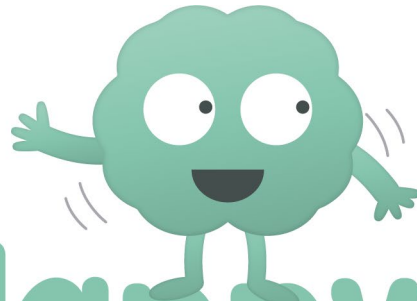


Welcome to



myHappy[®]mind



WHAT IS
MYHAPPYMIND?

WHAT WILL WE LEARN?

HOW DOES IT LINK TO
OTHER THINGS WE DO
IN SCHOOL?

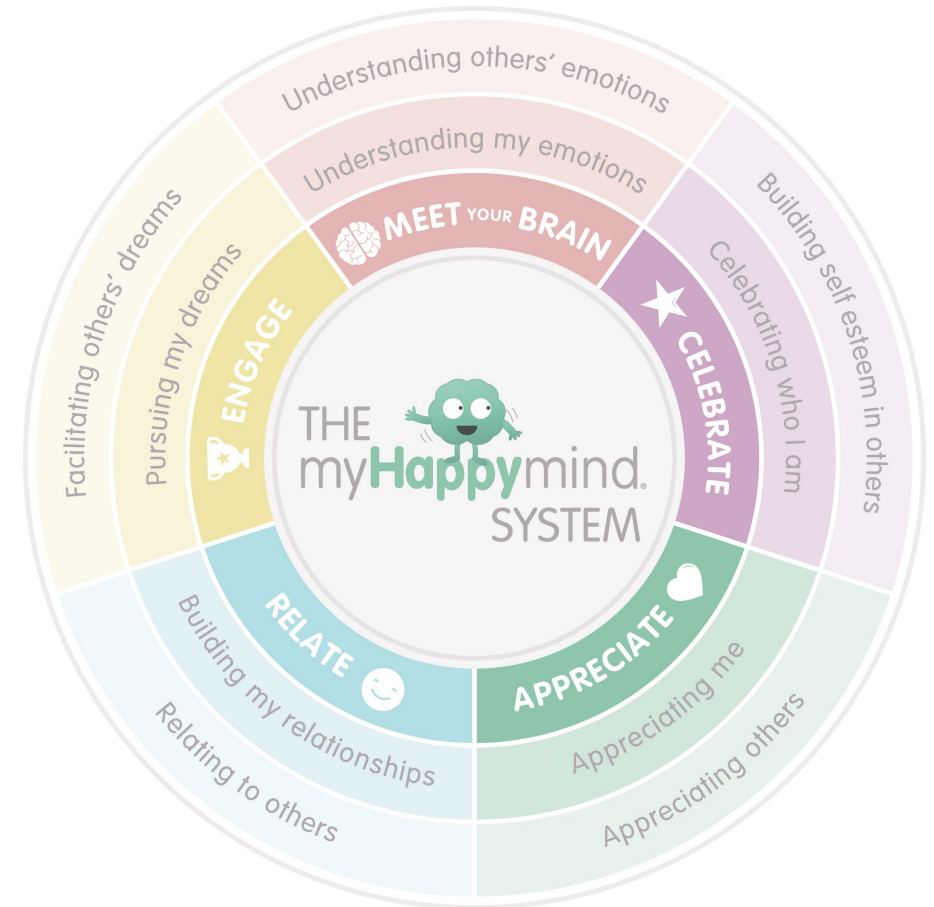


THE MYHAPPYMIND PROGRAM

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!



