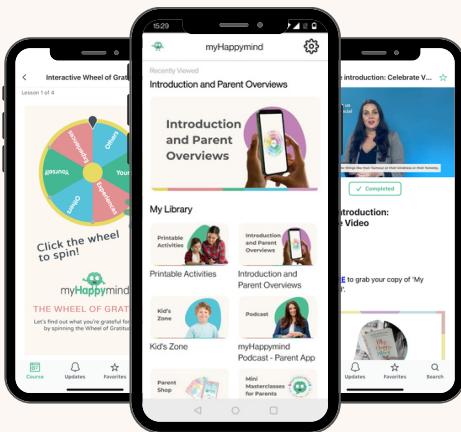




Support Your Child's Wellbeing with the Free myHappy mind App

As part of the myHappy mind programme taught in your school, our Parent App helps children and families **build positive mental health and wellbeing habits at home**, using fun, engaging activities that connect with what's being taught in school.

Tools to Help Your Child Thrive



When the App can Help:

- **Strengthening wellbeing lessons** learnt at school at home
- **Building confidence and self-esteem**
- **Managing big emotions** with greater confidence
- **Supporting friendships** and positive relationships
- **Getting extra support** if you are waiting for MHST or SEN referrals

What's Inside the App?

- **myHappymind Places** – a personalised self-regulation tool
- **Be Your Best Programme** – supporting pupils' mental wellbeing ahead of end-of-year assessments, such as the National Times Table Test and SATs
- **Happy Breathing** - A self-regulation & calming exercise
- **Mini Masterclasses for Parents** covering topics such as sleep
- **Fun games** to help initiate conversations around wellbeing

Download your Free Parent App



About myHappymind

An award-winning programme used in schools to help children build calm, confidence and resilience.

Your child has been learning:

- How their brain works, and how Happy Breathing can help when they feel worried or overwhelmed
- How to recognise their Character Strengths and build self-esteem
- How gratitude can help us feel good
- How Active Listening supports positive relationships
- How to set goals they feel excited about.

Use the app at home to practice and build these skills together.

