

**The Observatory School is proud to be a part of the myHappyMind Family!**

As a whole school program grounded in science and dedicated to building positive mental wellbeing, myHappyMind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappyMind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!

Learn more here: <https://myhappymind.org/>

myHappyMind Module Descriptions:

- **Meet Your Brain:** Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.
- **Celebrate:** Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self-esteem.
- **Appreciate:** Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to well-being and resilience and we're all about making it a habit!
- **Relate:** Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.
- **Engage:** Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self-esteem and resilience too.

Parents are also able to access My Happy Mind at home using the App. Please contact school for the activation code. Learn more about using My Happy Mind at home via the following link:

<https://myhappymind.lpages.co/myhappymind-parent-app-introduction/>

	Evidence of work completed in journals or alternative resource	At least 80% pupils are engaging in sessions each week	Work is being completed in line with the curriculum map	Evidence of reflection in journals	Use of language and strategies e.g. breathing (discuss this with teacher)	Has My Happy Mind had a positive impact on students? (discuss with teacher)
Gruffalo	✓	✓	✓		✓	✓
Paddington						
Elmer	✓	✓	✓		✓	✓
Wonder	✓		✓	✓		✓
Truth	✓	✓	✓			
Rashford	✓	✓	✓	✓	✓	✓
Bolt	✓	✓	✓	✓		
Watson						
Newton	✓	✓	✓	✓		
Parks	✓	✓	✓	✓		