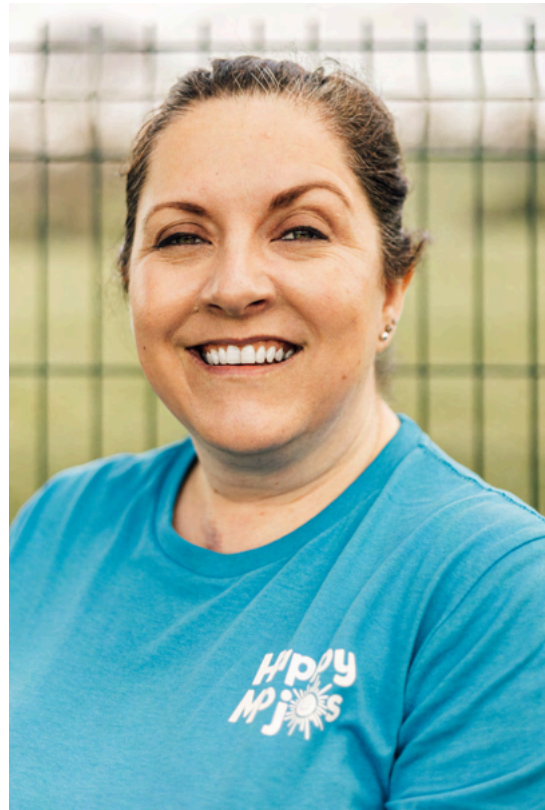
## Min Robertson

*AKA Mrs Bubbles*

Min is the founder of Happy Mojos. She has 28+ years teaching experience with primary aged children and has impacted 1000's of children's lives through her mind-heart-body approaches.

Empowering thousands of children with holistic social, emotional, and mental health support. She has extensive experience working with both neurotypical and neurodiverse children. She is very passionate about making life & learning fun!

6



## Kelly Cooke

*AKA Mrs Cookie*

Kelly is our wellbeing coach. She has lived in Somerset for the past 7 years and enjoys walking her dog in the Somerset countryside. She also enjoys cooking, reading and listening to music.

In between raising her 2 children, she has worked in the early years sector and within primary schools. She is passionate about children learning through play and having lots of fun!





# Happy Mojos<sup>TM</sup> Philosophies

Imagine a place where every child believes in themselves and feels empowered. Our mission is for children to think and feel great, in body and mind; at home, at school and at play.



## Mind-Heart-Body led learning

We believe that a whole approach is key to the success of any mental health and wellbeing programme, starting from the internal landscape of a child and mapping this to their relationships with others and reaching out to their environments in which they live in.



## Empowering every child

We want to equip every pupil with the mindset that they can achieve, can be who they aspire to be and are able to cope in the classroom & the world around them. We want to empower children with the confidence to shine; raising attainment & life skills along the way!



## Nurturing relationships

We believe that relationships with ourselves, others and our environments are key to happiness and wellbeing.



## Fun and joy

We combine child development, neuroscience (brain stuff) & positive psychology to create fun and inclusive programmes, clubs and classes where all children can achieve.



## Sustainability

We believe that a whole approach is key to the success of any mental health and wellbeing programme. By nurturing our relationships and our spaces that we live, learn and play in, we create strong foundations together with and a sustainable, consistent message of positive wellbeing.



## Our Happy Planet

We expand our wellness intelligence out to our natural environment too by ensuring our activities, products and relationships with our natural world are mindful, compassionate, eco friendly and respected.

**Invest in your school's future today**

# Why choose Happy Mojos™ ?

Happy Mojos is based on the principle that wellbeing should be a universal right. We help children, schools and families create a culture of positive wellbeing. We nurture social, emotional, mental and personal growth that leads to happy, healthier communities and better school performance.

**“...five children in a classroom of 30 are likely to have a mental health problem.”**

[childrenssociety.org.uk](http://childrenssociety.org.uk)

At Happy Mojos, we strive to quash the mental health pandemic by empowering children, families and communities with a culture of self-belief, compassion & resilience. We use our expert knowledge, experience and proven science backed approaches to create programmes and enabling spaces that seek to nurture happy confident beings.

Pupils with better health and wellbeing are likely to achieve better academically. Effective social and emotional competences are associated with greater health and wellbeing, and better achievement. The link between better health and wellbeing and attainment. NAHT, Public Health England, 2014

Our Programmes work with schools and families for a wraparound, consistent approach to sustainable Social, Emotional & Mental development & wellbeing, removing the need for crisis intervention and NHS support.

**“ 5\* trusted by Headteachers,  
Senco’s teachers & parents.”**





## We help to develop:

- Healthier relationships
- Emotional literacy and self-regulation
- A sense of agency, and, have decreased behavioural needs
- Are happier and more confident
- Believe in themselves!
- Are motivated to learn and have a zest for life!



