



AN INTRODUCTION



MODULE SUMMARY

This short guide will give you all of the information you need to successfully follow the myHappyMind program with your child at home.

We encourage you to read this guide and then look at the modules and activities before you begin. This will help to familiarise you with the way the content is structured.

The program is made up of 5 modules:

- 1. Meet Your Brain**
- 2. Celebrate**
- 3. Appreciate**
- 4. Relate**
- 5. Engage**

...and we recommend they are followed in that order.

The Program Structure

Within each of these 5 modules you'll find the following resources:

Parent Introduction

This overview explains everything you need to know about the content of the module.

Activity Guides

These guides provide you with step by step instructions on how to run each of the activities so that you know exactly how to use the content.



Free parent App

Don't forget to download the free myHappyMind Parent App for Android or iOS, to use at home, and to complement what your child has been learning at school or nursery. It contains Happy Breathing, activities & quizzes to use anytime.

Get the App for Android:

<https://play.google.com/store/apps/details?id=com.lauraearnshaw.MyHappyMindParent>

Get the App for iOS (Apple):

<https://apps.apple.com/gb/app/my-happy-mind-parent/id1476783204>

Remember, you can always get in touch if you have any questions!

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