



myHappyMind at Styal Primary School

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. The programme creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches children how to self-regulate and manage emotions in stressful times.

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

Meet Your Brain: Understanding how our brains works and how to ensure we look after it so that we can manage our emotions to be at our best. Growth mindset is a key part of the programme.

Celebrate: Understanding our unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.

Appreciate: Understanding why gratitude matters and how we can develop gratitude as a habit. Gratitude is key to well-being and resilience and we are all about making it a habit!

Relate: Understanding why positive relationships matter and how to build them. We focus on the building blocks of good relationships and friendships.

Engage: Understanding how to set meaningful goals that matter and how to remain resilient in times of challenge. This module is about building self-esteem and resilience.

Parents can get on board too with the programme.

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