



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



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.



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



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!



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



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.

Happy Breathing

One of our favourite tools to make us feel happier and settled is happy breathing. Children are taught that when we feel scared or anxious, the amygdala part of our brain takes over and stimulates our fight, flight or freeze reaction. The only way to turn this off is to bring as much oxygen as you can to your brain, so we breathe in and out slowly; this is happy breathing! Ask your child about happy breathing – they will be happy to show you!

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

