



KENSINGTON
Primary School

A place everyone loves to be

Ben Levinson OBE, Headteacher

Six times more young people (4-24)
have psychological problems today
than a generation ago

*Dr Douglas Hargreaves, lead author, published in Psychological
Medicine, 2018*



87% of first year students find it
difficult to cope with academic or
social aspects of university life

UPP Student Experience study, 2017

67% believed that the pandemic will have a
long-term negative effect on their mental
health

YoungMinds, January 2021

Developing an Emotional Health curriculum

Myself

My surroundings

My belonging

Making it work



Emotion coaching

Step 1 – Be aware of emotions and tune in to the child’s emotions and your own

Step 2- Connect with the child. Use emotional moments as opportunities to connect

Step 3 –Listen to the child. Respect the child’s feelings by taking time to listen carefully

Step 4 – Name emotions. Help the child identify and name emotions

Step 5 –Find good solutions. Explore solutions to problems together



