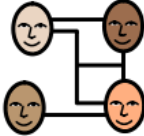








Our SMILE Approach

SMILE is an approach that was developed by Barry Carpenter and Forest Oak School in Solihull. It is based around the NHS 5 Ways to Well-Being and is used at Old Park School to underpin our work in supporting the emotional health and well-being of our school community.

[SMILE approach – Barry Carpenter Education](#)
[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)

 <p>Socialise</p>	<p>‘Connect with others’</p> <p>Good relationships are important for your mental wellbeing. They can:</p> <ul style="list-style-type: none"> ▪ help you to build a sense of belonging and self-worth ▪ give you an opportunity to share positive experiences ▪ provide emotional support and allow you to support others
 <p>Move</p>	<p>‘Get active’</p> <p>Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ raising your self-esteem ▪ helping you to set goals or challenges and achieve them ▪ causing chemical changes in your brain which can help to positively change your mood
 <p>Interest</p>	<p>‘Notice and be mindful’</p> <p>Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.</p>
 <p>Learn</p>	<p>‘Keep learning’</p> <p>Research shows that learning new skills can also improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ boosting self-confidence and raising self-esteem ▪ helping you to build a sense of purpose ▪ helping you to connect with others
 <p>Engage</p>	<p>‘Give to others’</p> <p>Research suggests that acts of giving and kindness can help improve your mental wellbeing by:</p> <ul style="list-style-type: none"> ▪ creating positive feelings and a sense of reward ▪ giving you a feeling of purpose and self-worth ▪ helping you connect with other people <p>It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.</p>