

Homework Guide



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What is myHappyMind Places?

We are excited to introduce you to myHappyMind Places, a simple and engaging way to help your child recognise and manage their emotions.

myHappyMind Places is a self-regulation toolkit and has already been introduced to your child in school.

Using the resources provided, you can create myHappyMind Places together at home, either as a physical activity or by accessing the interactive version on the Parent App.

What is myHappyMind Places?

myHappyMind Places is designed to help children understand their emotions and explore strategies to feel safe, happy, and calm. There are three key Places to help children identify how they are feeling:

- The Happy Place: Where your child feels safe, happy and calm.
- The Middle Place: Where your child might visit in between their Happy and Busy Places. They might feel a mixture of emotions.
- The Busy Place: Where your child might feel overwhelmed with big emotions.

Each Place is unique to your child and can be linked to locations or colours that resonate with them. Your child will have looked at the three Places in school and have already started to explore different strategies to help with self-regulation.

We'd like to encourage you to download the Parent App to access the interactive version of myHappyMind Places. You can also create and learn about myHappyMind Places in this guide.

How to Create myHappymind Places at Home:

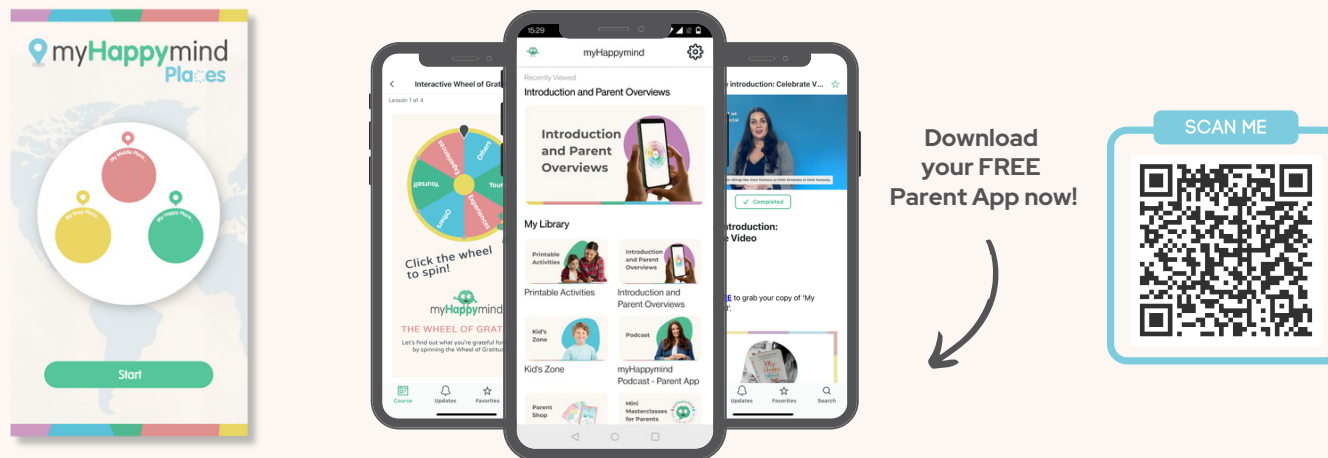
Option 1: Physical Resources

- **Gather the printable resources:** Use the printable myHappymind Places map, stamps, and cards provided to create your child's personalised Places. Choose either the 1-stamp or 3-stamp version of the map based on your child's age, their understanding of myHappymind Places and how many strategies you would like your child to explore. These materials can be printed from the resources provided at the end of this document.
- **Discuss Emotions:** Talk with your child about their emotions and what it means to be in their Happy Place, Middle Place or Busy Place. For example, if your child is worried about an upcoming spelling test, they might begin to move out of their Happy Place and into their Middle Place. We usually associate strong emotions with a child's Busy Place. This is where the brain feels busy, and they may feel overwhelmed and have feelings such as worry or anger.
- **Set Up the Map:** Together, choose locations or colours to represent each Place on the map. For example, their Happy Place might be a sunny beach, or their Busy Place might be a stormy forest. Please encourage them to use the locations or colours or even draw their own ideas.
- **Practise Strategies:** Work with your child to select strategies (represented by stamps) for each Place. Discuss how these strategies can help when they're feeling overwhelmed or how they can stay happy and calm. You can find more about the strategies at the end of this guide. Revisit and discuss the strategies regularly; your child may want to change the locations, colours or strategies to suit their needs, and this should be encouraged.



