

We do mind health



We're pleased to share that it's working

Along with hundreds of other schools throughout New Zealand, our teachers have trained to deliver Pause Breathe Smile, a wellbeing programme designed to help kids navigate the ups and downs of life and set them up for a healthy future.

The latest independent study had more than 1,000 responses received from educators around the country and the results showed that:

- Positive behaviour increased by 12.4%
- Negative behaviour reduced by 10.1%
- General student wellbeing was up by 16.6% (one year later)

Find out more about this research and things to try at home at www.pausebreathesmile.nz

"We've seen significant improvements in how teachers describe their students' wellbeing and behaviour. They describe learners as more focused, considerate, self-motivated, perseverant, supportive, hopeful, interested, and engaged, and less anxious, pessimistic, upset, and withdrawn."

Dr. Rusk, Independent Researcher, Mindquip



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