myHappymind

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# Website Pack



# Introduction

**What is this pack for?**

We have put together some useful resources to help you share myHappymind on your school website. This includes some information about the programme and modules to inform parents about what their children are learning, as well as a statement about how myHappymind covers many of the PSHE topics.

**We ask that you do not share any lesson content or planning/mapping documents on your website.**

**What will you find in this pack?**

- Programme Overview of myHappymind text, along with the 'myHappymind logo' and 'Proud to be a myHappymind school' sign.
- Module descriptions text and module images.
- PSHE statement and Parent App information.

**Please copy the text and images from this pack to use on your website.**

# Overview of myHappymind:

We are proud to be a part of the myHappymind Family!

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!

Learn more here: https://myhappymind.org/

**myHappymind logo and sign:**

myHappymind



# 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 lifelong strategy!

- **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 stay resilient in times of challenge. This module is all about building self-esteem and resilience too.

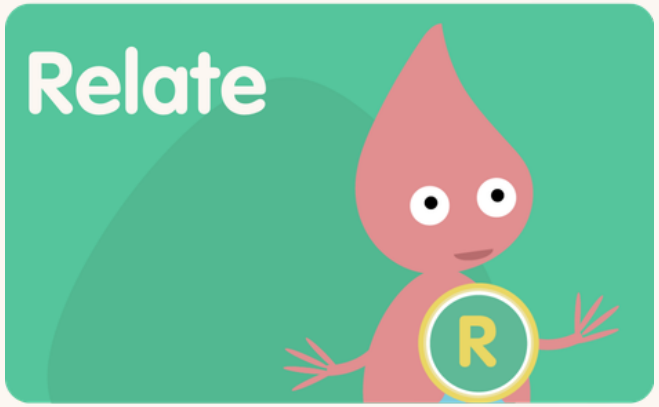
# myHappymind module images:












# PSHE statement:

myHappymind is a mental health and well-being programme to support children in learning habits to support their own mental health. It does also cover all the mandatory objectives from the DfE Relationships Education Curriculum and also around 70% of the PSHE objectives.

# Parent App Information:

We would love for you to share our Parent Engagement Resources on your website.

Please be mindful about sharing your Parent app code in the public domain. **Please share this code with your families privately.**

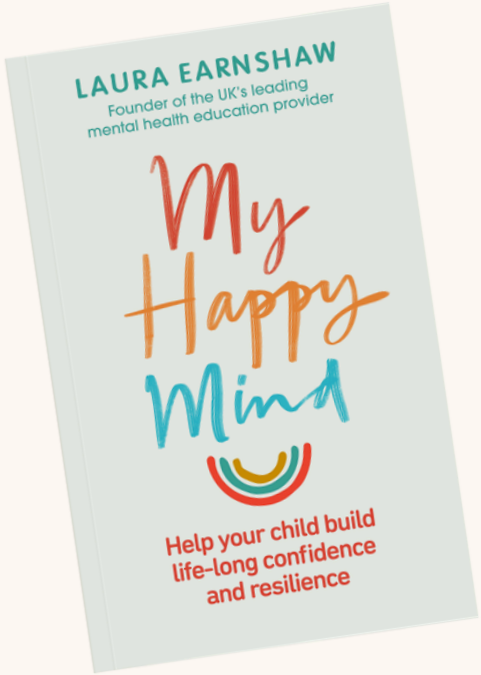
Below is the link to the Parent App Introduction video that you may like to add to your myHappymind page.

Parent App Video link:
https://myhappymind.lpages.co/myhappymind-parent-app-introduction/

# Further help:

Please contact your Customer Happiness Manager if you need any help with the contents of this pack. Alternatively, you can email Hello@myHappymind.org.

