Welcome to my Happy mind_®





How does it link to other things we do in school?



THE MYHAPPYMIND PROGRAM

The myHappymind curriculum is grounded in scientific research and helps children to:

- √ Feel happier
- ✓ Know what to do when they feel worried or stressed
 - ✓ Improve their focus and learn more
- ✓ Achieve more of the goals that they set for themselves
- ✓ Develop better relationships with friends and families
- ✓ Feel great about who they are and have positive self esteem.

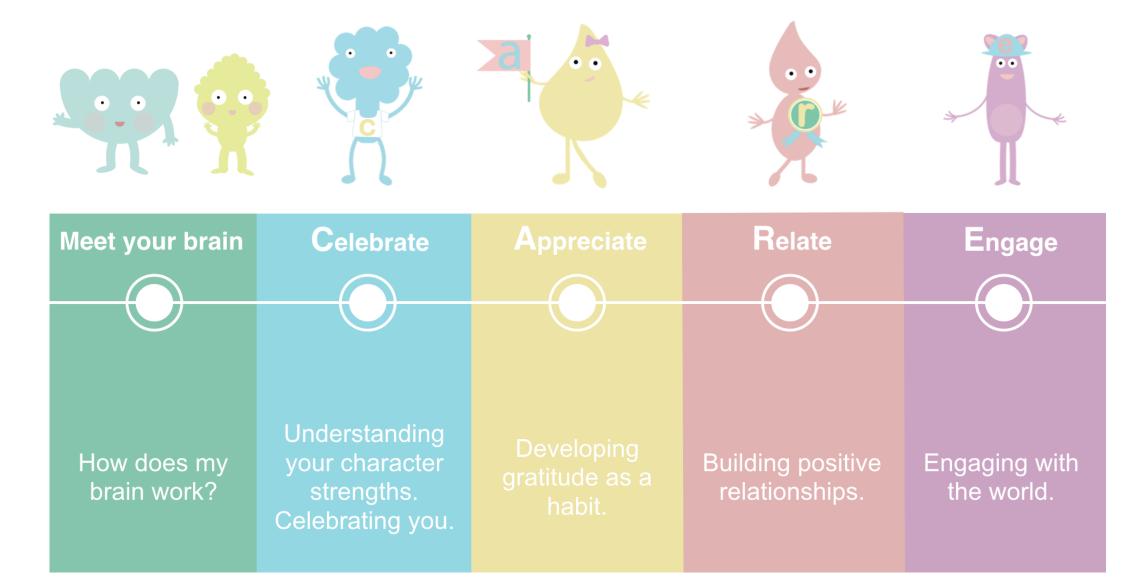
And much, much more!





How does it link to other things we do in school?

What will we learn?







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myHappymind isn't just a topic or subject like Maths.

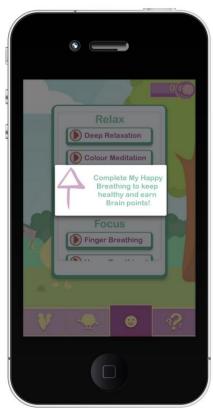
It is a life skill that we can all learn to help us to be our very best selves.

We will be having lessons each week but we will be using the habits we learn all of the time.

Even the teachers are doing myHappymind!

We will also link it to...

You can get involved too by downloading the FREE myHappymind App to use with your children at home.



It is free to download on Google Play and the App store.