

Mindset Matters

Empowering Young Minds for Lifelong Learning

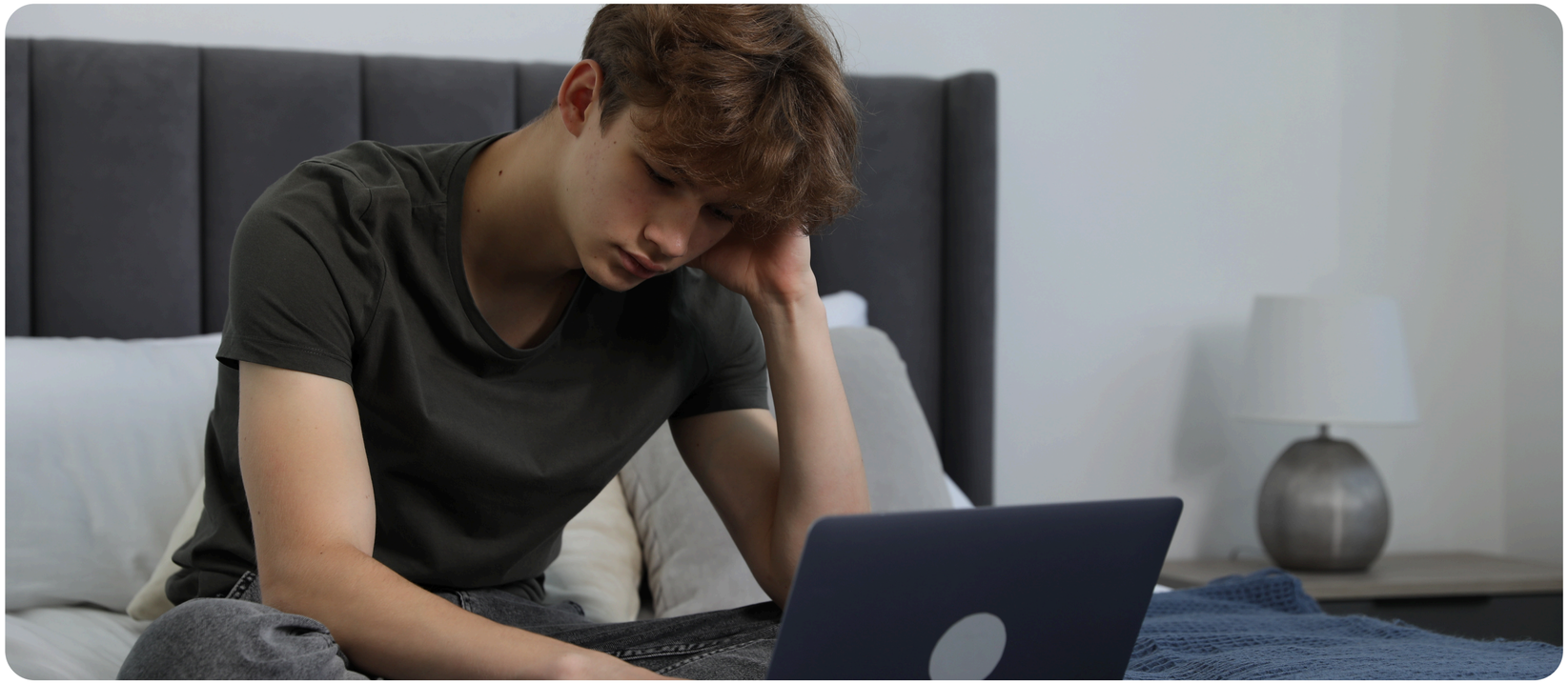
Research-Based Foundations for Emotional Wellbeing and Learning

WHY THIS MATTERS MORE THAN EVER

Rising Mental Health Needs in UK Children

Research shows a significant increase in mental health challenges among young people:

- 1 in 5 children in the UK now has a probable mental health issue
- Mental health has worsened following the pandemic



Source:

University of Exeter

Research Child Mental Health

Key Message:
This is no longer a future concern, it is already present in today's classrooms.