Option 2: **Interactive Version**

- **Access the Parent App:** Go to the myHappyMind Places section on the App and begin by watching the support video for parents that explains the resource.
- **Open the interactive tool:** The myHappyMind Parent App has an interactive version of myHappyMind Places. This version mirrors the physical activity but offers digital options that your child can customise. There is also a support video for parents explaining the myHappyMind Places resource.
- **Customise Together:** Help your child choose backgrounds, colours, or locations for their Places. Click on stamps to explore strategies and discuss how they can use these tools daily. If they are older and independent, they may be able to do this without adult support.
- **Revisit often:** The interactive version allows you to revisit and adjust the Places as your child grows and their preferences evolve.



If you have not signed up for the myHappyMind Parent App yet. Scan the QR code or [click here](#) to make an account. You will need to get an authentication code from your school/ Early Years setting to gain access.

Please contact hello@myhappymind.org for support.

Quick Start Guide

- **Choose Your Resource:** Decide if you'd like to use the physical resources or the interactive version on the Parent App.



- **Gather Resources:** Print the myHappyMind Places map, stamps, and cards or access the interactive tool on the Parent App. Download the Parent App [here](#).



- **Discuss Emotions:** Talk with your child about what it means to be in their Happy Place, Middle Place, or Busy Place. Use examples to help them understand how emotions can shift between Places.



- **Customise Places:** Together, choose locations, colours, or backgrounds to represent each Place. Encourage creativity and personalisation.



- **Add Strategies:** Work with your child to select strategies (represented by stamps) for each Place. Discuss how these tools can help them feel happy, calm, and safe when overwhelmed.



- **Practice and Revisit:** Encourage your child to practise using the strategies and update their Places regularly to reflect their changing preferences and needs.

Top Tips

- **Make It Personal:** Encourage your child to choose locations or colours that feel meaningful to them.
- **Practice Together:** Talk about the strategies during calm moments so they feel natural when your child needs them.
- **Revisit Regularly:** Your child's emotions and preferences may change. Take time to update their Places and strategies as needed.

Creating myHappymind Places at home is an excellent way to support your child's emotional growth while building their confidence in using self-regulation tools.

Don't forget to explore the Parent App for additional resources and guidance linked to myHappymind.



The Stamps

The stamps represent strategies and tools that support self-regulation in myHappyMind Places. Each Place includes one blank space where your child can choose a stamp that would help them in that Place. The children can select up to three stamps.

Below, you will find a further explanation of each stamp and ways to embed it. When you click on the interactive stamps on the Parent App, your child will receive more information.



Move your body: Encourage your child to move or stretch their body. They could listen to music and dance to it, jog or jump on the spot, or stretch their bodies while taking deep breaths.



Imagine your Happy Place: Close your eyes and imagine your Happy Place, focusing on what you see, hear, and smell. Some children may want to listen to the soundscape on the Parent App to help them visualise their Happy Place. Click on the locations to hear the sounds. or, this could be used as a creative activity where children draw their Happy Place and discuss what they can see, hear, and smell.

Character Strengths



Use your Character Strengths: Write down your top Character Strengths and look at them regularly. We encourage children to recognise their strengths through the lens of their character and not just through their achievements. Encouraging your child to reflect on their Character Strengths helps boost their self-esteem and confidence, allowing them to recognise and celebrate what makes them unique and valued. For example, they may be very kind and often help others. They might also be curious and always want to know more.

Show your Attitude of Gratitude



Show your Attitude of Gratitude: Can you tell someone why you are grateful? Showing gratitude helps you stay calm and focused by releasing Dopamine, a feel-good chemical, in the brain. This boosts positive feelings, reduces stress, and makes managing emotions and reactions easier. We encourage children to express gratitude for themselves, others and experiences.

Journal



Journal: Write or draw how you feel or what you're grateful for. Some children may not always want to talk about their feelings, so writing or drawing about them can be a great way to support them in expressing them. This can always be a prompt if they want to talk about how they are feeling or what they are grateful for.



Positive self-talk: Say aloud something positive about yourself. Can you link this to your Character Strengths? You could also look in the mirror and say something positive about yourself (e.g., "I am kind and helpful"). We want to encourage children to focus on the positive attributes linked to their character.



