



Park Primary School



zumos[®]

how to be happy

www.zumos.co.uk

What is Zumos?

It is an online wellbeing portal that can be accessed by teachers and pupils.

The children will access it regularly in school and we will encourage children to use it at home too.

It has different interfaces for children at KS1 and KS2 as well as a different access for teachers.

Children have access to a range of self help skills, tutorials and relaxation techniques as well as games.





Teachers can use pupil feedback from PSHE sessions to release information to their pupils.

Class teachers will ensure all pupils have access to the daily 'How to be Happy'.



Rate My Life

How is your mental health today?

 really bad	 bad	 not so hot	 ok	 fine
 chilled	 good	 really good	 excited	 bring it on!

KS1 Format Pupil View

Each child can access Zumos daily at home or in school with their own username and password.



Add a new event

Use the box below to record a memory or event from your past!

Describe this life event

When did this life event happen?

Lifebook

Tuesday
3rd
Sep 2009

Use a list
Remember my

My mood today is...

What colour is your mood today?

●
●
●
●
●
●

What am I happy about today?

Let this happy thing help you even happy about today and how did you use the New To Be Happy technique?

Your Lifebook Colour

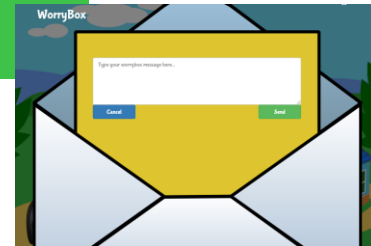
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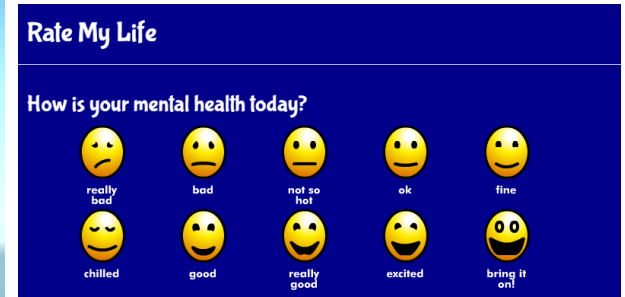
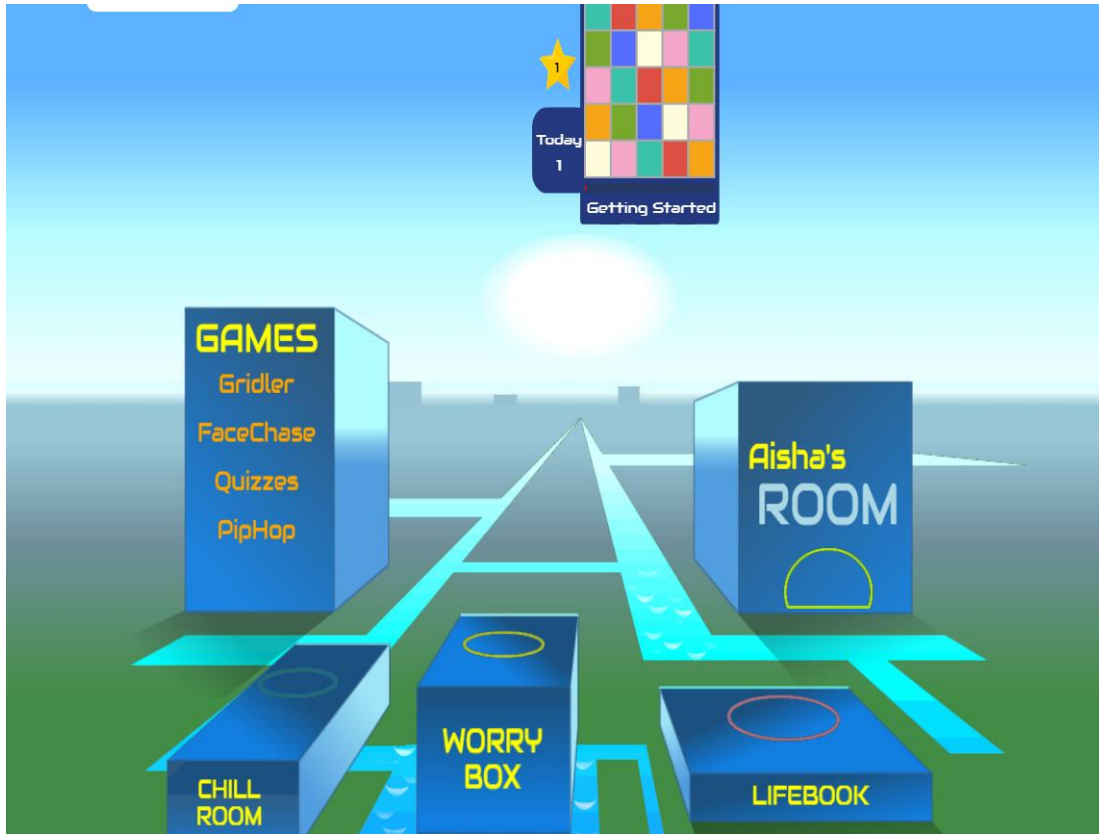
Bad I rate today as