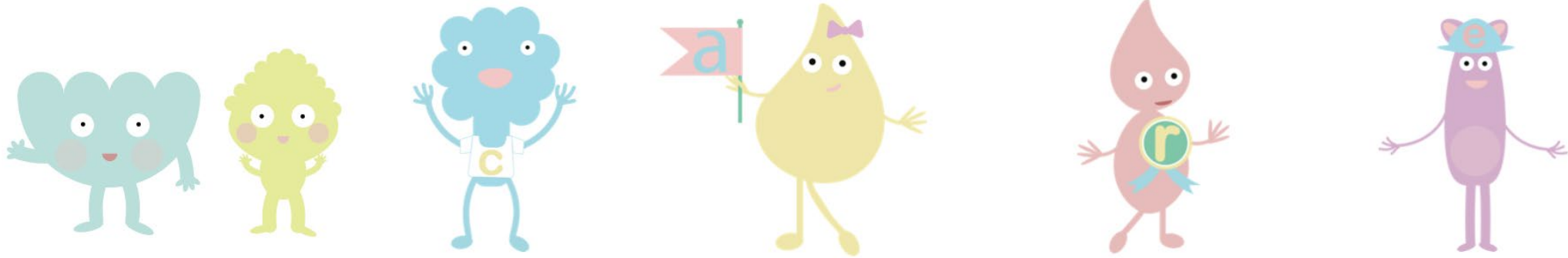
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graph LR; A((WHAT IS MYHAPPYMIND?)) --- B((WHAT WILL WE LEARN?)); B --- C((HOW DOES IT LINK TO OTHER THINGS WE DO IN SCHOOL?));
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WHAT IS
MYHAPPYMIND?

WHAT WILL WE LEARN?

HOW DOES IT LINK TO
OTHER THINGS WE DO
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
MYHAPPYMIND?

WHAT WILL WE LEARN?

HOW DOES IT LINK TO
OTHER THINGS WE DO
IN SCHOOL?

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.

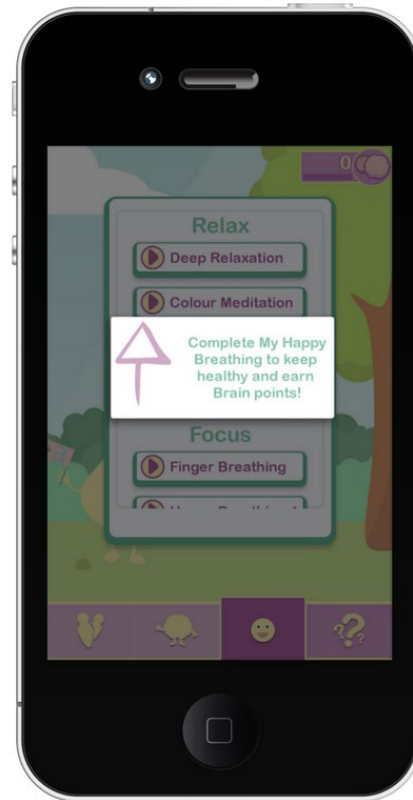
We will be having lessons each week, but we will be using the habits we learn all of the time.

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.

Our Impact

Exclusion, support & referral statistics

	2018-2019	2019-2020	% decrease
Internal exclusions	36	20	44%
Fixed term exclusions	25	10	60%
Children requiring ELSA support	203	165	19%
Children requiring SENCo support	151	50	67%
CAMHS referrals made (or required but no capacity available)	65	37	43%

Our Impact - Extract from 2020-2021 Survey data

Did you find it valuable to have time with your team to learn more about the things that impact our mental health?

Since having access to the mHm For You program, almost 80% of teachers find it valuable to spend team time learning about mental health.



Building a positive mental health culture in a school requires a shift in how teachers talk about the topic of mental health too. By providing staff with a program to learn about their own mental health we're able to impact this shift.

Our Impact - Extract from 2020-2021 Survey data

Are you using the concepts and vocabulary taught in myHappymind in your teaching?

