



myHappy[®]mind.

Website Pack

Website Pack

What is this pack for?

We have put together some useful resources to help you add myHappymind to your School website. This includes some information about the programme and modules to inform parents about what their children are learning, as well as a statement about how myHappymind covers many of the PSHE topics.

We ask that you do not share any lesson content or planning/mapping documents on your website.

What will you find in this pack?

- Text for your website including the myHappymind Program Overview text, module descriptions and PSHE statement
- Images for your website, including the "Proud to be a myHappymind School logo"
- Parent app video link

Text for your website

Overview of myHappyMind

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 and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!

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

myHappyMind Module Descriptions

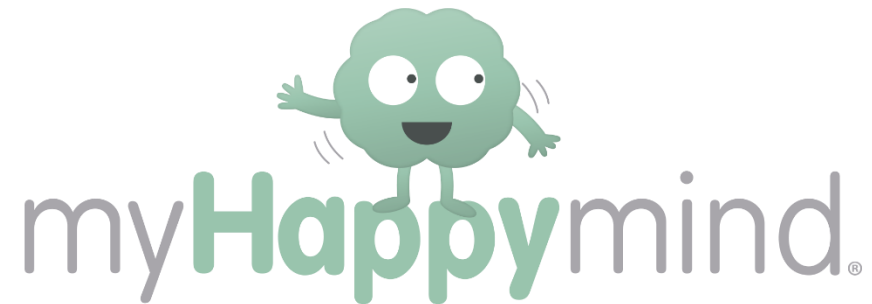
- **Meet Your Brain:** Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.
- **Celebrate:** Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.
- **Appreciate:** Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!
- **Relate:** Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.
- **Engage:** Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too.

Text and images for your website

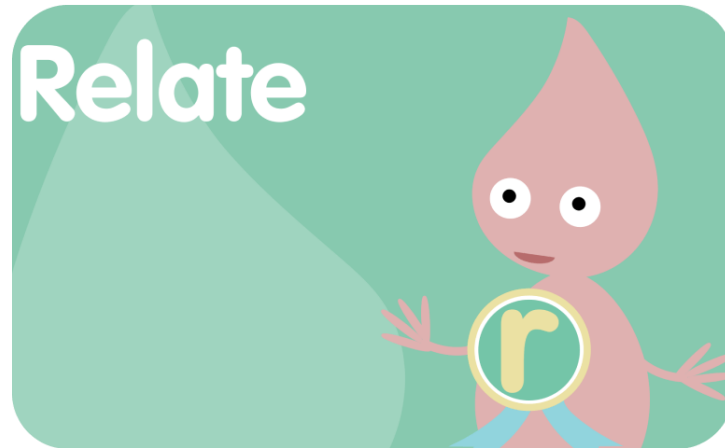
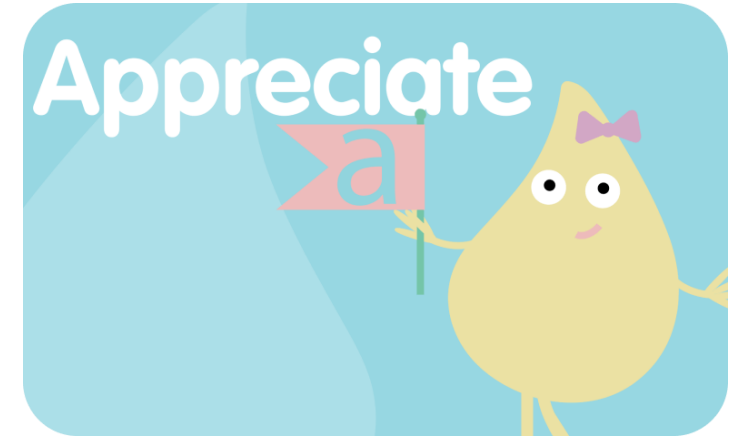
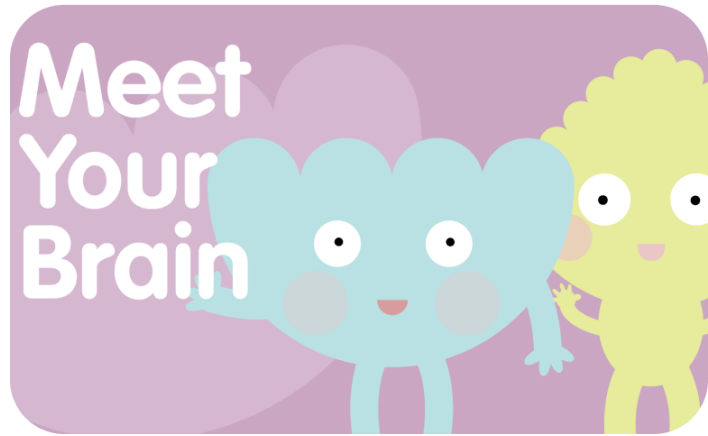
PSHE statement

myHappyMind is a mental health and well-being programme to support children in learning habits to support their own mental health. It does also cover all the mandatory objectives from the DfE Relationship Education Curriculum and also around 70% of the PSHE objectives.

myHappyMind Logo and sign:



Images for your Website - myHappymind Module images



Parent App

We would love for you to share our parent engagement resources on your website. Please be mindful about sharing your Parent app code in the public domain. **Please share this code with your families privately.**

Below is the link to the Parent App Introduction video that you may like to add to your myHappyMind page.

Parent App Video link

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

Further help

Please contact your Customer Happiness Manager if you need any help with the contents of this pack, alternatively, you can email Hello@myHappyMind.org.

Want to Learn more

Visit <https://myhappyMind.org/> or, if you are interested in delving into more detail we recommend picking up a copy of myHappyMind's founders book, My Happy Mind. Just [click here](#) to buy.