## How do we achieve these results?

We use proven science-backed approaches delivered through creative sessions that are fun, explorative and nurturing that incorporate purposeful play, reflective learning, discovery and mindfulness to build positive relationships with themselves, with others and with the spaces in which they live and learn.

We offer opportunities to play, talk, create, reflect and learn in the context of their own experiences. We weave life skills and coping tools throughout our provisions and programmes, these transferable skills are then embedded into their key environments for consistency. We believe an authentic, whole-school/ whole family approach which encompasses face to face, real experience is the only way to sustain and embed positive social, emotional and mental growth.

We believe the journey is just as important as the outcome, that's why our sessions are taught in person and take an alternative approach to whiteboard and worksheet learning. They are even linked to the curriculum!

Start creating your positive wellbeing culture with us today.

**Connection, nurturing, authenticity, supportive, mindful,**  
empowering, **enabling, passionate, playful,** caring,  
**responsive, compassionate, togetherness, fun, aspiring, creative,**  
happy, **thriving, curious, explorative, respect, kindness, integrity,**  
humility, **trust, gratitude, transparency, community,**  
**effective, encouragement & support, enabling, connection, best-self.**

**"Pupils with better health and wellbeing are likely to achieve better academically... Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement."**

**THE LINK BETWEEN PUPIL HEALTH AND WELLBEING  
AND ATTAINMENT, PUBLIC HEALTH ENGLAND**





# Wellbeing and Mental Health Support Programmes For Schools - Universal and Additional Support Services

Our mental health support programme for schools offers targeted intervention support for individual children and groups. This wellbeing and mental health support focuses on the social, emotional, and mental health needs of young people. Every intervention is constructed to support individual needs so that every child can feel empowered, settled and motivated to learn and thrive.

## Our Approach To Wellbeing & Mental Health Support

We combine our unique expert children's wellbeing knowledge, the latest mental health research, years of experience supporting young people and schools all alongside proven science backed methods. This creates a highly effective mind-heart-body approaches that help young people to work through their area of need to support their daily lives both in school and at home.





# Passionate about improving Mental Health in Schools

In primary schools across the South West, we offer students regular group or individual sessions and one-off workshops.

We use an evidence-based approach and the most current research. These techniques create empowering environments through focused, individual programmes to suit the needs and objectives of the school and each child. These result in life long, sustainable tools which can be adopted throughout their daily lives.

The Happy Mojos team is qualified and experienced with early years and primary aged children, and inclusive of all students' needs and abilities. We promote equality and a passion to be whoever you want to be!

We link to the age-related curriculum for mental health and relationships education.

Let's Talk – 07809 110 832





## Supporting Children and Schools (Additional Support)

### Supported through Wellbeing and Pupil Premium budgets

We specialise in working with and providing additional support to all primary school teaching staff and school staff including SENDCO's, SMHL and pastoral departments.

Our mental health and wellbeing programmes include: relationships, emotional development, managing transition & change, mindset, managing failure, belonging and identity, self-esteem, resilience and confidence development.

**100%** of class teachers and SENDCO's have reported measurable positive progress and feel the tools introduced have supported them in class.

**100%** of all children that we have worked with have made progress in their area of need and feel the tools introduced have supported them in class, at home and play!

This is the perfect programme to support schools in enhancing their wellbeing strategy, SEND and SEMH provision as well as creative positive mental health outcomes for young people.

**Let's Talk – 07809 110 832**

**“ An incredibly positive impact on our children’s social, emotional and mental health. Min has worked closely with teachers and support staff in tailoring her support so that sessions with individuals and groups ensure that pupils make great progress.”**

