

myHappymind

myHappymind is a mental health and well-being programme to guide children in learning habits to support their own mental health. All children at Cedar School have weekly myHappymind lessons.

We are proud to be a part of the myHappymind Family!

As a whole school programme grounded in science and dedicated to building positive mental wellbeing, myHappymind helps children understand how their brains work and creates a culture that helps to build children's resilience, confidence, and self-esteem. myHappymind also teaches the children how to self-regulate and manage their emotions in stressful times, allowing them to be their very best selves!

