

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/>

What will the children be learning about?

myHappymind Module Descriptions:



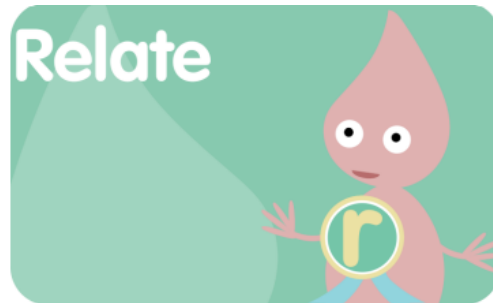
- Meet Your Brain: Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mind-set is a key part of this too.



- 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.

Parent App Video link :

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





Want to learn more about the science of happiness?

Check out myHappyMind founder Laura Earnshaw's best selling book!



“GAME CHANGER”

“INCREDIBLY USEFUL”

“A MUST HAVE”



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