MRS WEIR, SENCO

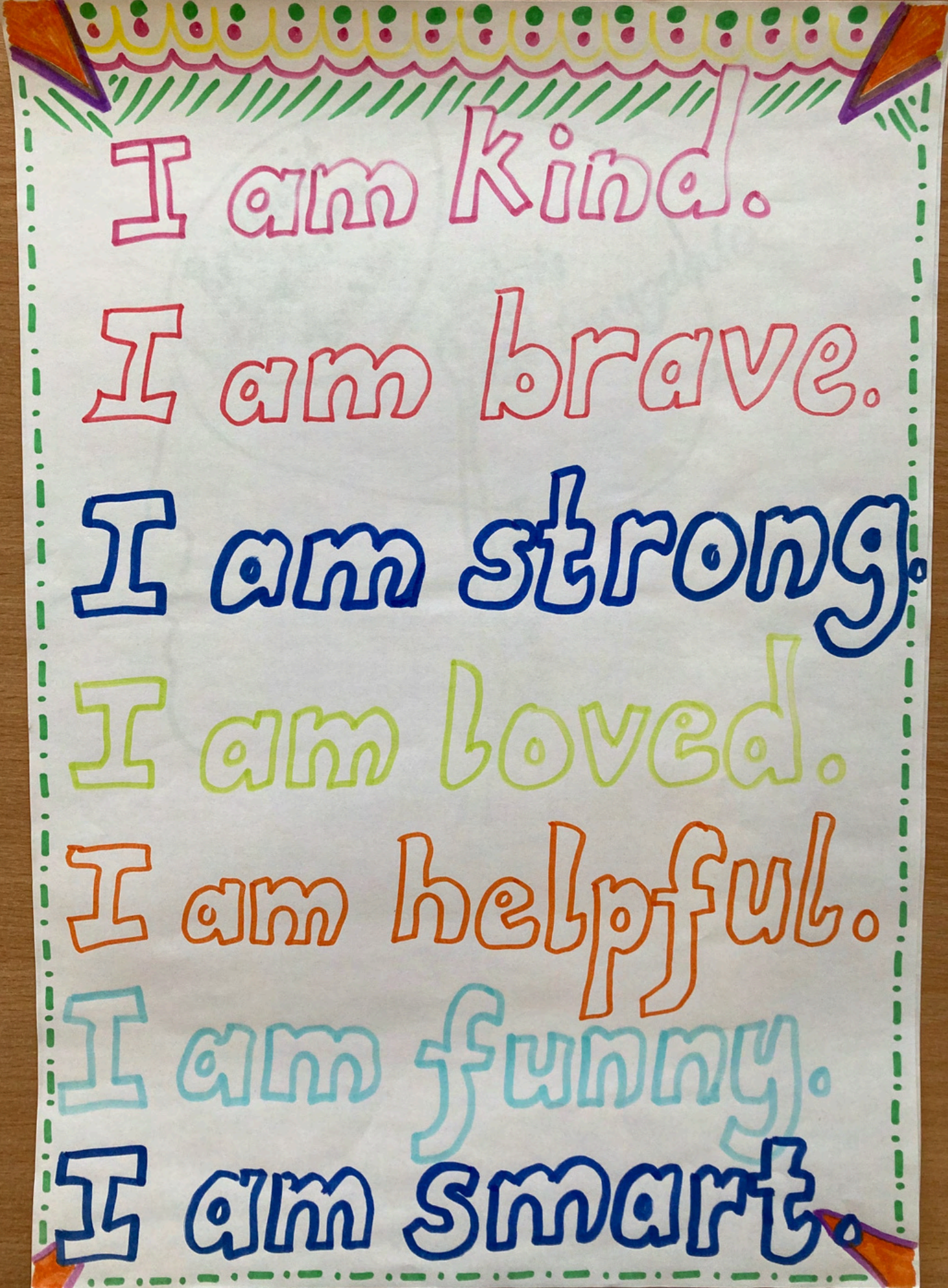
“ I know how I am feeling  
and how to use my  
**magic toolbox** to help  
me feel better. ”

YEAR 6 CHILD



**“ A study from Public Health England shows that schools that put in place programmes to develop children's social and emotional skills, on average, witness an 11% increase in attainment.”**





I am kind.

I am brave.

I am strong.

I am loved.

I am helpful.

I am funny.

I am smart.





Stretch & Shine offers an alternative to traditional sports, helping those who are less motivated to get 60 minutes of daily physical activity.

## Universal - Additional support

Our wellbeing support programme for schools

### Supported through PE and Wellbeing budgets

Our Stretch & Shine programme is a whole school approach to social, emotional and wellbeing programme, supporting the mind-heart-body connection through movement.

These fun and engaging classes and sessions cover five key areas – move, play, breathe, empower and chill. Here, we aim to prevent social, emotional, and mental health needs specific to primary aged children.

Our sessions will take pupils on a journey of self-discovery, awareness, emotional literacy and building resilient relationships, whilst nurturing self-esteem and wellbeing, to help children be shiny from the inside out!

Links to the EYFS and Curriculum guidance for RSHE.

**90%** of children enjoy the sessions and says it helps them to feel calm and settled in readiness to learn. **78%** developed their emotional literacy/ manage emotions. **85%** had build go-to tools to support their wellbeing.

This is the perfect mental health programme to support schools in enhancing PPA, enrichment and wellbeing themed planning.

Let's Talk – 07809 110 832

[happymojo.co.uk](http://happymojo.co.uk)

Start your  
programme today

**" The *best* investment  
we have made to our  
school in years "**

HONORIA THOMPSON, HEAD TEACHER,  
SHEPTON MALLET INFANT SCHOOL



## After School Clubs in Somerset

Our after school extended care club. It might only be a short time, but we make sure every minute counts, in our fun, explorative & nurturing Bubble Club.

These 1-hour after school sessions are designed to help children understand and develop relationships and help their wellbeing; building confident children in a calm environment. A 'Stretch & Shine' session is followed by a range of activities, including arts & crafts, STEM and outdoor play – so however they are feeling that day, they will find an activity to put a smile on their face.

