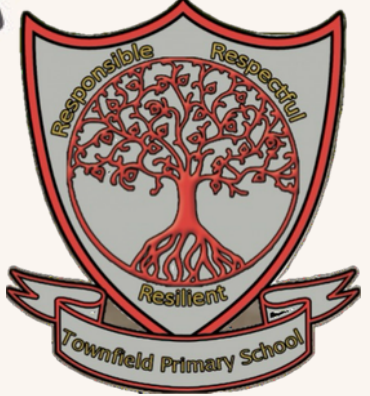
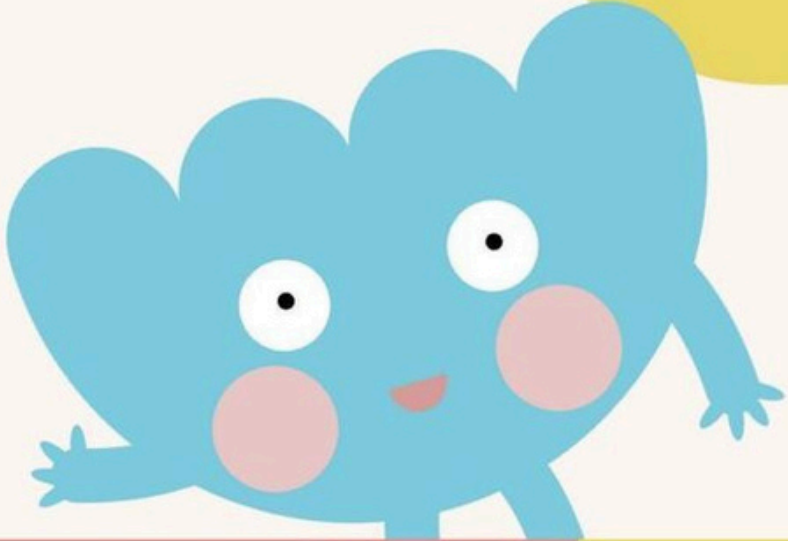


PROUD TO BE A



myHappyMind

SCHOOL



Why is my happy minds important?

This means that we consider the **mental health and wellbeing** of as one of our top priorities.



