



We are proud to be a part of the myHappyMind Family!

A bit about it

This whole school programme grounded in science and dedicated to building positive mental wellbeing, 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!

They each receive a beautiful journey to document their happiness journey too!

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.





focussed on the building blocks of good relationships and friendships.

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 habit!

- **Relate:** Understanding why positive relationships matter and how to build them. We're



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

PSHE link

As well as being a mental health and well-being programme to support children in learning habits to support their own mental health myHappyMind also covers all the mandatory objectives from the DfE Relationship Education Curriculum and also around 70% of the PSHE objectives.

Parent Resources

There is a parent app which provides support and resources for families to use at home to reinforce the skills learned in school and benefit the whole family.

Please follow the link for more information. <https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

A parent log in will be provided separately.

Staff wellbeing

The well being of our staff is hugely important too. Online courses are available for staff to access anytime to support their well being and resilience.