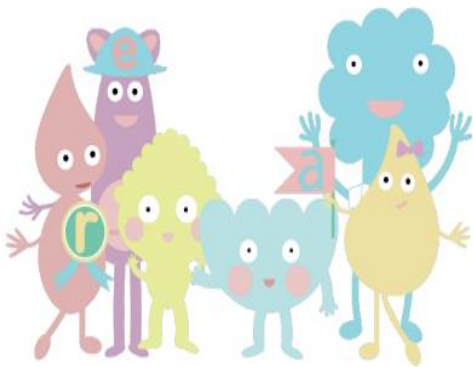


## WHAT IS 'MY HAPPY MIND'?



**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, songs and soft toys to use throughout the programme.

Each year group has two **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**. You can then download the Kajabi App and use your phone to make the most of the free resources.

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.

My Happy Mind has had a positive effect on our Year 3 classroom so far this year. Beyond learning about how our brain works – which is something the children found fascinating, we have started to hear the language used outside the classroom. Children understand that if they're feeling worried or stressed that it is their Amygdala overworking, and this is something they will be able to tell you about. Additionally, Happy Breathing is having a positive effect on our Monday mornings, allowing the children to calmly approach the rest of the day. Children are also expanding their vocabulary, understanding words like "grateful" and "appreciation" and are using them within their writing.

Overall, My Happy Mind has had a wonderful impact on the children and is something we are really enjoying.

Mr J Priestley: Y3 Class Teacher

My Happy Mind allows the children time to understand how their brain regulates their feelings and emotions. Through this understanding, they can use techniques to manage how they feel. It's lots of fun and we love singing the different songs.

Miss L Jones: Y2 Class Teacher

I believe that **everybody** should have a My Happy Mind lesson as it helps us understand why we behave in a certain way, especially when our behaviour is affected by our mind. Teachers are enjoying it; some would like to do more of a focus on the brain. Some find that some of the information is quite a lot for young children to remember and appreciate. The more we do myHappyMind though and the more we revisit it, the easier this will become.

I have had conversations with children and have seen them using Happy Breathing and helping each other. It is helping them to understand how their brain works and can affect their emotions. I feel that My Happy Mind is the most important lesson that we are doing in school.

Mr B McGregor: Headteacher