



## myHappyMind Overview



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/>

### 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 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.