- ★ Healthy snacks included
- ★ KS1 & KS2 sessions available
- ★ 100% of our children love our Bubble clubs!

**“...I love Bubble Club as much as cheese.”**

Very happy 6 year old





“

100%

LOVE our Bubble Club  
after school clubs!



# Staff Development Staff Training

## Welcome to The Teacher Reset: From Survive to Thrive!

Cultivate an empowered, happy, and thriving school environment for your pupils and staff. starting with you Our comprehensive training program integrates science with mind, heart, and body intelligence to empower and equip you to excel in your role.

We take staff wellbeing seriously; our mission is to guide staff from survival mode to thriving in their role. Through our fully supportive journey, we offer easy-to-embed approaches that positively impact the entire school culture. By joining us, you'll gain the confidence to navigate your professional role, providing the best possible pedagogy for your pupils.

Embark on this transformative journey with us and unlock the full potential of your school community.

Book your training  
07809 110 832

Did you know? 

We also run a training program for parents! Use our handy QR code to find out more.



# Staff Training

## Bridging the Attainment Gap with Wellness IQ

At Happy Mojos, we are dedicated to prioritizing the mental well-being of children, schools, and families.

To ensure sustainability for your school, we have designed a training program that encapsulates the core values of Happy Mojos. This program will enable you to integrate our methods into every classroom, every day.

We will illustrate the connection between trauma and wellbeing and how it influences our pupils. Together, we will assess your school's profile and tailor strategies that align with your school's vision and requirements.

By enhancing the skills of your staff, you are investing in a generation equipped with essential life skills to thrive in today's world.

For more details:  
[hello@happymojos.co.uk](mailto:hello@happymojos.co.uk)

**Did you know?** 

We also run a training program for parents! Use our handy QR code to find out more.





# FAQ's

## **Which year groups do you work with?**

We work with Reception age right through to the end of Year 6. Everything is planned at age-related level and, we have our own progressive programme of study that we follow alongside the curriculum guidance.

## **Where would we work?**

Rise & Shine - We like to have a quiet, calm space and we also use the outdoors too.

Stretch & Shine - The hall or a large space for yoga mats

Bubble Club - A classroom or the hall; we are completely flexible!

## **When is the best time for your sessions?**

Anytime! We just have a minimum of 2 hours per booking. We can cover PPA, themed awareness days/ weeks, weekly curriculum or enrichment sessions. We will work with you to tailor a package to what your school needs!

Contact us to arrange a no obligation discovery call: [hello@happymojo.co.uk](mailto:hello@happymojo.co.uk)

## **How long are the sessions?**

Rise & Shine - up to 25 minutes per intervention

Stretch & Shine - 30 - 45 minutes per session

Bubble Club - 60 minutes per session

## **Will you be able to cater for our schools needs?**

Absolutely! We have many years experience and training and we can create a package that is designed to fit your school's targets to ensure your wellbeing strategy is progressing well.

Contact us to arrange a no obligation discovery call: [hello@happymojo.co.uk](mailto:hello@happymojo.co.uk)

## **Who do you work with?**

We work with SENDCO's. Pastoral leads, SMHL's and class teachers to ensure awareness of what we do and consistency across the learning environment in order to create the most impact. Ask your key person to arrange a meeting with us: [hello@happymojo.co.uk](mailto:hello@happymojo.co.uk)

## **How long is the training?**

Each training programme is suitable for staff meetings, twilights or we can pull it all together for a full inset training day. Again, we will work with your school and what is best for you.

## **Are you DBS certified?**

We are enhanced DBS certified and we follow strict safer recruitment procedures.

# Class & Club Summary

## Stretch & Shine / Rise & Shine Class Options

2 hours

---

½ day - 3 hours

---

Full day - (including 1 hour break across the day)

## Optional Extras

### Clubs - Lunch or after school

#### R&KS1

Bubble Club

#### KS2

Bubble Club Summer Term - (Year 6, Transition focussed)

### Staff Training

Bridging the attainment gap with Wellness IQ

Welcome to the Teacher Reset; From Survive to Thrive!

### Empowering Parenting: Parent/ carer coffee mornings/ workshops

How to support my child's strong emotions

Building engaging social skills

Exploring my child's behaviour

Reframing mindset

Building resilience

Positive relationships

Coping with change & transitions

Peaceful bedtimes

Identifying my child's stress response

Co-regulation in the home

If you want to learn more about our services, including our price packages or have a non-committal chat, please contact us [hello@happymojo.co.uk](mailto:hello@happymojo.co.uk)



Join our community for top tips  
& expert information straight to your inbox



[happymojo.co.uk](https://happymojo.co.uk)





# Minds Happy Souls



[happymojo.co.uk](http://happymojo.co.uk)