



Yorkshire speaker brings happiness and laughter to the classroom

FREDERIKA Roberts, South Yorkshire Professional Speaker ('The Happiness Speaker'), Author and Laughter Yoga Leader, brings happiness and laughter to pupils, teachers and parents in our region and beyond.

As the mother of two teenage daughters born with life-threatening heart conditions, she has learnt techniques over the years that have helped her and her family overcome two cardiac arrests (her youngest, at 10 days old in 1999 and her eldest at age 12 in 2010 - both daughters made full recoveries), three open heart surgeries (her youngest in 2000 and 2014 and her eldest in 2002) and numerous other hospital stays.

Frederika now shares what she has learnt in school assemblies, happiness masterclasses and Laughter Yoga sessions.

Described as "A burst of laughing and smiling in a hour" by one Yorkshire pupil, Frederika's work in schools brings deeper benefits than a temporary mood lift.

Rick Huddart, Assistant Head at The Hayfield School in Doncaster, says "As a qualified teacher and a mother of two teenagers, Fred 'totally gets' this area and is expert in engaging young minds. Her work with us has had real impact and I am sure she has created a very useful legacy for some students."

According to the 2014 briefing by Public Health England 'The link between pupil health and wellbeing and attainment', "successfully

attaining GCSEs (five or more A*-C) is strongly associated with higher levels of life satisfaction among young people."

Worryingly, the Department for Education ('Mental Health and Behaviour in Schools', June 2014) states that "9.8% of children and young people aged five to 16 have a clinically diagnosed mental disorder."

It is therefore important for schools to provide activities that promote emotional wellbeing, resilience and happiness.

Frederika also works with parents and teachers, to help schools adopt a rounded approach to wellbeing that goes beyond the scope of the classroom.

"Having previously brought Frederika, The Happiness Speaker, in to run a session on happiness and laughter yoga with mums in our school, the feedback was brilliant, so I asked her to come back and run a similar session with our staff at our last INSET day" says Sarah Aston, Headteacher at Brampton Cortonwood Infant School in Barnsley.

The 'Foresight Mental Capital and Wellbeing Project (2008) Full Project Report - Executive Summary' issued by The Government Office for Science, London, states that "An individual's mental wellbeing ... is vitally important for the healthy functioning of families, communities and society."

In the lead-up to International Day of Happiness last month, Frederika undertook international research into the 'Little Happiness Ingredients' (things people enjoy doing to boost

their mental wellbeing). At the time of going to print, preliminary results showed that family, friends and relationship-related activities accounted for 17% of responses.

Full results are available at www.happiness-speaker.co.uk/lhiproject Frederika is the author of 'Recipe for Happiness', published by West Yorkshire publishers. 'The

Solopreneur Ltd', is available at <http://www.oodlebooks.com/recipe>. You can get in touch with Frederika at <http://www.happiness-speaker.co.uk>

