

Appreciate

Parent Newsletter



About Us

myHappymind is an award winning, NHS backed whole school and nursery curriculum. It teaches children preventative habits that support positive mental health, resilience and self esteem.

Taught to every child in a school from Early Years through to Year 6, myHappymind is delivered via an innovative technology platform making learning easy and fun.

All of the concepts we teach are based in science and research and grounded in Neuroscience and positive psychology.

We are passionate about supporting teacher wellbeing too and so all schools using the programme have access to a teacher wellbeing programme.

We are also proud to support parents by providing them with a free app to continue the learning at home.

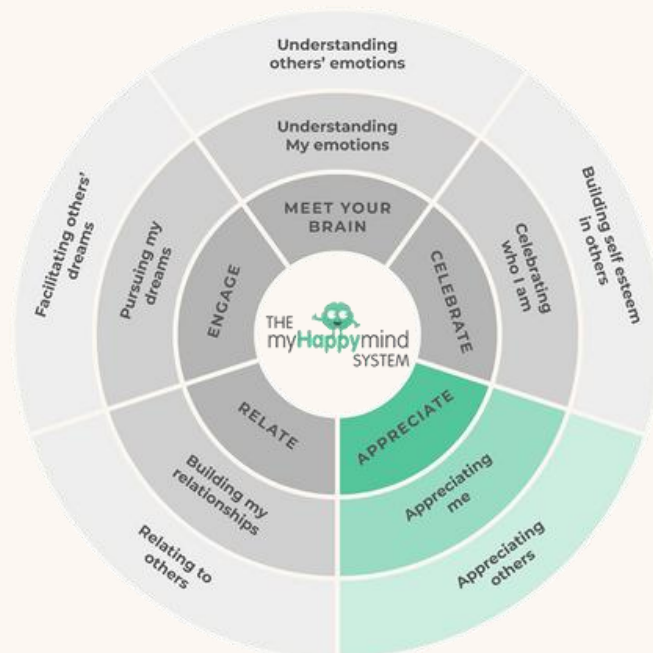


Appreciate

We are just about to launch the Appreciate module in the myHappymind programme.

We will learn:

- How to develop an Attitude of Gratitude
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.



Appreciate

At the end of the unit:

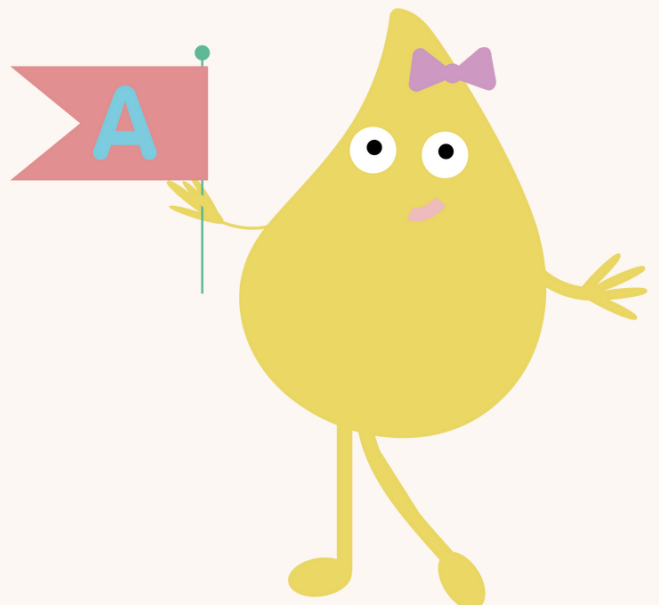
Why not ask your children to tell you what they have learnt?

Here are some questions to help you:

What have you been grateful for today and how did you show it?

What are the three categories on the Wheel of Gratitude?

How does it make you feel when you give or receive gratitude?



Support your child at home

Log onto the parent app for more information about the Appreciate module and how you can support your child at home.

There are lots of activities you can do together including creating a thankful tree, listening to the story and song, plus much more.

There is a whole Kid's Zone for your child to enjoy with interactive games. As well as resources for grown-ups too.

myHappymind for Parents

Exclusively for parents with children at a myHappymind School or Nursery.



