



**Did you know our myHappymind parent app has videos to help with Happy breathing at home? You will find it in 'Kids Zone'**

Happy breathing can help you and your child:

- Take time to calm down if feeling overwhelmed
- Remind them of ways to quieten down and regulate their emotions
- Develop the tools for recognising when they are feeling dysregulated and what they can do about it to improve their independence.

Download the app today! Our school code is: 146929



**Download your FREE myHappymind App to support your child's learning in school!**



**SCAN ME**



...A **FREE** online resource to support you and your family to learn more about how you can use myHappymind to support your child.



...Want to learn more about the science of happiness? Check out myHappymind founder Laura Earnshaw's best selling book!

