



My Happy Mind is an NHS-backed programme that supports schools to help the children build good mental health habits, resilience, self-esteem and happiness. The programme has digital lessons and journals for the children, a Parent App to support parents from home and a package to support staff wellbeing.



Every year group from Early Years to Year 6 has a My Happy Mind lesson each week, and the children are encouraged to apply the strategies they have learnt across the curriculum, in the playground and at home.



My Happy Mind helps children:



✓ Feel happier

✓ Know how to cope if they feel worried or stressed



✓ Focus in lessons and at home

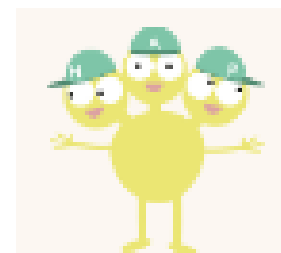
✓ Achieve their goals

✓ Develop better relationships with friends and families

✓ Have positive self-esteem

This is achieved through five modules:

1. **Meet your brain**-The children learn about neuroplasticity and how the brain makes connections. In this unit they meet Team HAP who help them learn all about 3 key parts of their brain: the hippocampus (H), the amygdala (A) and the pre-frontal cortex (P).



2. **Celebrate** - children build self-esteem by learning all about their character strengths

3. **Appreciate**- children learn how to appreciate, people, experiences and themselves.

4. **Relate** - children improve their listening skills so they can effectively communicate and understand each other.

5. **Engage** - Children build resilience through setting and achieving goals. They learn about how to set goals, how to plan what they need to do and how to ask for help.



To find out more about what they have learnt, and for fun activities to complete together at home, download the My Happy Mind parent app.