

# Introducing myHappy mind



# About Us

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# Who we are

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myHappymind is an award-winning program that has received recognition for its exceptional work in schools, nurseries, families, and organisations across the UK.

We explore impactful habits that can truly revolutionise a person's mental health. Our program focuses on equipping children with preventative strategies firmly rooted in science, research, and the fields of neuroscience and positive psychology.

But here's the exciting bit: we've taken learning to a whole new level. Through our innovative platform, accessing the program is a breeze, and the experience itself is both convenient and fun.

We take immense pride in our collaboration with 17 CCG's/Places, which underscores our commitment to making a positive impact in the area of mental health education.





# Our Philosophy

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# 1. Proactive not reactive

Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively.



## 2. Stigma reversing

Ensuring that individuals understand the science behind how their brains work and how to impact their self esteem and resilience is at the heart of what we do. When people get the why, they take action.



# 3. A systemic approach

We believe that to impact the child we need to impact the whole system around the child. That's why our programs support parents with a parent App and staff through our CPD-certified wellbeing program.





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# 4. Fun & easy to learn

All of our content is enabled by technology, making the learning fun, easy and low preparation.



# 5. Equitable access for all

We're also proud that myHappymind is tailored to meet the needs of neuro-diverse children and we have a dedicated Special Schools Program.



# Our Content

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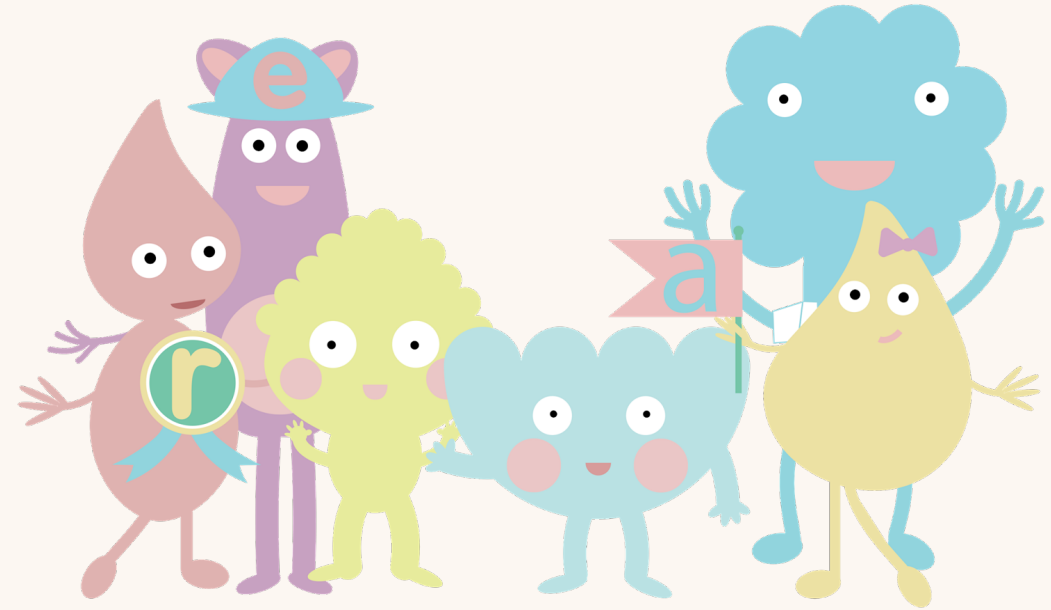
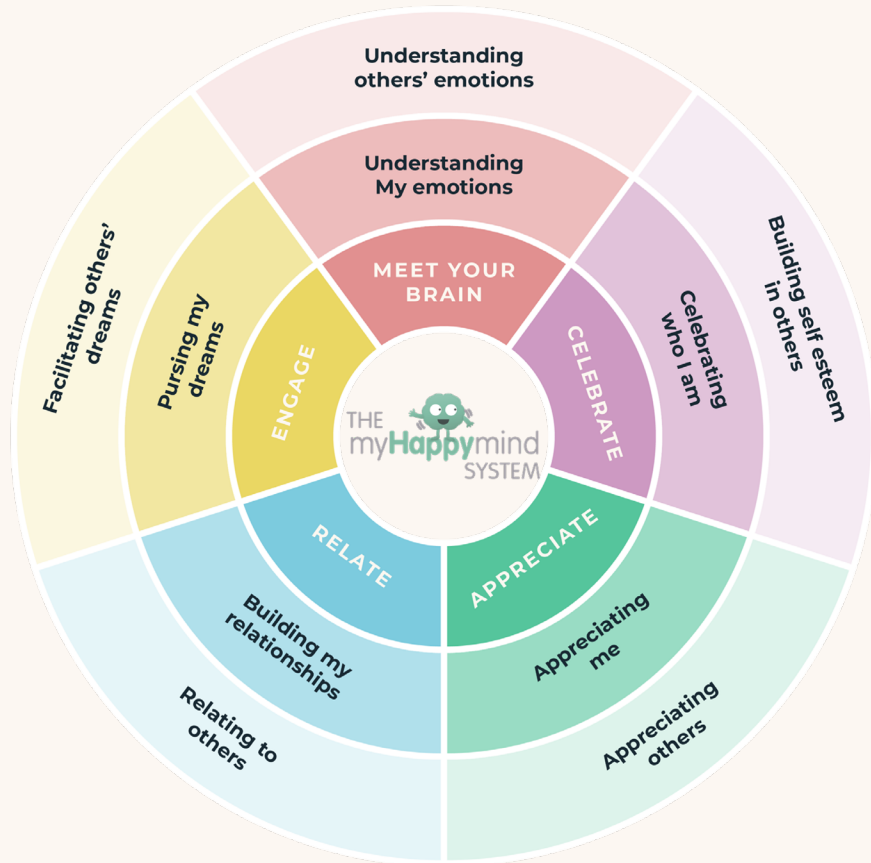




