Year 7 Transition Program

Introduction and Overview

myHappymind

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Introduction

myHappymind is an NHS backed curriculum in primary schools, secondary schools and nurseries and is focussed on building resilience, self esteem and happiness in children.

It teaches preventative habits that support positive mental health, resilience and self esteem.

Our positive and proactive approach leads to culture shifts in schools and we see a very real impact on the pupils mental health as a result.

All of the concepts taught are based in science and research and grounded in neuroscience and positive psychology.

Our program is delivered via an innovative technology platform making learning easy, convenient and fun

We take immense pride in our collaboration with 14 CCG's/Places, which underscores our commitment to making a positive impact in the area of mental health education.

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This document provides a summary of the myHappymind Year 7 transition Program

Our Philosophy

1. Proactive not reactive

Mental health activity is often focused on supporting individuals when they face challenges. Whilst this is critical, we believe that it's also important to support individuals in building their resilience and self-esteem proactively.

2. Stigma reversing

Ensuring that individuals understand the science behind how their brains work and how to impact their self esteem and resilience is at the heart of what we do. When people get the why, they take action.

3. A systemic approach

We believe that to impact the child we need to impact the whole system around the child. That's why our programs support parents with a parent App and staff through our CPD-certified wellbeing program.

4. Fun & easy to learn

All of our content is enabled by technology, making the learning fun, easy and low preparation.

5. Equitable access for all

We're also proud that myHappymind is tailored to meet the needs of neuro-diverse children and we have a dedicated Special Schools Program.

Mohammed,
Teacher - Unsworth Academy

"The Year 7 Transition program is working really well, and the children and staff are really enjoying working through the content so.

The program delivers complex biological concepts in a fun and comprehensive way to the children and is helping develop their vocabulary. The neurological connection is fascinating to young people. Staff are finding it really interesting and are learning new concepts too and are applying them to their everyday lives.

The program is an absolute pleasure to teach."

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![myHappymind logo]

Our Content

Content

The myHappymind Year 7 transition program is specifically designed to support children in their first year of secondary school and focuses on developing essential skills and perspectives to help them to thrive.

Grounded in the same principles and fundamental strategies as our NHS backed primary school program, the Year 7 transition program aims to support Secondary schools to enable their Year 7's to have the best transition possible.

The myHappymind Year 7 transition program is structured over 5 modules each of which supports an area of our myHappymind system.

Module Summary

Meet Your Brain

Helping children to understand how their brains work and teaching strategies for relaxation.

Celebrate

Building children's self-esteem through recognising and celebrating their strengths.

Appreciate

Developing a habit of gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.

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Module Summary

Relate

Introducing relationship building skills to ensure children have the foundations to form friendships, be heard and understand others.

Engage

Introducing the power of goal setting to children so that they aspire, dream and learn to persevere.

The program is delivered via an innovative learning platform and the format is pre-recorded video lessons along with a beautiful colour printed journal.

This enables schools to run the program internally and gives the flexibility to deliver it at a time that suits them.

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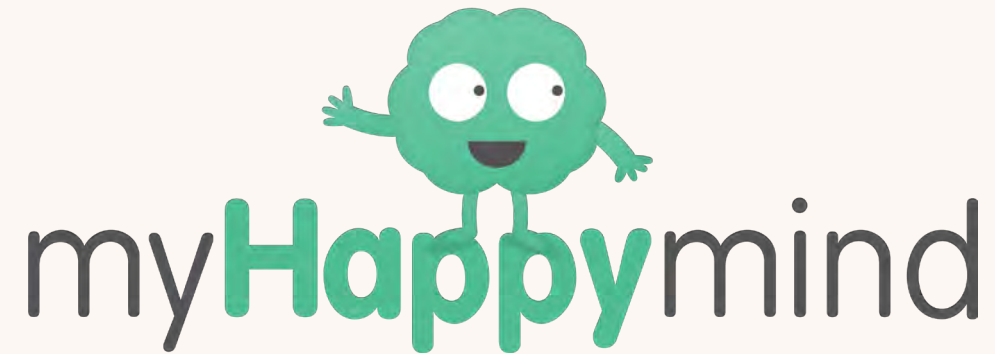
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