myHappymind

School Programme

Introduction and Overview



Backed by NHS

Certified B Corporation

Introduction

- myHappymind is an NHS-backed curriculum in primary schools, secondary schools, and nurseries and is focused on building resilience, self-esteem, and happiness in children.
- An **award-winning** programme that has received national recognition for its exceptional work in schools, nurseries, families, and organisations across the UK.
- **Backed by NHS** using preventative strategies firmly rooted in science, research, and the fields of neuroscience and positive psychology.
- In collaboration with **Over 30 Places** nationally.



This document provides a summary of the myHappymind for Schools Programme



Our Philosophy



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1. Proactive not reactive



Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively.

2. Stigma reversing

Ensuring that individuals understand the science behind how their brains work and how to impact their self esteem and resilience is at the heart of what we do. When people get the why, they take action.



3. A systemic approach

We believe that to impact the child we need to impact the whole system around the child. That's why our programs support parents with a parent App and staff through our CPD-certified wellbeing program.



4. Fun to teach and easy to learn

All of our content is enabled by technology, making the learning fun, easy and low preparation.



5. Equitable access for all



We’re also proud that myHappymind is tailored to meet the needs of neuro-diverse children and we have a dedicated Special Schools Program.

St Anne's Fulshaw Primary School

"In a world where the mental health of our young is in crisis, we believe that the myHappymind project gives our pupils some of the knowledge and tools to manage these mental health issues themselves as well as understanding when to talk to others and seek help."

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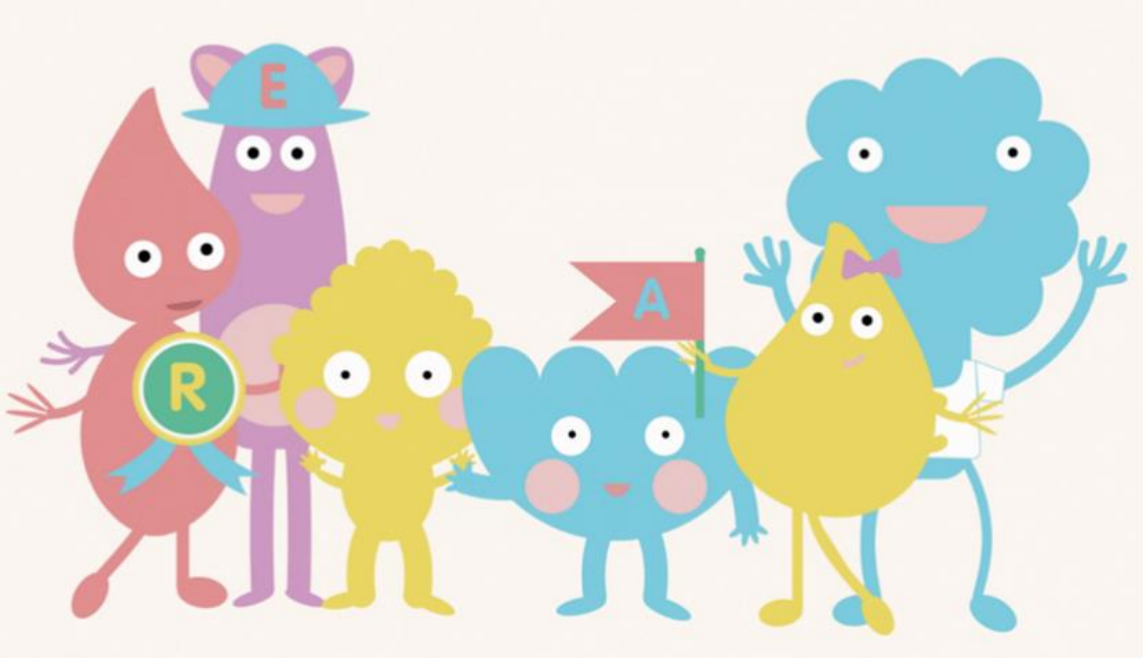
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Our Content



Our Content

Every year group from Early Years to Year 6 has a separate version of the curriculum, with Year 6 focussing on transition. All lessons are pre-made for teachers making them easy to teach without taking any preparation time. They contain quizzes, songs, animations and more and feature our lovely characters below. The content is structured against the five modules shown in the myHappymind system image. Each Year group works through the 5 modules allowing for a whole school culture to build. There are also lessons on neurodiversity to enable the whole school community to better understand and embrace diversity.





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Our Content

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

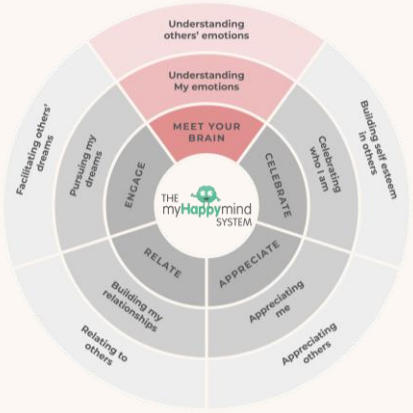
And much, much more!



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Module Summary



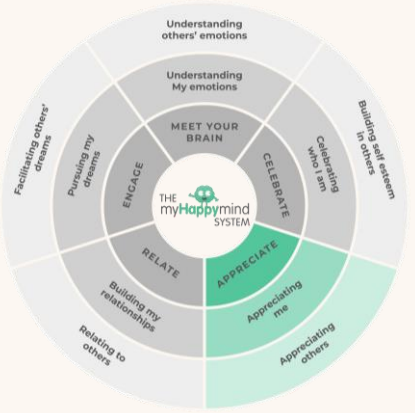
Meet Your Brain

Helping children to understand how their brains work and teaching strategies for relaxation.