# Our Content

Every year group from Early Years to Year 6 has a separate version of the curriculum, with Year 6 focussing on transition. All lessons are pre-made for teachers making them easy to teach without taking any preparation time. They contain quizzes, songs, animations and more and feature our lovely characters below.

The content is structured against the five modules shown in the myHappymind system image. Each Year group works through the 5 modules allowing for a whole school culture to build. There are also lessons on neurodiversity to enable the whole school community to better understand and embrace diversity.



# Our Approach

The myHappymind program is built on a systemic approach and contains three key programs. A program for children which is largely made up of digital lessons but supported with physical resources. A Parent App to support parents from home and a CPD certified Staff Wellbeing Program which supports the wellbeing of all staff in the school (teaching and non-teaching).

**Children**



**Parents**



**Staff**



# Our Impact

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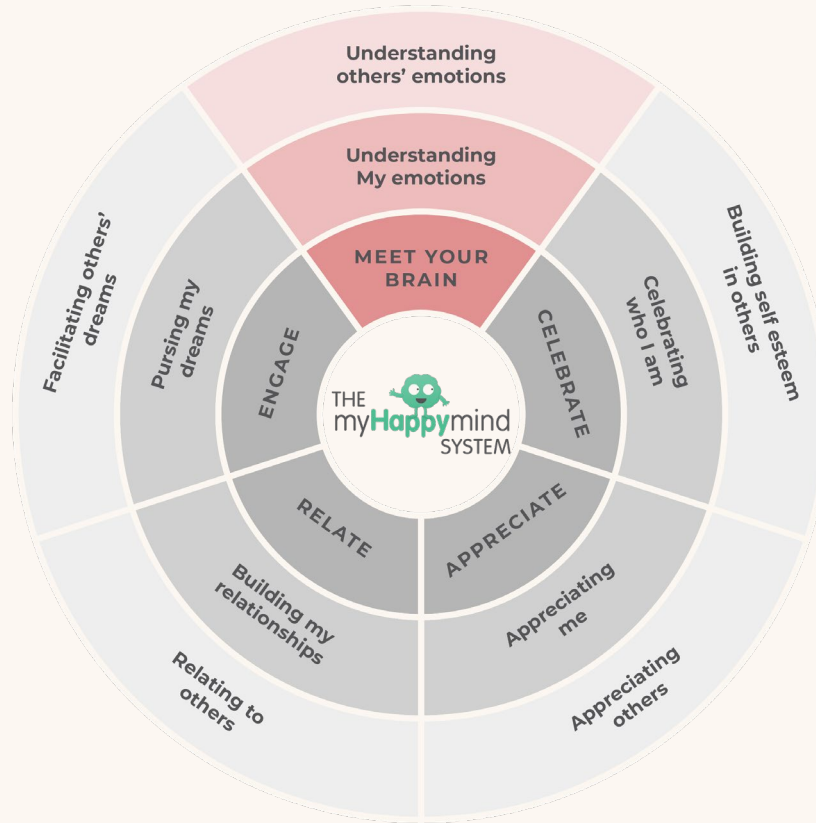


# Our Impact

## Meet Your Brain

In this module the children learn all about their brain and how it helps them to be their best selves. They develop self regulation strategies and a solid understanding of the neuroscience of how we learn and grow.