Bad
Great

12345678910

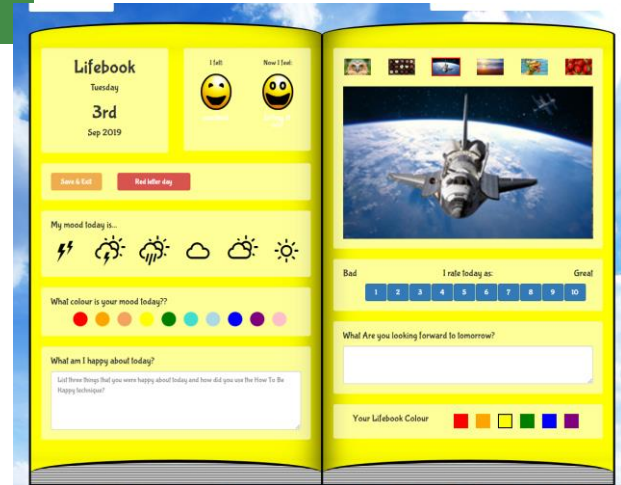
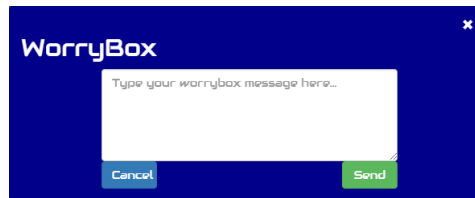
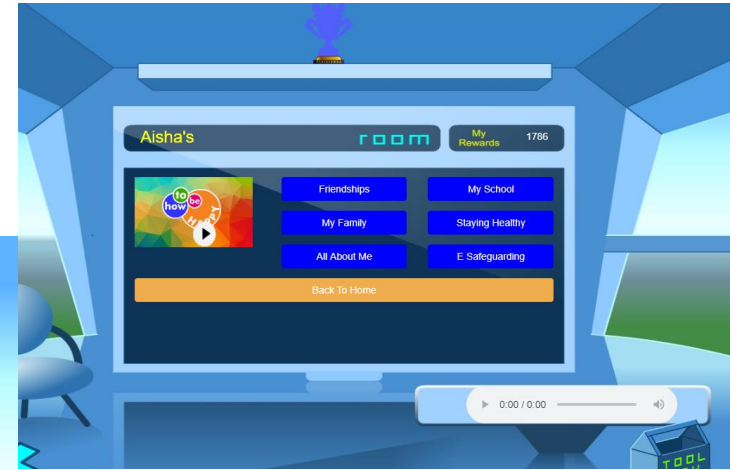
What Am you looking forward to tomorrow?