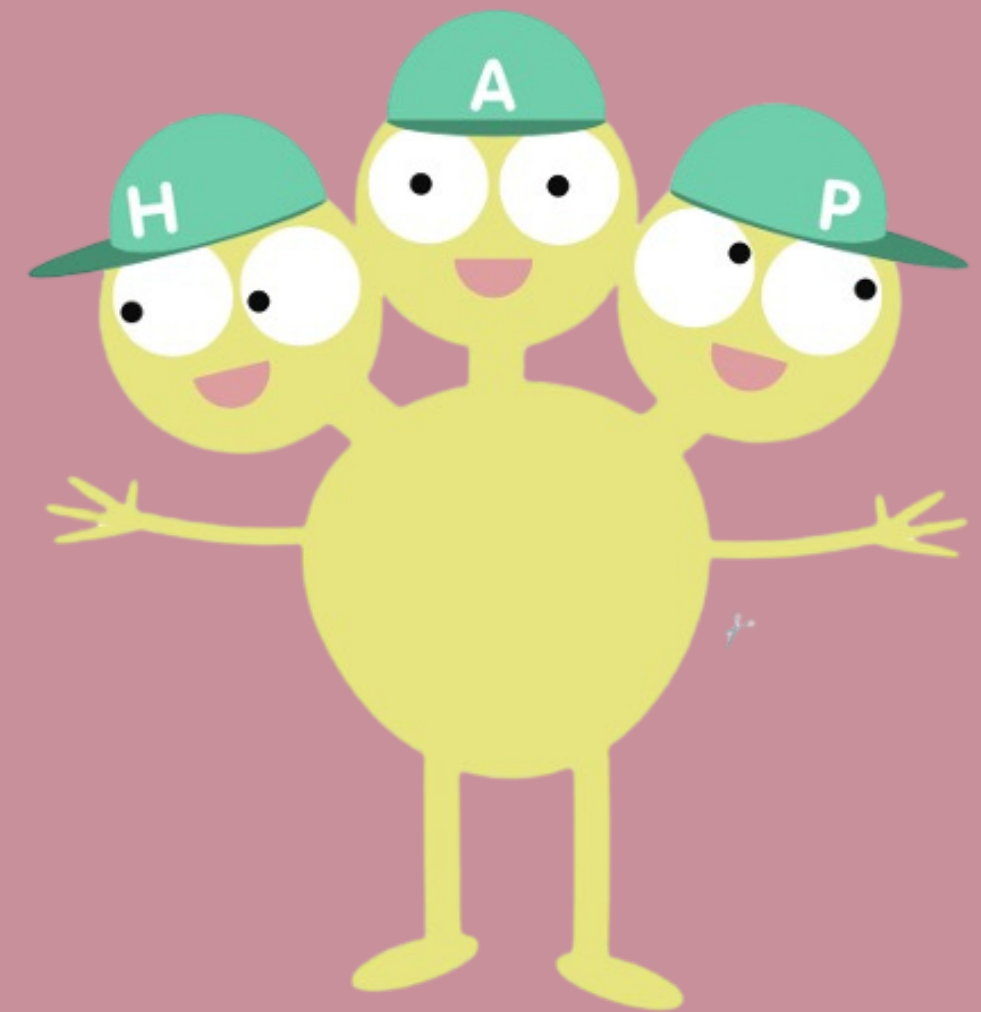
EXCELLING

THRIVING

SURVIVING

STRUGGLING

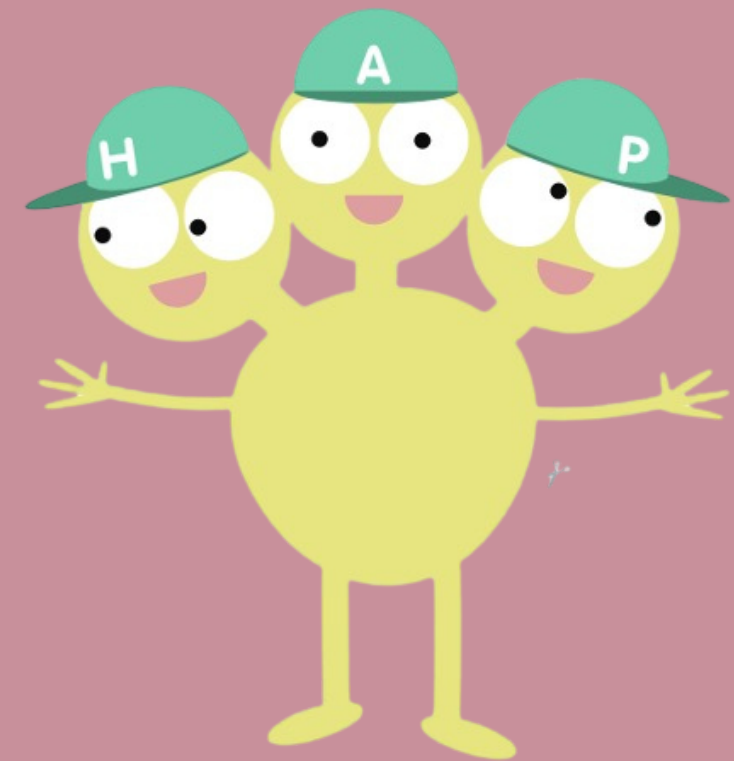
IN CRISIS



Why is my happy minds important?

We know My Happy Minds helps build our **resilience, confidence and self esteem.**