Sit quietly and have a rest: Sit quietly and listen carefully to 5 sounds around you. What do you notice? You could close your eyes or dim the lights for even more peace. It is good for children to recognise when they need quieter time. You could set up a quiet area in your home for your child to use when they want to sit quietly, do some Happy Breathing or have a place to close their eyes if they are feeling overstimulated.



Talk to a trusted adult: It is essential to have an adult you trust to share how you feel. We encourage you to talk with your child about identifying an important adult to speak to about their feelings. They could pick an adult for each of the Places so that they have a range of support for various emotions. Of course, this may be you at home, but it is helpful for them to think about trusted adults in other areas of their life, too, e.g. at school or clubs.

Close your eyes
and count to 10



Close your eyes and count to 10: You can say this aloud or in your head so only you can hear. We encourage you to model this whilst taking some deep breaths. This is meant to be slow and controlled and can be repeated several times if needed.

Try a sensory
activity



Try a sensory activity: This could be your palm or something soft like a teddy. Use the sensory cards to help you. Lots of children need sensory input to process their emotions and feelings. This can involve squeezing, pulling, or pushing a suitable object. For example, they could squeeze a pillow or focus on pushing their feet into the ground.

Talk to a friend



Talk to a friend: Talk to a friend about something you enjoy. Don't forget to use your Active Listening skills. As well as talking to trusted adults, it is important that children share their thoughts with their friends. Active Listening refers to the "Relate" module where we teach children listening skills such as maintaining eye contact, asking questions and responding to the person talking.

Hug someone
special



Hug someone special: Hug someone who makes you feel loved and safe. A hug from someone a child trusts can make them feel safe and secure. If your child wants to use this strategy, you may want to talk to them about whom it is appropriate for them to hug. It is helpful for them to understand that other children may not want to be hugged, which is okay.

Do some
Happy
Breathing



Do some Happy Breathing: Find somewhere comfortable to do some Happy Breathing. Which one will you choose to listen to? Happy Breathing helps calm your Amygdala and ensures your Team H-A-P can work efficiently. You can access the Happy Breathing audio and video clips on the Parent App. Additional Happy Breathing exercises are linked to each location in myHappyMind Places.

Do something
you enjoy



Do something you enjoy: You could listen to music, dance, read a book, or colour. Talk about what brings your child joy—this will differ for every child. You may want to identify different activities for home and school so that they can use the strategies in both settings.

Have a drink



Have a drink: Sip a warm or cold drink and take some deep breaths in between. A cold or warm drink can help children feel more grounded, especially in their Middle or Busy Place. Encourage your child to take some slow, deep breaths after they have swallowed their drink.

Get some
fresh air



Have a drink: Sip a warm or cold drink and take some deep breaths in between. A cold or warm drink can help children feel more grounded, especially in their Middle or Busy Place. Encourage your child to take some slow, deep breaths after they have swallowed their drink.

Print Friendly Resources





Using scissors carefully cut around the stamps



Show your
Attitude of
Gratitude



Character
Strengths



Positive
self-talk



Close your eyes
and count to 10



Imagine your
Happy Place



Try a sensory
activity



Move your body



Talk to a
trusted adult



Sit quietly



Hug someone
special



Get some
fresh air



Do something
you enjoy



Journal



Do some
Happy
Breathing



Have a drink



Talk to a friend



Using scissors carefully cut around the stamps

1 Stamp Printable Resources

My Busy Place...

