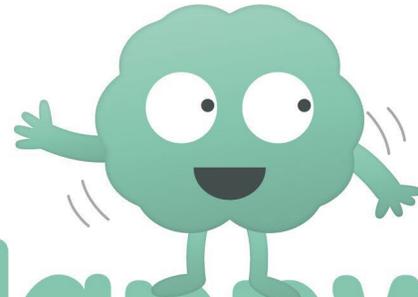


Welcome to



myHappy mind.®

**WHAT IS  
MYHAPPYMIND?**

**WHAT WILL WE LEARN?**

**HOW DOES IT LINK TO  
OTHER THINGS WE DO  
IN SCHOOL?**

# About myHappymind

myHappymind is an award winning program for schools & nurseries, families and organisations.

It teaches preventative habits that support positive mental health, resilience and self esteem.

All of the concepts taught are based on science and research and grounded in neuroscience and positive psychology.

Our program is delivered via an innovative technology platform making learning easy, convenient and fun.

We're proud to be commissioned by the NHS up and down the U.K. due to the incredible impact the program has on reducing CAMHS referrals along with the overall improvements to the wellbeing of children, staff and parents.

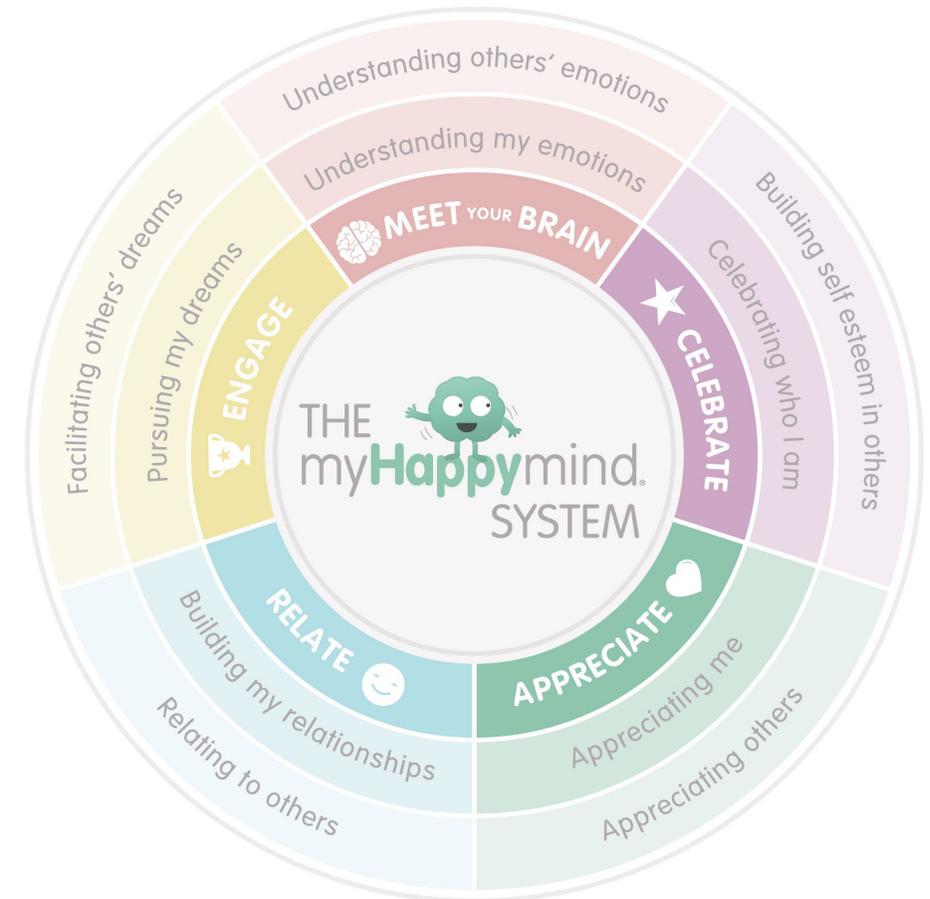
Working with 

# 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!**

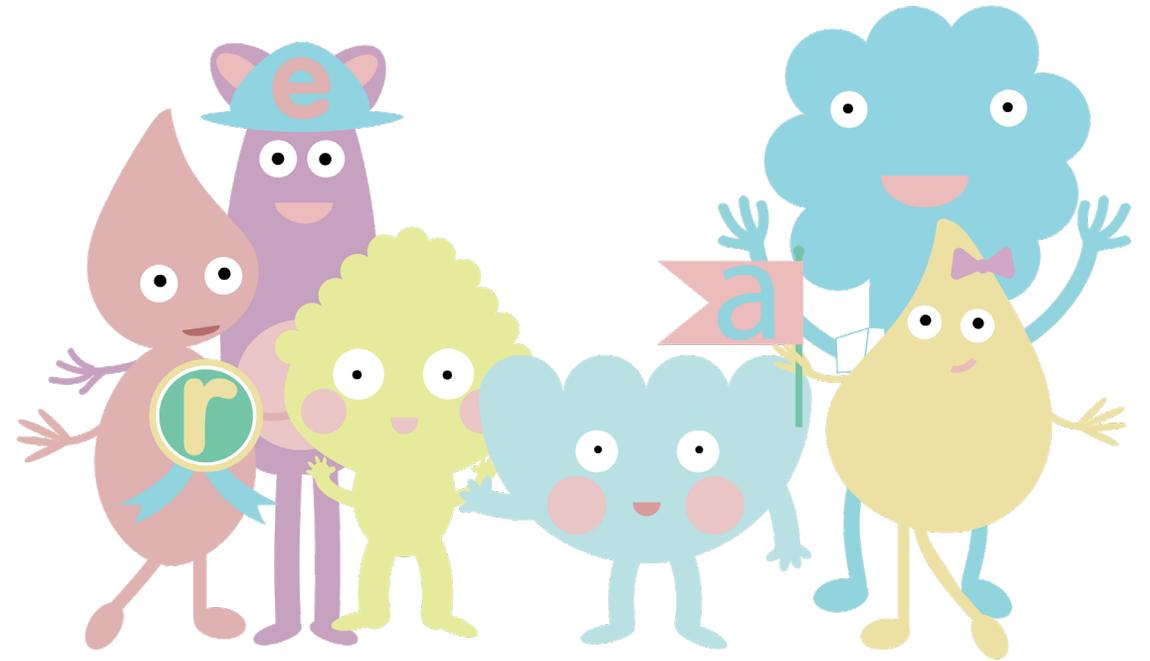
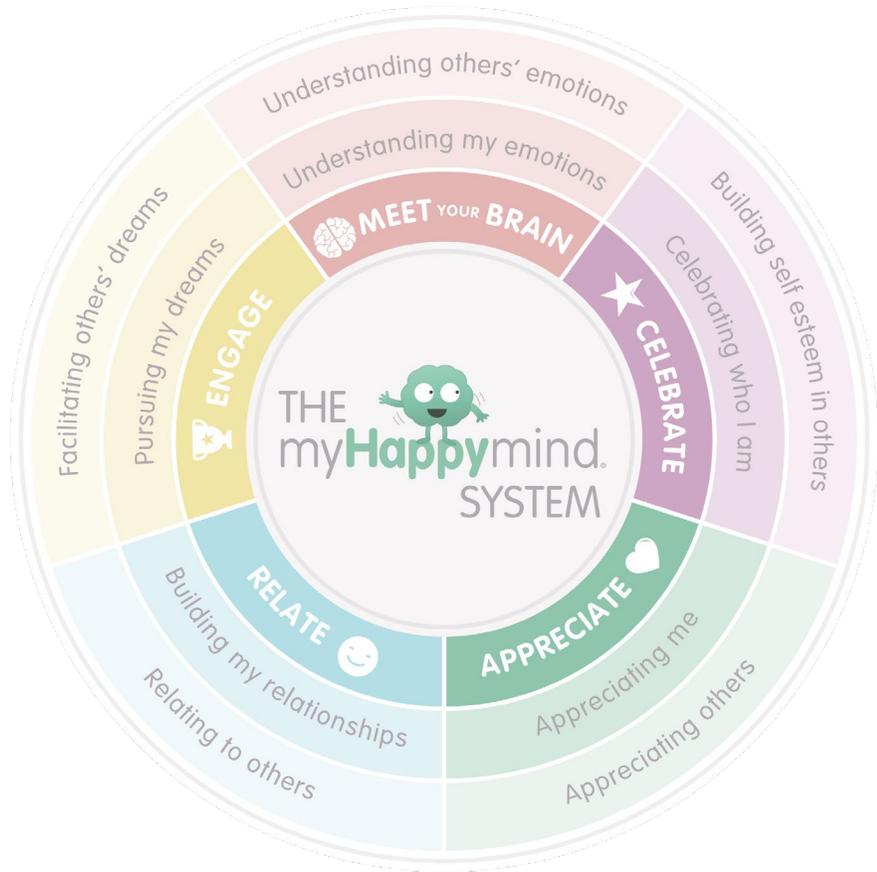


