



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 Module Descriptions



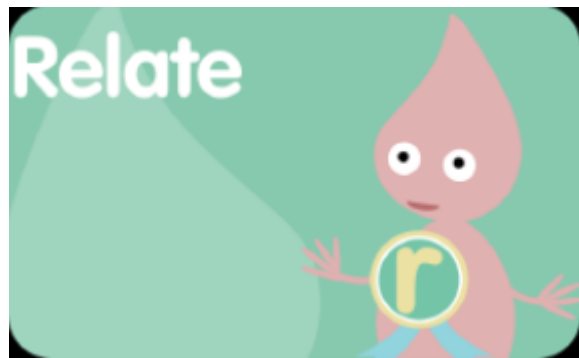
Meet Your Brain: Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.



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.



[myHappyMind Parent App](#)