

LAURA EARNSHAW

Founder of the UK's leading  
mental health education provider

My  
Happy  
Mind

Help your child build  
life-long confidence  
and resilience

## About My Happy Mind

My Happy Mind 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, My Happy Mind 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'.