\*This data is based on the impact shown in Cheshire East



## Before myHappymind



# 90%

of teachers said that **less than half** of their children had a method to self-regulate during times of stress and worry

## After myHappymind



# 92%

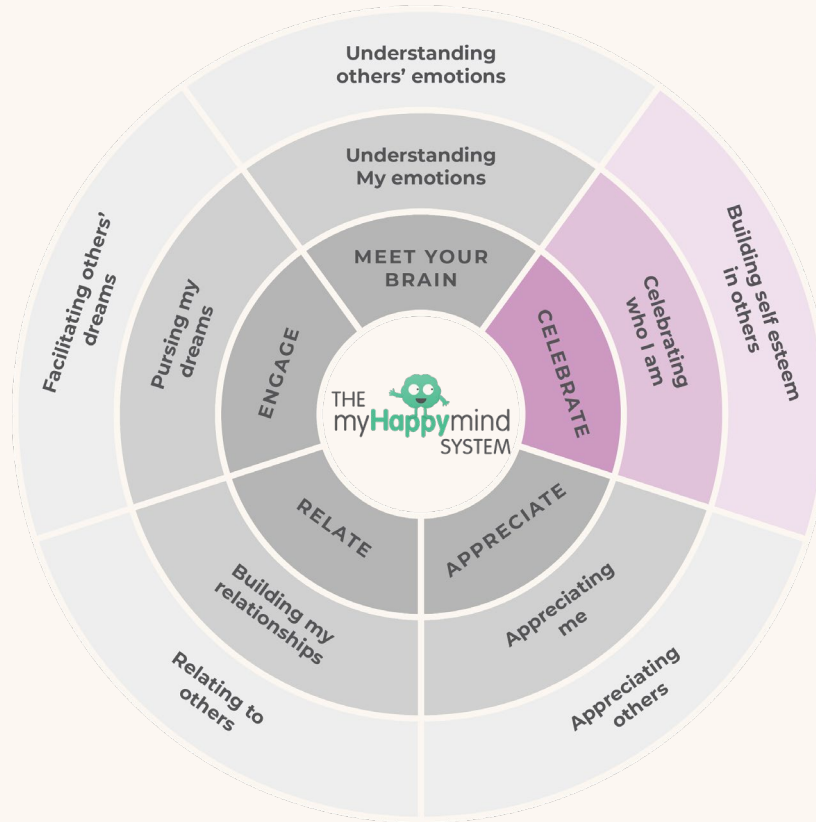
of teachers have said Happy Breathing, which is a strategy to self regulate, has **benefitted** their class

# Our Impact

## Celebrate

In this module the children learn all about their unique Character Strengths and develop strategies to celebrate them. Character Strengths are the number 1 way to build self esteem and confidence in children and this module is all about developing the children's self awareness and confidence.

\*This data is based on the impact shown in Cheshire East



Before myHappymind

92%

of teachers said that **less than half** of their children can talk about their Character Strengths



After myHappymind

97%

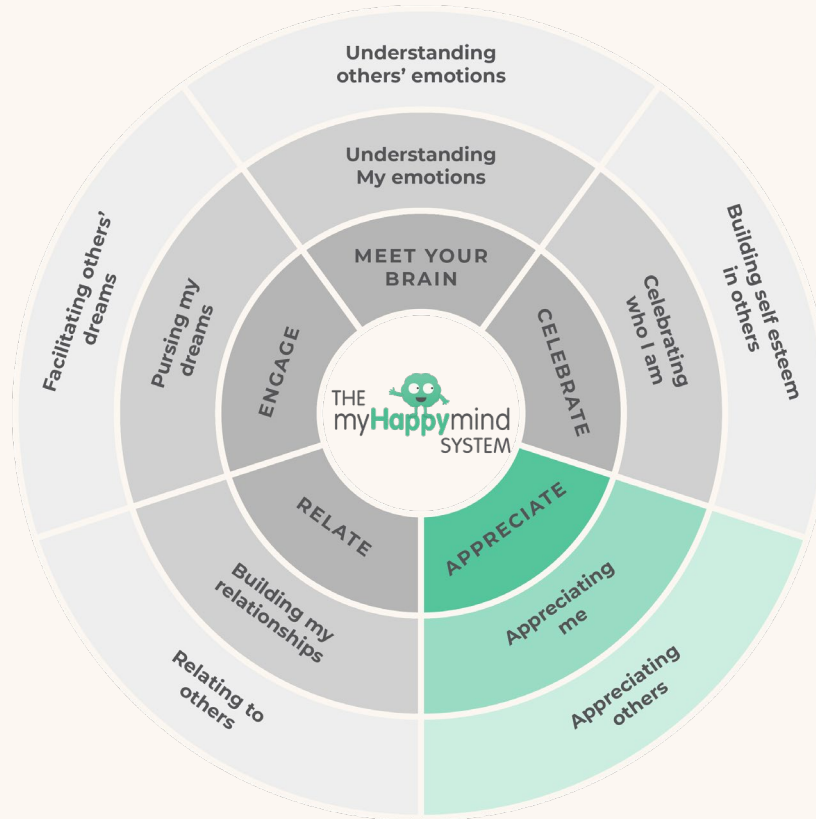
of teachers said their class are **now more able** to talk about their Character Strengths

