



My Happy Mind

ASSEMBLY



What we do

Our programmes for teachers, parents and children help to prepare today's children for tomorrow's world by building resilient, balanced and happy minds at home, nursery and school.



Who?

Our programmes are designed for schools, families and nurseries who care about developing the mental wellbeing of children

What?

We combine the latest research, science and technology to help children develop lifelong habits and learn to thrive

Why?

We believe that we should be equipping all children with the knowledge, skills and tools to thrive in the modern world.

Our impact

We've impacted hundreds of thousands of children & their families. After just one year, myHappymind schools see a:



67%

Decrease in children requiring
SENCo support



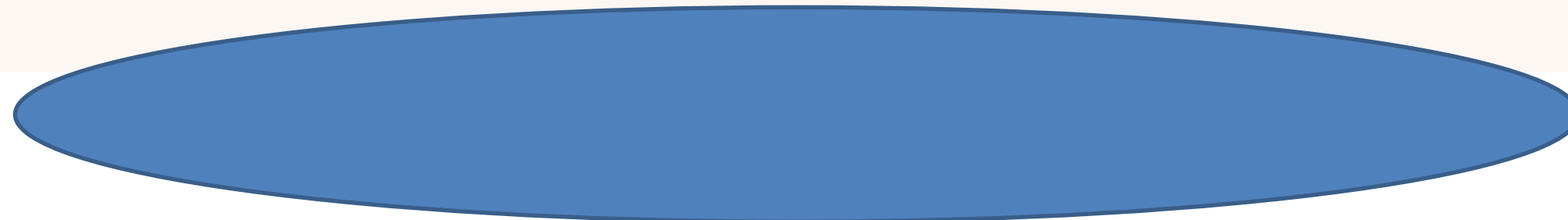
60%

Decrease in
external exclusions



43%

Decrease in
CAMHS referrals





1

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.



2

Celebrate

Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.



3

Appreciate

Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to wellbeing and resilience and we're all about making it a habit!



4

Relate

Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.



5

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.

Pupil Voice

“ It helps you
to
understand
your brain. ”

“ When I'm not
happy, it's
good to use
happy
breathing. ”

“ It's calm. ”

“ You do great
learning with
your brain. ”

“ My strengths
are
friendship,
teamwork
and exploring ”

“ I can help my
friends. ”

“ I can
help
myself! ”

Teacher Voice

“ The children have increased awareness of their emotional needs. ”

“ Children use the scientific terminology. ”

“ Reduced co regulation needs. ”

“ Pupils engage well with interactive activities. ”

“ Children are starting to identify personal strengths and strengths in others. ”

“ Opens up conversations about personality traits and being a wholesome individual. ”

“ Supports positive relationships and restorative conversations. ”

“ Universal toolkit that is delivered throughout school. ”

“ Happy breathing is useful throughout the whole school day. ”

What can you do at home?

At Home Activities



At Home Activities

For parents whose children attend a school or nursery where the myHappymind program is taught.

Introduction and Parent Overviews



Introduction and Parent Overviews

For parents whose children attend a school or nursery where the myHappymind program is taught.

Kid's Zone



Kid's Zone

The section of the myHappymind Parent App packed with fun resources for the children!



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