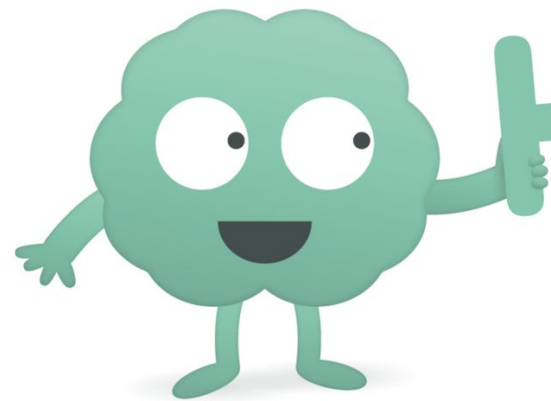




Welcome

to


my




Happy  
mind<sup>®</sup>




**What is  
myHappymin  
d?**



**What will we  
learn?**



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







# 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  
myHappymind?**



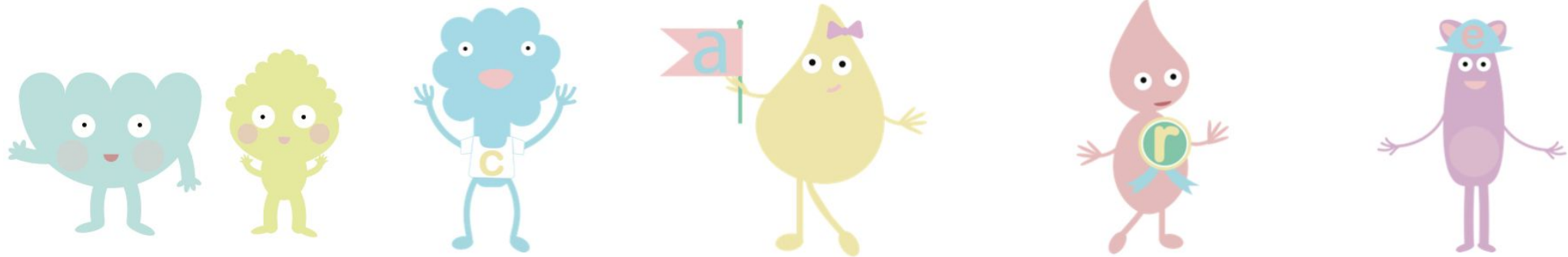
**What will  
they learn?**



**How does it  
link to other  
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in school?**



# What will we learn?



**Meet your brain**



How does my brain work?

**Celebrate**



Understanding your character strengths. Celebrating you.

**Appreciate**



Developing gratitude as a habit.

**Relate**





Building positive relationships.

**Engage**




Engaging with the world.



**What is  
myHappymin  
d?**

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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.

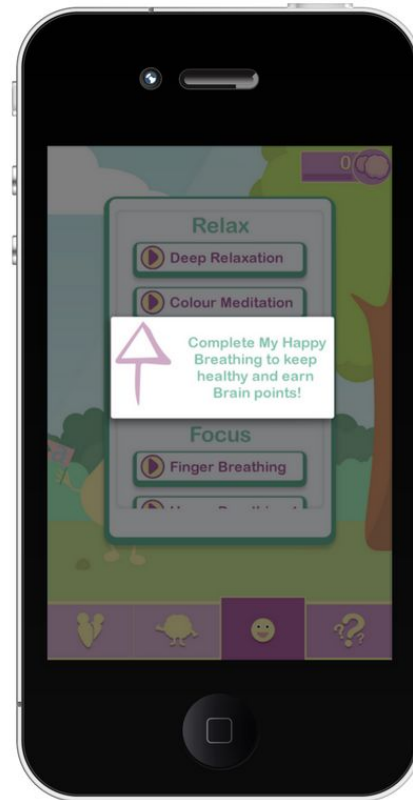
We will be having lessons each week but we will be using the habits we learn all of the time.

Even the teachers are doing myHappymind!



**We will also link it to...**

You can get involved too by downloading the FREE myHappymind App to use with your children at home.



It is free to download on Google Play and the App store.

# Questions?

