



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!

myHappyMind is taught in all year groups from Nursery up to Year 6

Nursery have really enjoyed learning about their brains in myHappyMind. We have met Betty and Bertie and learnt that our brains grow bigger as we learn new things. We know that our brain needs rest to be healthy and we have really worked hard on our happy breathing techniques. We were all really excited to take home our brain hats and tell our parents where our brains are and how they work.

Year 6 - During our myHappyMind sessions we have looked at how our brains work and what we can do to regulate ourselves and keep ourselves happy.

What do the pupils think?

Happy Breathing helps me feel relaxed and ready for the day ahead or the lesson I am about to start. I think it helps me focus more during lessons and has helped me deal with things in school better, especially on the playground.
Pupil Y4

I like doing the Happy Breathing because I feel relaxed after. I also like my journal because it is a fun and nice place to write during the lessons and also at other opportunities during the day.
Pupil Y4



Why don't you ask your children what they know about their brains and how they work?

Hippocampus

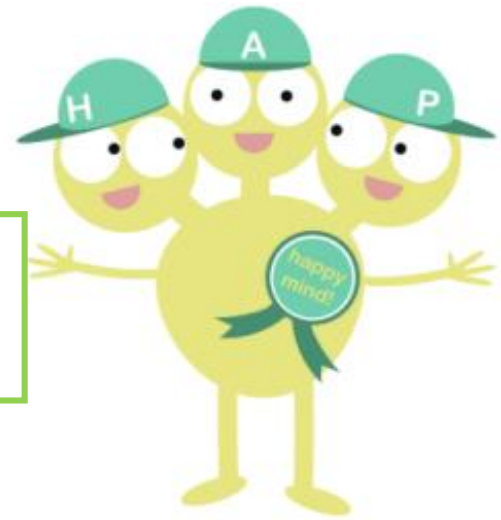
This is like a scrapbook that stores our memories and things we learn.

Amygdala

This part helps us to react to keep us safe when there is danger. It cannot assess danger though; it can only react if it senses it.

Prefrontal Cortex

This helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.



We are at our best when Team H-A-P are working together. When we feel stressed or worried, Team H-A-P cannot work well together and our Amygdala will take over and cause us to react without thinking.



We are proud to announce that our school is officially a myHappyMind Bronze accredited school. The accreditation recognises schools that are embedding the myHappyMind curriculum into school life and taking real action to improve the mental health and wellbeing of the school community.

We would like to thank those parents that provided feedback about the programme which support the application. As we were successful with our application, we have received some fantastic resources to help us to continue to embed the myHappyMind curriculum.

Support Your Child's Wellbeing with the Free myHappyMind App

What's Inside the App?

myHappyMind Place – a personalised self-regulation tool

Happy Breathing – access to self-regulation and calming activities that pupils already use in school

Mini Masterclasses for Parents – covering a range of topics

Fun games – to help initiate conversations around wellbeing

43 Northwick Park parents have signed up for the APP so far!

Parent App authentication code is 141571

Download your Free Parent App