**Want to learn more?**
Visit: https://myhappymind.org/ or, if you are interested in delving into more detail, we recommend picking up a copy of myHappymind's founders book, 'My Happy Mind'. Just click here to buy.




myHappymind

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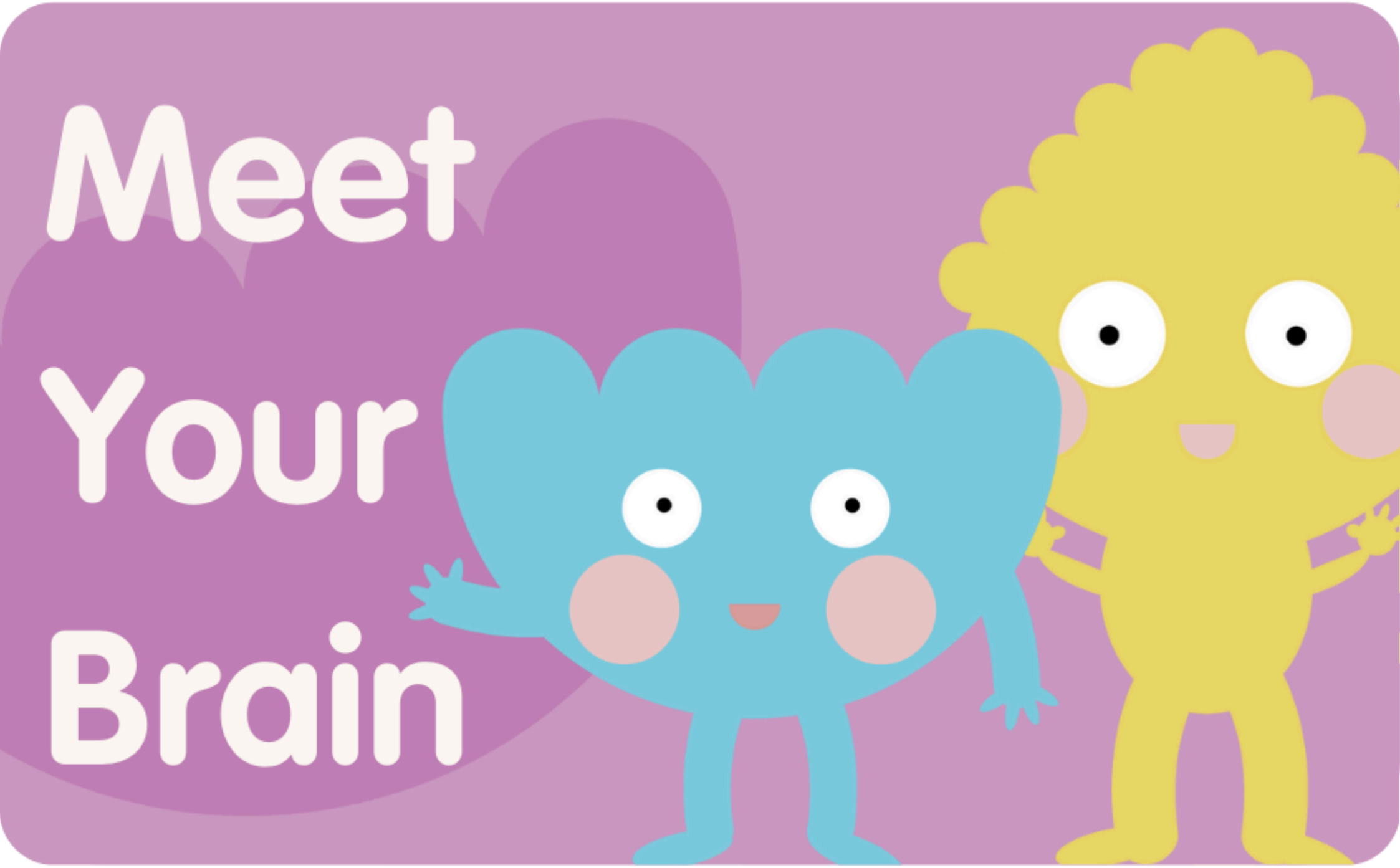
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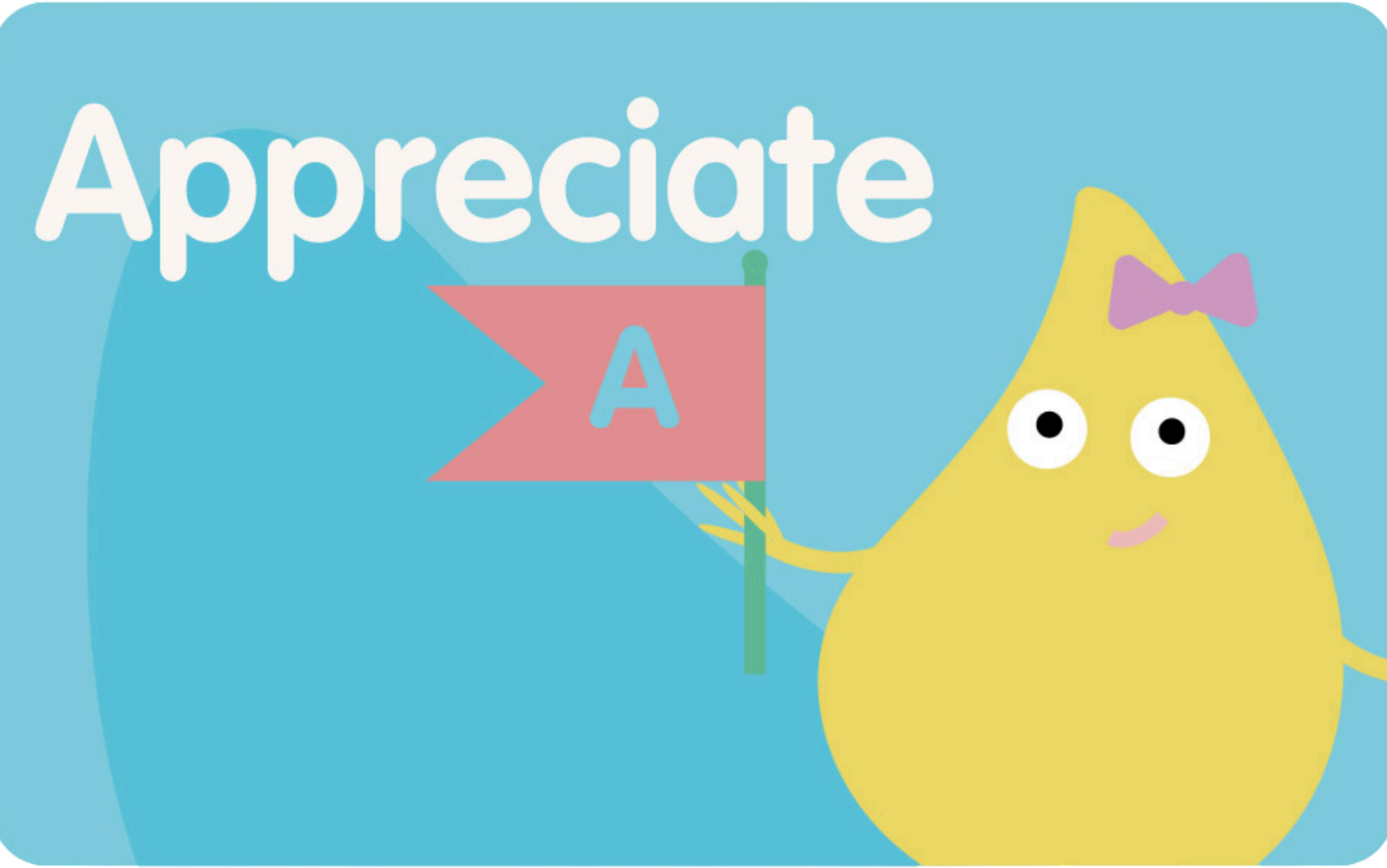


# Meet Your Brain



# Celebrate




Appreciate
A

# Relate



# Engage

