

## MyHappyMind school overview



We offer weekly MyHappyMind sessions for all pupils which addresses mental health and teaches strategies to understand and cope with difficulties. MyHappyMind was created for schools with a very simple mission: to give today's children the skills to thrive in tomorrow's world. Our programmes give children the preventative strategies, skills and tools they need to thrive in the modern world.

The programmes for teachers, parents and children help to prepare today's children for tomorrow's world by building resilient, balanced and happy minds at home, nursery and school. The programmes are designed for schools, families and nurseries who care about developing the mental wellbeing of children

The strategy combines the latest research, science and technology to help children develop lifelong habits and learn to thrive.

<https://courses.myhappymind.org/>



