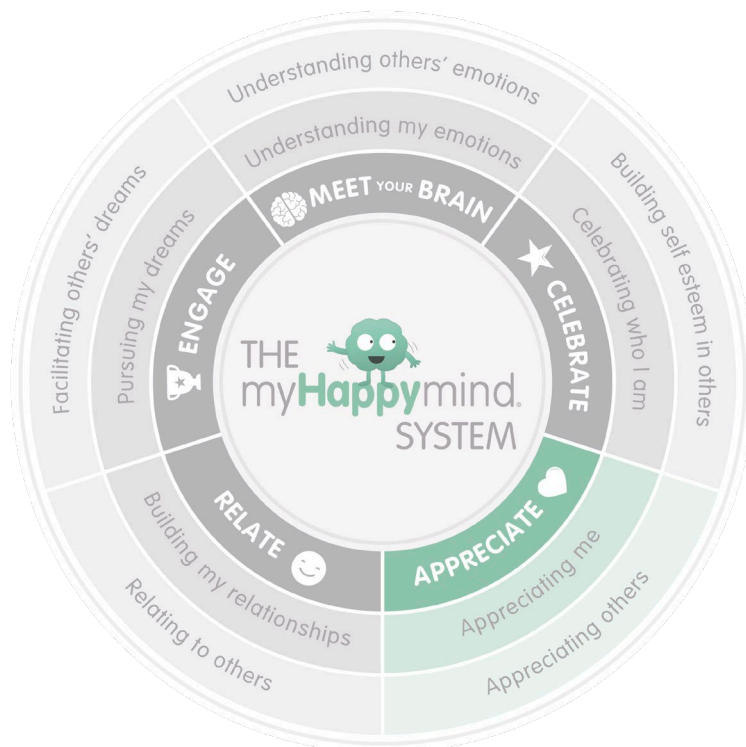




APPRECIATE PARENT NEWSLETTER



About myHappymind

myHappymind is an award winning, 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 program have access to a teacher wellbeing program.

We are also proud to support parents and carers by providing them with a free app to continue the learning at home. You can learn more about how to access the app in this document.

To learn more: Check out our founder
Laura Earnshaw's book, ['My Happy Mind'](#).



Appreciate

We have just come to the end of the Appreciate module in the myHappymind programme. The children have learnt so much through this module including:

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

Why not ask your children to tell you what they have learnt. Here's some questions to help you:

- What have you been grateful for today and how did you show it?
- What are the 3 categories from the Wheel of Gratitude?
- How does it make you feel when you give and receive gratitude?

Support your child at home:

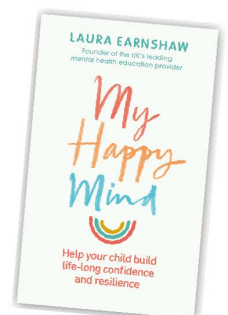
Log onto the parent app for more information about the Appreciate module and how you can support your child at home.

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

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code.

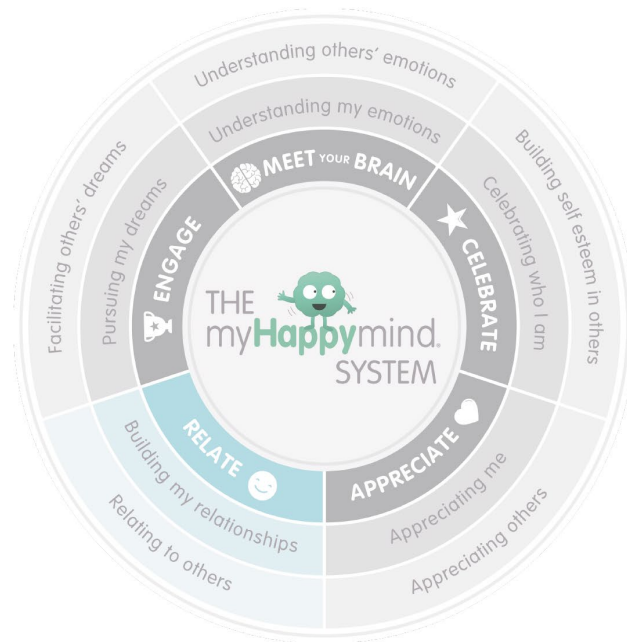
Your authentication code is Type code here .

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



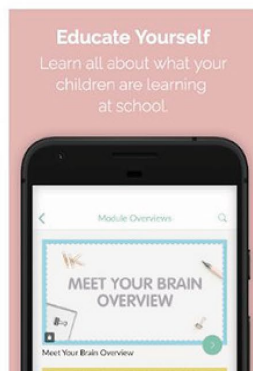
What's up next?

The next module is called Relate. Here we will be learning all about how to build positive relationships with others and why relationships are so important to our well-being.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is Type URN here



Want to learn more about the science of happiness?

BY LAURA EARNSHAW

My Happy Mind is the first book from our founder Laura Earnshaw. The book reveals all the 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.



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



Appreciate in action