# Our Impact

## Appreciate

In this module the focus is on helping children to develop an Attitude of Gratitude. Gratitude is one of the simplest yet most powerful ways to boost wellbeing in the short term and to create a healthy brain in the long term. By getting children used to expressing Gratitude regularly we're getting that dopamine flowing in the brain and supporting their overall happiness.

\*This data is based on the impact shown in Cheshire East



Before myHappymind

84%

of teachers said that they **don't notice** children expressing Gratitude to each other or for experiences on a daily basis



After myHappymind

84%

of teachers are noticing **more Gratitude** is being shared in their classroom

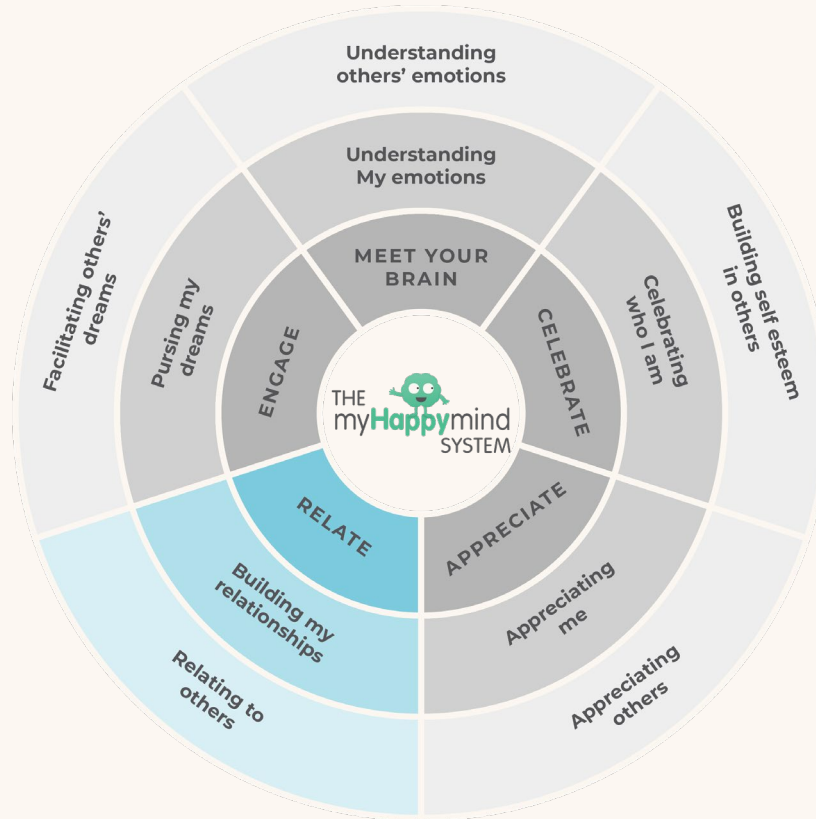


# Our Impact

## Relate

In this module the children focus on developing healthy relationship habits including understanding other perspectives, Active Listening and celebrating diversity of thought and character. Healthy relationships are a key building block in supporting overall wellbeing; they provide children with a support system and endless opportunities for positive interactions.