It also helps is learn how to **self regulate** in those **stressful times.**





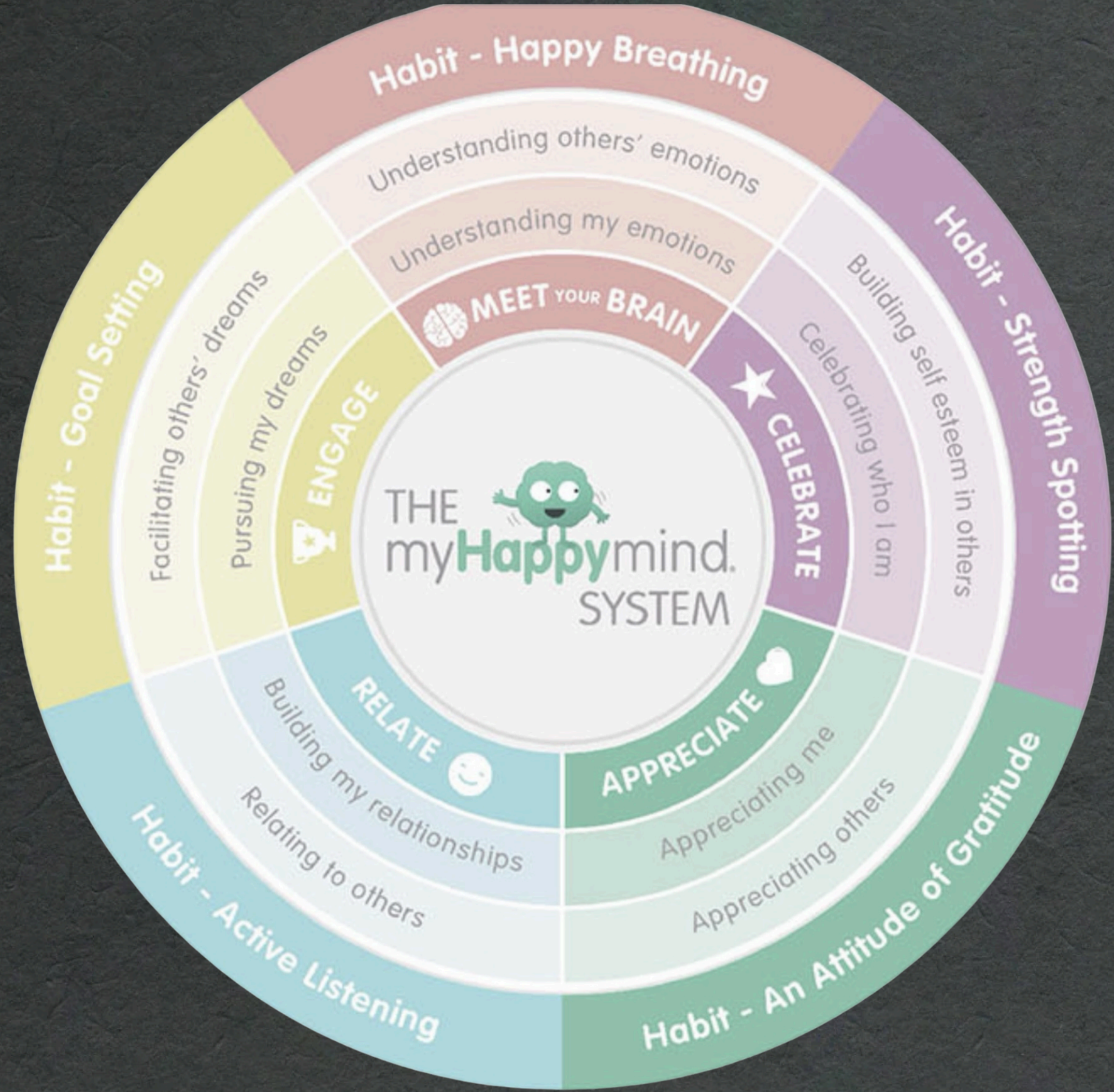
PROUD TO BE A



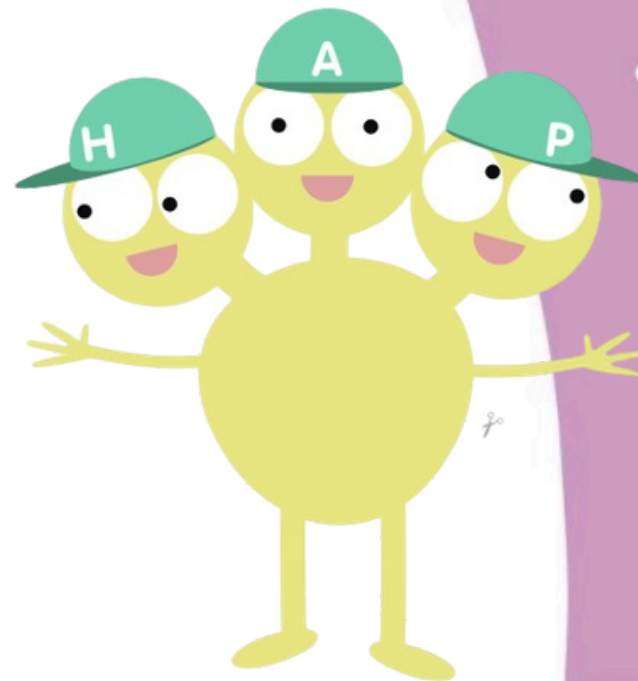
myHappyMind

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What is our first module all about?



You will be:

- Understanding how our brains work and grow.
- Understanding how to look after our brains.
- Understanding how to calm down and feel happy.

← Back

→ Next

What does Team H-A-P do?

Hippocampus

I'm like a scrapbook storing all your memories and things you learn.

Amygdala

I take control and keep you safe when there is danger.



Prefrontal Cortex

I help you make choices, concentrate and solve problems.

Click the star to reveal the answers!

← Back

→ Next



Let's do some Flower Breathing





PROUD TO BE A

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SCHOOL





- ☰ Onboarding and Preparation
- ☰ Whole School Resources
- ☰ Specialist Toolkits
- ☰ Weekly Lessons
- ☰ Happy Breathing
- ☰ Classroom Resources

- myHappymind Music
- myHappymind Stories
- myHappymind Games
- myHappymind Mini Videos
- Ways to Further Support Pupils
- Be Your Best - Helping children prepare for an assessment
- Early Years Extra Activities
- KS1 Extra Activities
- [Need some help?](#)
- Habit Agreements

Lets work a team to make sure we are ready to do our best



Build into your day and your PSHE lesson.