



## 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.

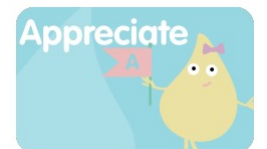
## Overview

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/>

## 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.



## Parent App

All our parents have access to the myHappyMind Parent App and its wealth of resources. Here is a link to further information on this app. [myHappyMind Parent App Introduction - England & Wales](#)