KS2 Format Pupil View

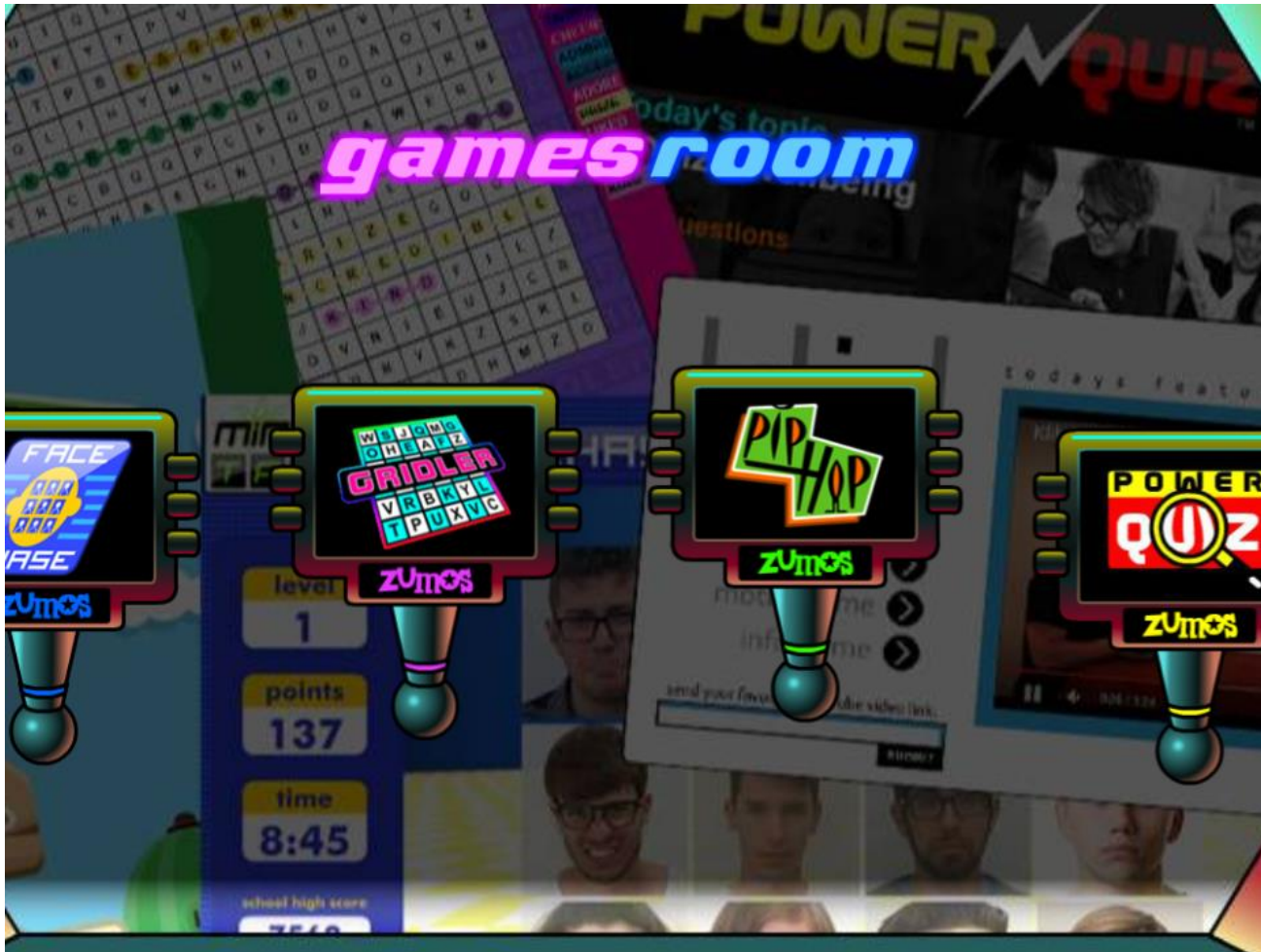
Each child can access Zumos daily at home or in school with their own username and password.



Zumos

- Will be used with all pupils at a class level.
- Some children who require further wellbeing support will be given increased to access Zumos in school.
- The worry box can be accessed by all pupils – **Teachers will only read these during school working hours.** This will be explained to pupils.
- Staff will continue to model the use of Zumos with the children so they are familiar with the site.





Playing the games for 10 mins 3 times per week can alter their cognitive bias. Changing negative feelings into more positive responses.

Mind Tap Games

Why do they work?

Mind Tap games are based around **Cognitive Bias Modification**, or CBM for short.

Cognitive Bias Modification (CBM) is a computer-based approach that can help to reduce stress, anxiety and depression.

It can achieve this with simple games that gradually alters the player's attentional bias. **An attentional bias is the tendency for our perceptions to be affected by our recurring thoughts.**

To put it another way: what we pay attention to in the world around us has a lot to do with what we're thinking about. For example, a person who thinks a lot about clothes and fashion will be quick to notice what other people are wearing. Similarly, a depressed person whose thoughts are mostly negative will tend to only pay attention to negative events going on around them. In other words, they have a negative attentional bias.

A negative bias can be very useful in dangerous situations, because it can quickly draw your attention to any potential threats and help you to avoid the danger, but in normal, everyday situations, having a tendency to automatically zoom in and focus on negative information can cause all sorts of problems.

Lifebook

Tuesday

3rd

Sep 2019

I felt:



excited

Now I feel:

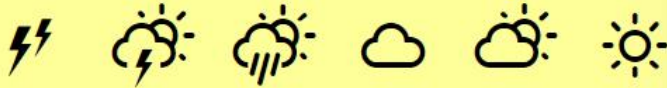


being it
and

Save & Exit

Red letter day

My mood today is...



What colour is your mood today??



What am I happy about today?

List three things that you were happy about today and how did you use the How To Be Happy technique?



Bad

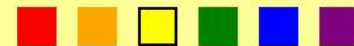
I rate today as:

Great



What Are you looking forward to tomorrow?

Your Lifebook Colour





ChillRoom



★ ChillRoom ★ Feel good everyday!



me time

To start feeling amazing; complete at least 20 minutes of mindfulness a day.

- 1 Minute
- 3 Minutes
- 5 Minutes
- 10 Minutes
- 15 Minutes
- 20 Minutes



Visualisations

Relax and escape to a world of mindfulness anytime.

- How to Breathe
- A Journey Within
- Antarctica
- Rivers
- Calm Mantra
- Crystal Cave
- Journey to your Heart
- Meadows
- Mountains
- Relax



Power Quiz

Children will complete the Power Quiz when they first log in to Zumos.

The questions are recognised evaluations to measure levels of happiness, resilience, wellbeing and self-confidence.

The children will then receive advice on how to improve their score.

This is repeated every term so that children can track their progress.