Schools Are a Key Intervention Point

UK research demonstrates the impact of early, school-based support:

- School-based interventions can significantly reduce anxiety
- 61% of children improved after receiving support (vs 38% without)

Source:

University of Oxford

Research - Reduce Anxiety Problems in Primary

Key Message:

Schools are not just places of learning, they are critical access points for early mental health support.



HOW EMOTIONAL & MENTAL STATE IMPACTS LEARNING

Positive Emotions Facilitate Learning

Research shows that children’s emotional states directly influence learning outcomes.

Positive academic emotions, such as enjoyment and interest, are associated with better engagement and improved learning performance, while negative emotions (e.g., anxiety or frustration) can reduce attention and cognitive efficiency. MDPI

Key point:

- Positive emotions support motivation, memory, and cognitive engagement.
- Negative emotions constrain attention and decrease learning outcomes.



The Gap in Support

A UK-wide evidence review highlights a growing challenge:

- Interventions can:
  - Reduce anxiety and depression
  - Improve confidence and wellbeing
- However:
  - Many children do not receive support early enough
  - Staff are supporting complex needs with limited practical tools



Source:

National Institute for Health and Care Research

Understanding school-based mental health support in the UK

Key Message:

The need is clear, but practical, accessible solutions are still missing in many settings.



Mental Health and Academic Performance Are Interconnected

Recent evidence highlights the strong link between a student's mental health and their academic success. Mental wellbeing influences motivation, cognitive engagement and interpersonal relationships, all of which contribute to achievement in school. NATURE

Key insights:

- Better mental health correlates with higher academic aspirations.
- Supportive peer relations strongly impact academic performance.



Anxiety & Access to Support

UK research shows:

- Anxiety is increasingly common in primary-aged children
- Many young people do not access professional support at all

Source:
Identifying child anxiety through schools

Key Message:

Early, in-school support is essential, many children will not receive help elsewhere.

Emotional Regulation Predicts Academic Outcomes

- Children who struggle to regulate emotions like anxiety or frustration often experience difficulties focusing, persisting with tasks, or engaging in schoolwork. Research suggests emotion regulation is a process closely linked to academic achievement, motivation and learning strategies. ScienceDirect





Examples:

- Poor regulation can create a cycle of low motivation and lower performance.
- Strong self-regulation supports sustained effort and persistence.

Emotional Problems Predict Lower Achievement Over Time

Longitudinal studies show that children with depressive or anxious symptoms may fall behind academically over time.

For example, emotional difficulties at age 9 were associated with nearly four months' lag in numeracy learning two years later, even after accounting for prior performance. PubMed

Implication:
Early emotional problems don't just affect wellbeing, they can predict poorer academic outcomes if left unaddressed.



Social Adjustment and Peer Relationships Matter

Social acceptance and peer interactions are strongly linked with both emotional wellbeing and academic outcomes.

Children who are socially accepted tend to show better adjustment and academic progress, while those with aggressive behaviour or peer rejection are at higher risk of underachievement. PMC

Takeaway:
Emotional health and learning are not isolated, relationships and social context shape the child's experience and success.







Wider Impact on Families and Schools

Emotional distress in children affects more than just the classroom:

- Impacts attendance and engagement
- Affects family wellbeing
- Parents often experience increased stress and anxiety

Source:

school refusal Impacts Parents Mental Health

Key Message:

Supporting children’s emotional wellbeing supports the whole system, school, home, and community.





Why This Matters for Schools

- Children’s emotions affect attention, memory, motivation and persistence.
- Mental health influences not just behaviour, but measurable academic progress.
- Supporting emotional regulation can prevent learning loss over time.
- Positive social environments enhance both wellbeing and achievement.

Together, this evidence underscores the importance of integrating social-emotional skills and mental health support into school learning programmes, not as extras, but as foundational to academic success.

Let’s Build a Calmer, More Confident Learning Environment

Children are already telling us what they need. The question is, do we have the tools in place to support them?

The Learning Process Coach gives your learners practical, immediate strategies to:

- Support emotional regulation in real time
- Build resilience and confidence in learners
- Create calmer, more focused classrooms
- Reduce pressure on staff while increasing impact

Next Steps

- Let’s explore what your school needs and map out a tailored approach.
- Book a Discovery Call -**DISCOVERY CALL**





Mindset Matters

We look forward to hearing from you