



### Overview of myHappyMind

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

As a whole school program 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 habit!
- **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 keep resilient in times of challenge. This module is all about building self-esteem and resilience too.

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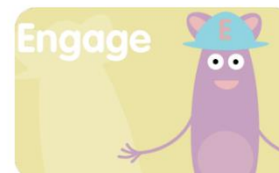
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## PSHE statement

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

## Parent App Video link

<https://myhappymind.org/pages.co/myhappymind-parent-app-introduction/>

Dear Parents/Carers,

We have introduced a program to all year groups at school called **myHappyMind**.



**myHappyMind** is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves; something that aligns very closely with our school ethos to 'Be More at Badgemore!' For example, keep an eye out for our **'Kindness Tree'** in the entrance; organised by our wonderful FOBS (Friends of Badgemore School) team!

**myHappyMind** is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

To further embed this learning, **myHappyMind** has developed a **Parent App**. These resources can be accessed online on your computer, or through an app on your phone. The **Parent App** will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a **Kids Zone** featuring **myHappyMind Games** plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code. Your authentication code is **123042**.

Or simply scan this QR code to sign up:



Once you have created your account, you will receive an email with the next steps on downloading the app.

We really encourage you to make use of this **free content** so that you can support your child in getting the best out of the curriculum.

If you have any questions about **myHappyMind**, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact [hello@myhappymind.org](mailto:hello@myhappymind.org)

Want to learn more? Check out myHappyMind founder **Laura Earnshaw's best-selling book on Amazon.**



Many thanks,

Gaynor Styer  
SENCo