WHAT IS  
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# Our Content



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graph LR; A((WHAT IS MYHAPPYMIND?)) --- B((WHAT WILL WE LEARN?)); B --- C((HOW DOES IT LINK TO OTHER THINGS WE DO IN SCHOOL?));
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WHAT IS  
MYHAPPYMIND?

WHAT WILL WE LEARN?

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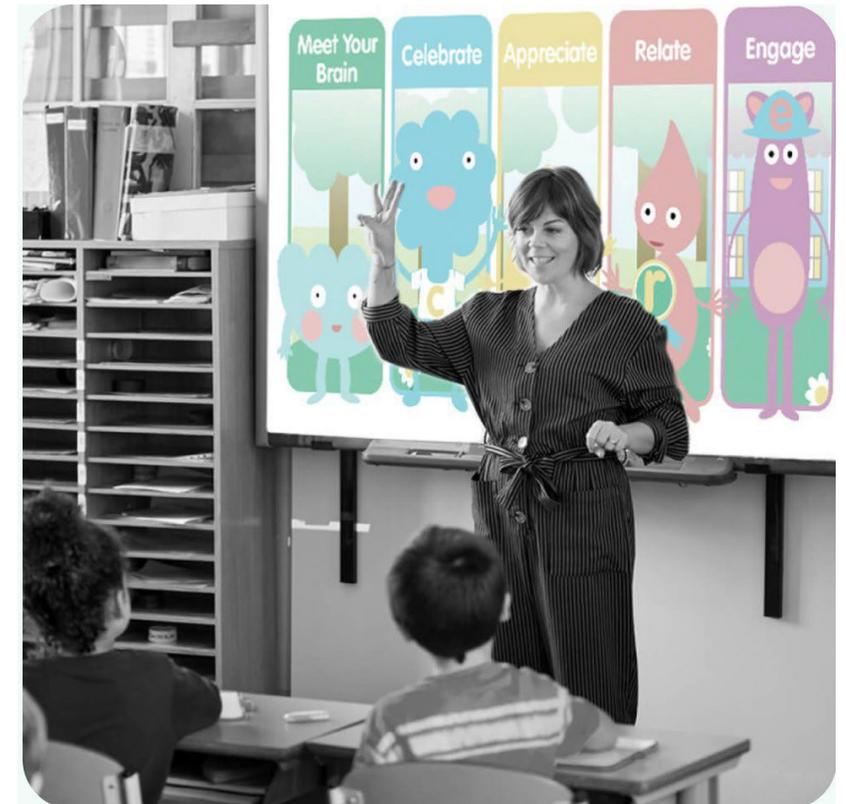
# How does it link to other things we do in school?

myHappymind isn't just a topic or subject like Math's.

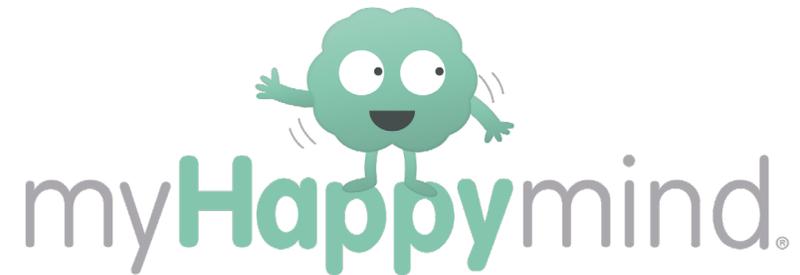
It is a life skill that we can all learn to help us to be our very best selves.

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!



To learn more get in touch...



[hello@myhappymind.org](mailto:hello@myhappymind.org)

[myHappymind.org](http://myHappymind.org)