\*This data is based on the impact shown in Cheshire East



Before myHappymind

75%

said that they would rate their children's Active Listening skills as **poor or fair**



After myHappymind

79%

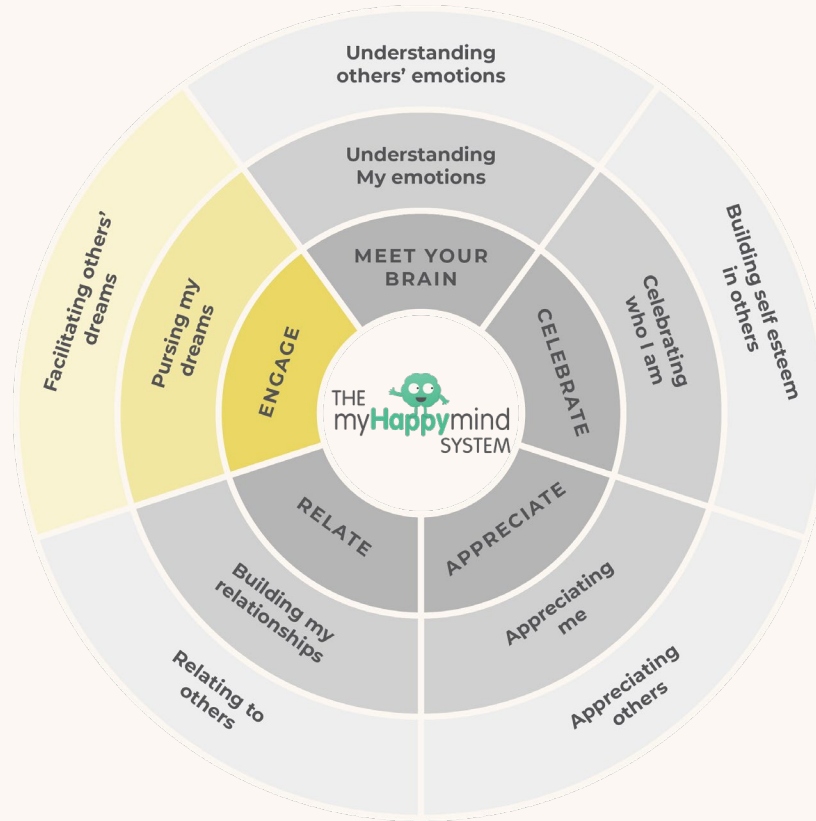
of teachers have **noticed a difference** in the children's Active Listening skills

# Our Impact

## Engage

In this module we are focussed on building resilience and perseverance. We do this by helping children to set their own 'Big Dream Goals'; these are things that the children want to achieve because they are passionate about them e.g. learning a new skill in sport or art. By setting children up with goals they are internally motivated to achieve we give them their own evidence that they already have the skills to be resilient and to persevere.

\*This data is based on the impact shown in Cheshire East



## Before myHappymind



# 83%

of teachers said that some of their class **struggle to persevere** in the face of challenges

## After myHappymind



# 86%

of teachers **have seen an improvement** in their children's resilience and perseverance when trying to achieve their goals

“myHappymind has helped pupils at Marlborough immensely by helping them to identify the emotions that they are feeling and understanding them, particularly in relationships. This is something which is often difficult for all pupils, especially those with SEMH issues. **Classes have been engaged and embraced the scheme and staff have reported that the myHappymind team have been extremely supportive in ensuring that we get it exactly right for our pupils.** We have discussed the benefits as a governing board and it has been lovely to hear examples such as a pupil was having a really difficult time and when asked what happened they replied **"It was my fight or flight response, I am doing some Happy Breathing to calm myself down"**. The school fully intends to keep the momentum going with this scheme to continue the important work on emotional regulation and mental health.”

**“myHappymind has massively helped the children in my class. The children are going through lots of changes in Class 3 and the use of myHappymind has really supported the explanation of emotions and to get them to register the big feelings. It has supported them with ways in which to express how they are feeling, celebrate their successes and really get to know how their brain works and the different parts that are responsible for the different feelings. It has supported me to be able to use the learning we have done together to be able to coach them with their big feelings.”**



**“We have been using the myHappymind programme for 2 years. It has been a whole school initiative which has worked brilliantly. Following the aftermath of Covid it has allowed children to engage in activities that have developed a greater awareness and recognition of feelings. This has led to more appropriate responses. The children have tools for mindfulness activities and are now much better at self-regulation. We have encouraged parents to use the App at home to support the good work undertaken in school. The children love it, especially the characters in the stories. myHappymind has been a great success across the whole school. Brilliant!”**



Get in touch:

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