



Overview of myHappyMind:

We are proud to be a part of the myHappyMind Family! As a whole school programme grounded in science and dedicated to building positive mental wellbeing, myHappyMind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!

Learn more here: <https://myhappymind.org/>

myHappyMind module descriptions:



Meet Your Brain: Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.

Celebrate: Understanding your unique Character Strengths and learning to celebrate them. This is a fantastic module for building self-esteem.



Appreciate: Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a lifelong strategy!

Relate: Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.



Engage: Understanding how to set meaningful goals that matter and how to stay resilient in times of challenge. This module is all about building self-esteem and resilience too.

Parent App Information:

There is a free Parent App available so that you can try some of the myHappyMind strategies at home.

Parent App Video link: <https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

Please contact the school for our school code that allows you to access the app.