Celebrate

Building children's self-esteem through recognising and celebrating their strengths.



Appreciate

Developing a habit of gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.

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Module Summary



Relate

Introducing relationship building skills to ensure children have the foundations to form friendships, be heard and understand others.



Engage

Introducing the power of goal setting to children so that they aspire, dream and learn to persevere.



The program is delivered via an innovative learning platform and the format is pre-recorded video lessons along with a beautiful colour printed journal.

This enables schools to run the program internally and gives the flexibility to deliver it at a time that suits them.

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Our Approach

The myHappymind program is built on a systemic approach and contains three key programs. A program for children which is largely made up of digital lessons but supported with physical resources. A Parent App to support parents from home and a CPD certified Staff Wellbeing Program which supports the wellbeing of all staff in the school (teaching and non-teaching). We also have a dedicated lead on this project to regularly liaise with the schools to ensure delivery, measure impact and respond to feedback.

Children



Parents



Staff



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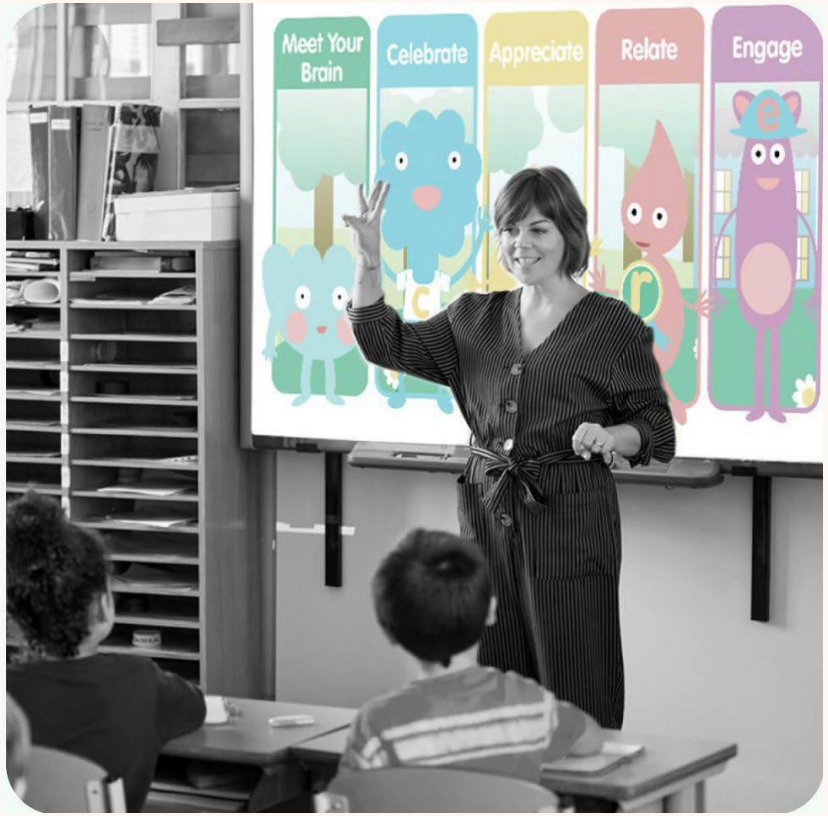
How does it link to other things we do in school?

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!



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How to get involved at home

We would love for you to carry on the learning at home too. You can download the Parent App to learn all about the Science of Happiness and also access a range of games, songs, Happy Breathing resources and much more at home. Take a look inside!

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

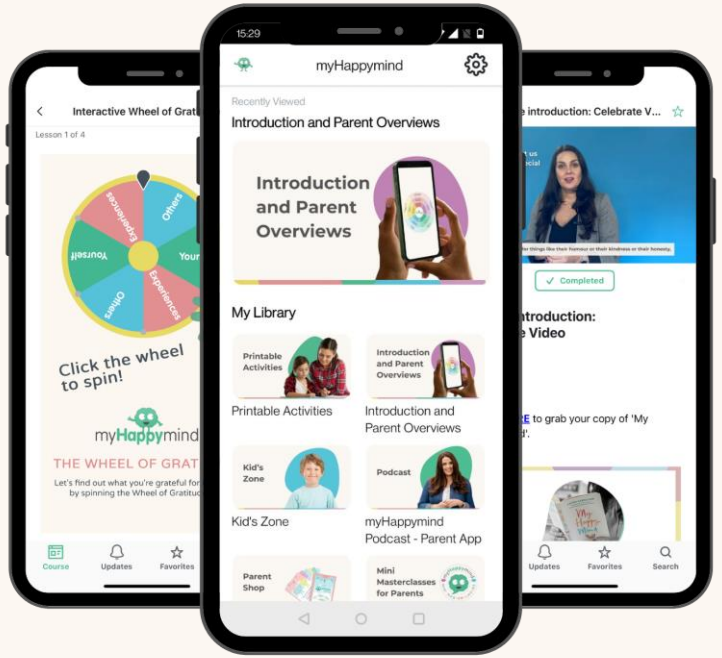


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Scan the QR code below to sign up to the FREE Parent App

Don’t forget to share your Authentication code with parents!



Scan this code if you’re in England or Wales

Scan this code if you’re in Northern Ireland or Scotland

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Get in touch:

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