



myHappyMind is an NHS backed programme that "helps today's children for tomorrow's world" by building resilience, balance and happy minds at home and in school. It helps children understand how their brain works and helps them develop positive habits so that they can be the best they can be. It is taught across five modules and each module introduces a new set of content and habits to help children build resilience, self-esteem and confidence.

The five modules are:

- Meet your Brain
- Celebrate
- Appreciate
- Relate
- Engage

At the beginning of each week, every child in school takes part in a myHappyMind session. Older children have a journal to keep a log of the activities they have taken part in, while younger children have stories and soft toys to use throughout the programme.

Each year group has 2 myHappyMind ambassadors. These Happiness Heroes are great role models and lead the way in empowering other children at Woodchurch CE Primary School in how to look after their mental health.



myHappyMind has also developed resources for parents to access so that children can continue to practice some of the good habits they have been using in school, for example happy breathing. To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is **105067**.

We really encourage you to make use of this free content so that you can support your child in getting the best out of the programme. If you have any questions about "myHappyMind", please contact your child's class teacher.