THE 13 LIFE HACKS

GENERAL INFORMATION
FOR SCHOOLS

Mastering Your Mind

A three-year preventative mental health and life-skills programme for Jewish schools.

Based on the award-winning original Mastering Your Mind book



3
years, starting from Year 6, 7 or 8

80
lessons (approx.), taught at your own pace

13
Life Hacks across three volumes

Weekly
lessons that fit your school timetable

Evidence-based psychology · Practical life skills · Strong Jewish ethos

masteringyourmind.today

WHAT IS MASTERING YOUR MIND?

A complete three-year programme

Mastering Your Mind teaches emotional and practical life skills with the same consistency schools give to any core subject. The 13 Life Hacks are broad themes, each taught across several structured lessons. With recap lessons, a conclusion and two support modules, that adds up to **around 80 lessons — one a week over three years, starting in Year 6, 7 or 8.** It's "around" 80 because teachers set the pace: they can move faster, or slow down and use the optional activities to go deeper.

YEAR 1 · VOLUME 1

Foundations

Friendships, mood, stress and facing problems

Hacks 1–4 + recap

24 lessons

YEAR 2 · VOLUME 2

Building Skills

Anger, balance, motivation, sleep and speaking up

Hacks 5–9 + recap

29 lessons

YEAR 3 · VOLUME 3

Applying & Consolidating

Habits, self-worth, feelings and change

Hacks 10–13, conclusion, recap + support modules

27 lessons

Antisemitism & the Fear of Terrorism

A dedicated Year 3 module for Jewish pupils today: taking real safety concerns seriously, while stopping fear and frightening news from dominating everyday life.

HOW THE TEACHING SYSTEM FITS TOGETHER

The workbook is the curriculum. The PowerPoint brings it to the classroom screen. The Teacher Notes help the teacher teach it well.

1 · Student Workbooks

Three books, one per year. Every pupil has their own fun, engaging write-in book.

2 · Classroom PowerPoint

Neurodiverse-friendly, with sound and audio, so the teacher can take the class through the book.

3 · Teacher Notes

What to emphasise, discussion questions, activities, watch-outs and Torah perspectives.

Training provided, with ongoing support

Teacher onboarding and short training videos, so no specialist is needed. Full resources, including videos, activities, quizzes and printables, are on the website: www.masteringyourmind.today

THE FULL CURRICULUM

13 Life Hacks, step by step

YEAR 1 Foundations

+ 2 recap lessons · 24 in total

1 Good Friendships · 5 lessons
What makes a friendship healthy, setting boundaries, handling jealousy and conflict, and accepting yourself.

2 Mood Boosting · 6 lessons
Noticing your mood, using activity to lift it, kinder self-talk and gratitude: practical tools for low days.

3 Overcoming Stress · 6 lessons
Spotting stressful thoughts, managing time and workload, calming the body, and knowing when to ask for support.

4 Facing Problems & Life Challenges
5 lessons
Step-by-step problem-solving, accepting what can't be changed, building resilience and making a coping plan.

YEAR 2 Building Skills

+ 3 recap lessons · 29 in total

5 Taming Your Anger · 6 lessons
Knowing your triggers and early warning signs, seeing other perspectives, empathy, and calming down before reacting.

6 Balance · 6 lessons
Perfectionism, body image, healthy routines and screen time, and moving beyond all-or-nothing thinking.

7 I.C.B.B. – I Can Be Bothered
5 lessons
Finding motivation, coping with boredom, building perseverance and overcoming avoidance and putting things off.

8 A Good Night's Sleep
4 lessons
Healthy sleep habits, settling night-time worries and building a practical toolkit for a better night's sleep.

9 Speaking Up & Speaking Out
5 lessons
Asking for help, recognising bullying and staying safe, and learning to communicate assertively.

YEAR 3 Applying & Consolidating

+ conclusion, recap & support modules · 27 in total

10 Breaking Bad Habits · 4 lessons
Spotting triggers and urges, changing your environment and building better habits to replace old ones.

11 Me, Myself & I · 5 lessons
Self-worth, discovering your strengths, unhelpful labels and comparison, and building genuine self-belief.

12 Coping With Feelings & Thoughts
3 lessons
Naming feelings, accepting difficult thoughts, reducing avoidance and knowing when to get extra help.

13 To Change or Not to Change
4 lessons
Readiness to change, setting SMART goals, bouncing back from setbacks and making change last.

YEAR 3 Support Modules

Appendices A & B in the workbook

A Anxiety on the Big Day
3 lessons
Tools for staying calm in exams, interviews, performances and other high-pressure moments.

B Antisemitism & the Fear of Terrorism
2 lessons
Taking real safety concerns seriously while stopping fear, avoidance and frightening news from taking over.



ABOUT THE CREATOR

Yaakov Barr

Psychotherapist, educator and creator of Mastering Your Mind

Trained in Cognitive Behavioural Therapy, Yaakov has spent over two decades working with young people, parents and schools across clinical and educational settings, from supporting schools to training therapists and advising organisations that work with young people.

In the therapy room he saw the same struggles again and again: anxiety, low self-esteem, anger, relationships and everyday challenges. He kept teaching skills that would have made an enormous difference had they been learned earlier. Based on his award-winning original Mastering Your Mind book, the programme brings those tried-and-tested tools into school, so they are taught like any other subject, before problems develop or become entrenched.

> **"Why wait until young people are struggling before teaching them the skills that could make such a difference?"**
>
> Yaakov Barr, creator of Mastering Your Mind

OUR APPROACH

Evidence-based

CBT-informed tools, turned into child-friendly stories and memorable MYM techniques.

Jewish at heart

Built for Jewish schools from the start, with Torah perspectives in the Teacher Notes.

Parents are part of it too

Parents have their own area on the website. They can see what their children are learning and how to use the same skills at home, so school and family reinforce each other.

WHAT YOUR SCHOOL RECEIVES

- ✓ Three write-in student workbooks
- ✓ Teacher Notes for every Hack
- ✓ Optional activities and scenario resources
- ✓ End-of-Hack quizzes and word searches
- ✓ A dedicated parent area on the website
- ✓ PowerPoints matched to the workbook
- ✓ Onboarding and training videos
- ✓ Curated video links where they add value
- ✓ Printable classroom resources
- ✓ Ongoing support from the team

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Bring Mastering Your Mind to your school

www.masteringyourmind.today · admin@masteringyourmind.today