

Singing for Wellbeing Project



In our school's quest to improve the wellbeing of our pupils, we thought that it would be important to identify ways in which we could improve wellbeing. Studies show that singing improves our mood, with a decrease in stress, depression and anxiety. We wanted to study this for ourselves to see if this was true!

Our study aimed to identify the effects of singing on wellbeing. To carry out this test, we asked children to rate themselves on a scale of 1 - 5 alongside a visual image of an emotion (see below). The children were asked to rate their feelings based on how they were feeling about school, friends and life at home. They were told that 1 was not very happy with life and 5 was really happy with life. Year 1-6 were asked to rate their wellbeing before and after singing for the past 7 weeks.

Before singing

Overall happiness
Here is a picture of some faces. The two smiling faces, 5, is if you are really happy with life (including school, friends and at home). The two sad faces, 1, is if you are really not very happy with life. Circle the number that best fits how you feel at the moment.

1 2 3 4 5

After singing

Overall happiness
Here is a picture of some faces. The two smiling faces, 5, is if you are really happy with life (including school, friends and at home). The two sad faces, 1, is if you are really not very happy with life. Circle the number that best fits how you feel at the moment.

1 2 3 4 5

The sessions have been fun and engaging and we would like to thank Mrs Down for coming in each week to work with us.

The results were collated by adding the total of each year group and dividing it by the number of children involved. This gave a mean average score for each year group before and after each session, each week. Although we noted that there were a small number of children that scored higher before than after each singing session, the vast majority of children's wellbeing improved.

In the early weeks, the largest increase in mental wellbeing was seen in the year 1 children, with a increase from 4.1 - 5. The key stage 1 results were fairly consistent throughout the 7 week trial.

In Lower Key Stage 2, the results were less evident although an increase in wellbeing was seen.

In Upper Key Stage 2, the results were very interesting. The results showed that the effects of singing on their children's wellbeing improved week on week. In week 1, the improvement in wellbeing rose by 0.5 in year 5 and 0.52 in year 6. In week 6, the increases on wellbeing improved by 0.8 in both year 5 and 6. This indicates that the effects of the singing on wellbeing is cumulative for children of that age.

As we move forward, this information is important because we all need to understand what makes us feel good and how we can improve health when we are feeling in a low mood.

Next we would like to monitor the impact of other subjects on wellbeing. Results will, once again, be analysed by our school council and shared with the school. What subject do you think will have the most impact on wellbeing?

Thank you to Mrs Down for all her hard work. As the results have show, we have really enjoyed seeing you! We thank you for your time and efforts.

Singing for Wellbeing Data

Week 1		
	Before Singing	After Singing
Year 1	4.15	5
Year 2	3.85	4.49
Year 3	4.40	4.90
Year 4	4.46	4.90
Year 5	3.60	4.10
Year 6	3.57	4.11

Week 2		
	Before Singing	After Singing
Year 1	4.11	5
Year 2	3.92	4.50
Year 3	4.47	4.90
Year 4	4.26	4.90
Year 5	3.62	4.15
Year 6	3.59	4.18

Week 3		
	Before Singing	After Singing
Year 1	3.40	4.10
Year 2	3.82	4.40
Year 3	4.47	4.90
Year 4	3.70	4.23
Year 5	3.62	4.18
Year 6	3.56	4.20

Week 4		
	Before Singing	After Singing
Year 1	3.97	4.50
Year 2	3.75	4.40
Year 3	4.20	4.56
Year 4	4.15	4.63
Year 5	3.63	4.22
Year 6	3.67	4.59

Week 5		
	Before Singing	After Singing
Year 1	4.38	5
Year 2	3.85	4.40
Year 3	3.98	4.45
Year 4	3.87	4.20
Year 5	-	-
Year 6	3.76	4.52

Week 6		
	Before Singing	After Singing
Year 1	3.72	4.50
Year 2	3.80	4.44
Year 3	3.93	4.60
Year 4	3.79	4.30
Year 5	3.65	4.45
Year 6	3.81	4.61