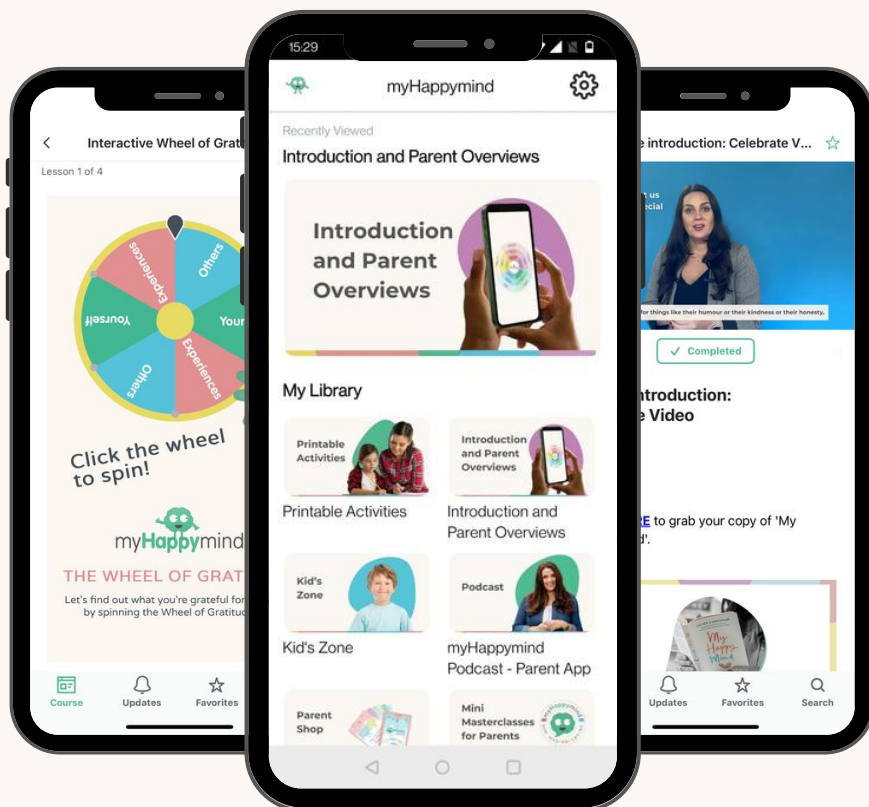
Educate yourself

Learn all about what your children are learning in school



To access the materials just go to **<https://myhappymind.org/parent-resources>** and enter your name, email and authentication code which is **142985**. Alternatively, scan the QR code in your child's reading record. There are some helpful videos in the 'Introduction and Parent Overviews' section which give an overview of the programme and what to expect from each of the modules.

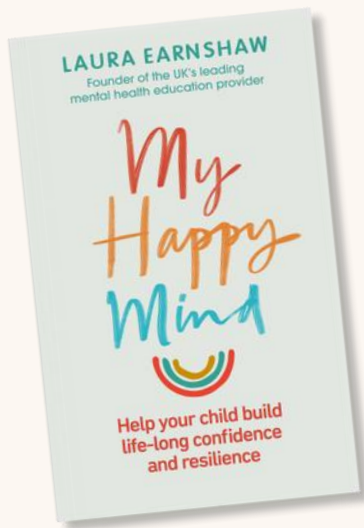
Support your child at home



Download
your **FREE**
Parent App now!



Want to learn more about the science of happiness?



MY HAPPY MIND

BY LAURA EARNSHAW

My Happy Mind is the first book by our founder Laura Earnshaw. The book reveals all science-backed secrets used in our curriculum to empower and educate parents - whether your child is struggling already, or you're interested in future-proofing their mental health, there's something in here for everyone.

[Click here to learn more](#)





Want to hear more about myHappy mind?

Want to share a picture of your myHappy mind experience as a parent? We'd love for you to join us over on our social media channels!



 myHappy mind.org

 [@myHappy mind](https://www.facebook.com/myHappy mind)

 [@_myHappy mind](https://twitter.com/_myHappy mind)

 [@myHappy mind](https://www.instagram.com/myHappy mind)

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RMHC



Backed by NHS