

# Bright Minds Bright Moods

*Exploring thoughts and feelings to reduce anxiety and enhance wellbeing and resilience*



**Bright Minds  
Bright Moods  
aims to:**

- Develop positive coping styles and effective ways of dealing with difficult and/or worrying situations.
- Promote self-efficacy and self-worth.
- Enhance one's ability to be self-reflective.
- Develop greater social awareness and relationships.
- Increase autonomy and more effective planning and problem-solving.

**What is  
Bright Minds  
Bright Moods?**

- An early intervention and prevention programme, underpinned by Cognitive Behavioural Therapy and Solution Focused Brief Therapy frameworks. Written by Essex Educational Psychologists.
- Run and delivered by the Educational Psychology Service, with a member of school/setting staff also present.
- An 8-week programme, with weekly sessions of about an hour.
- Aims to help children and young people increase resiliency and develop positive coping styles and ways of dealing with difficult and/or worrying situations.
- Includes pre- and post- impact measures and parent sessions.

**Who is it for?**

It can be run with a whole class or groups of 6-8 pupils (KS2, KS3, KS4), or with individuals.

**Impact:**

Reduced overall anxiety levels of pupils on standardised and survey data.

"It helps you with feelings and thoughts, to think about yourself, and to calm yourself"

"It was fun" ~ Essex pupils

"My son is more confident and happier in school" ~ Essex parent