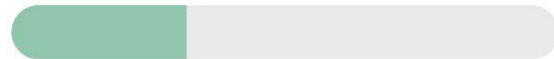
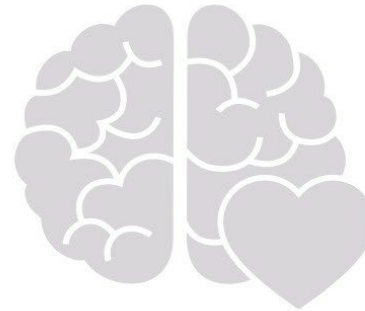
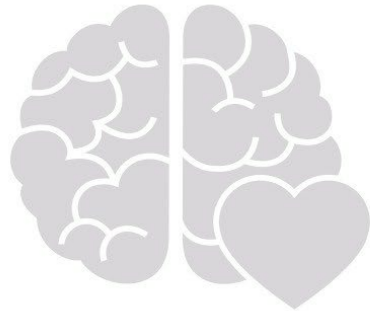
Over 90% of teachers are using the mHm concepts and vocabulary.



Our Impact - Extract from 2020-2021 Survey data

Addressing the children's emotional or mental health.

Over 75% of teachers are referencing the children's emotional or mental health at least twice per week.



BEFORE

Teachers giving emotional /
mental health lessons.



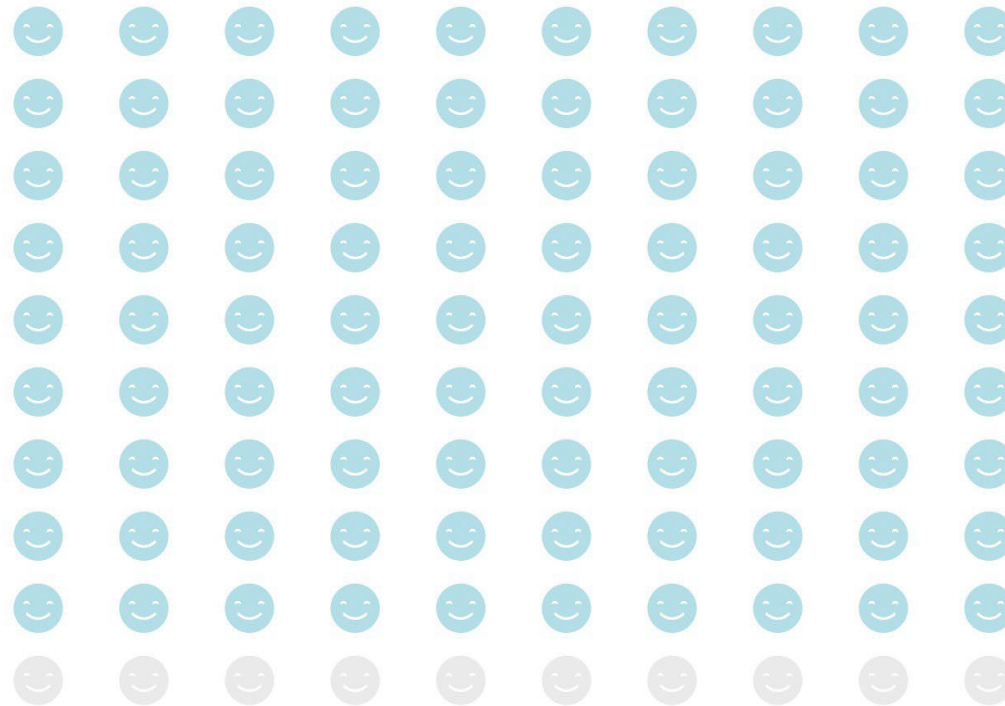
AFTER

Teachers referencing the
children's emotional or mental
health at least twice per week.

Our Impact - Extract from 2020-2021 Survey data

Did your class enjoy myHappymind lessons?

In over 90% of classes, at least half of the children enjoy the lessons.



Our Impact - Extract from 2020-2021 Survey data

Equipping children to deal with worrying situations.

Thanks to Happy Breathing, there has been a huge shift in the number of children who know how to self-regulate when they are worried.



Our Impact - Extract from 2020-2021 Survey data

*Can your class use what they have learnt
in myHappyMind?*

In 85% of classes, at least half of the children can use what they have learnt.



Questions?

