

Welcome!

This short guide will give you all of the information you need to successfully launch myHappymind for Early Years.

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

The programme is made up of 5 modules:



Programme Structure

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

Module Overview - 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.

Interactive Story - this beautifully animated interactive story helps to solidify the key learning points in each module. It can be used as often as you wish to reiterate the key points.

myHappymind Song- Each module has a myHappymind song, which helps to consolidate children's understanding of the learning in each module. The songs are a brilliant resource for Early Years and are super catchy.