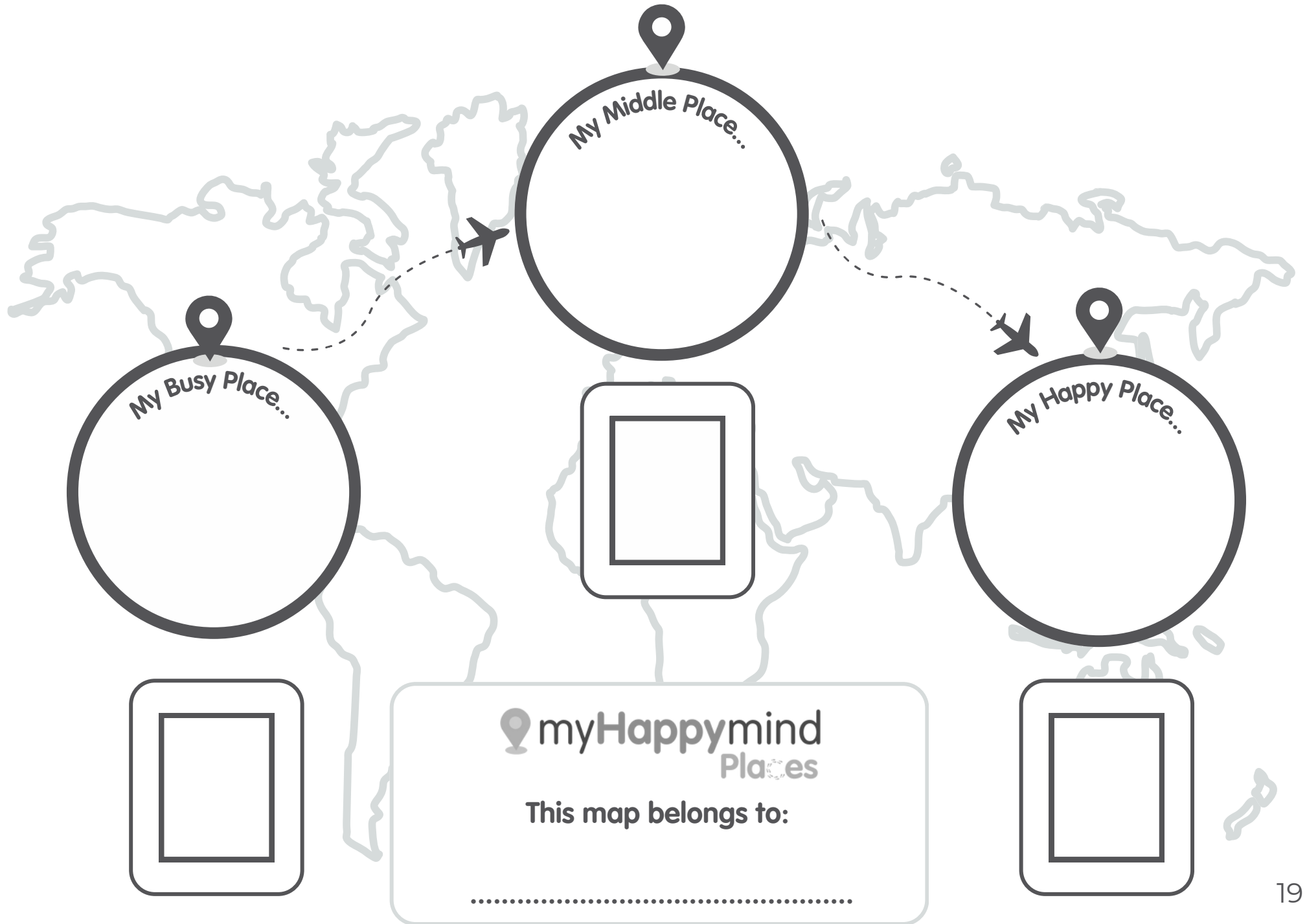
My Middle Place...

My Happy Place...

 myHappymind Places 

This map belongs to:

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My Middle Place...

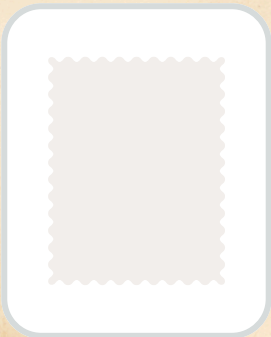
My Busy Place...


My Happy Place...

 myHappymind
Places

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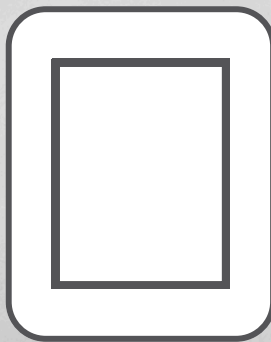
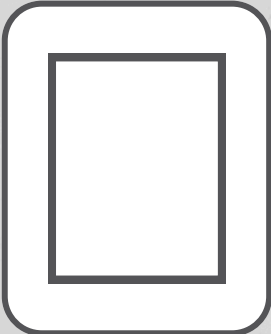
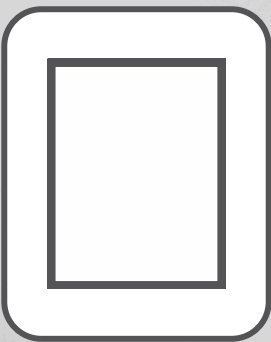
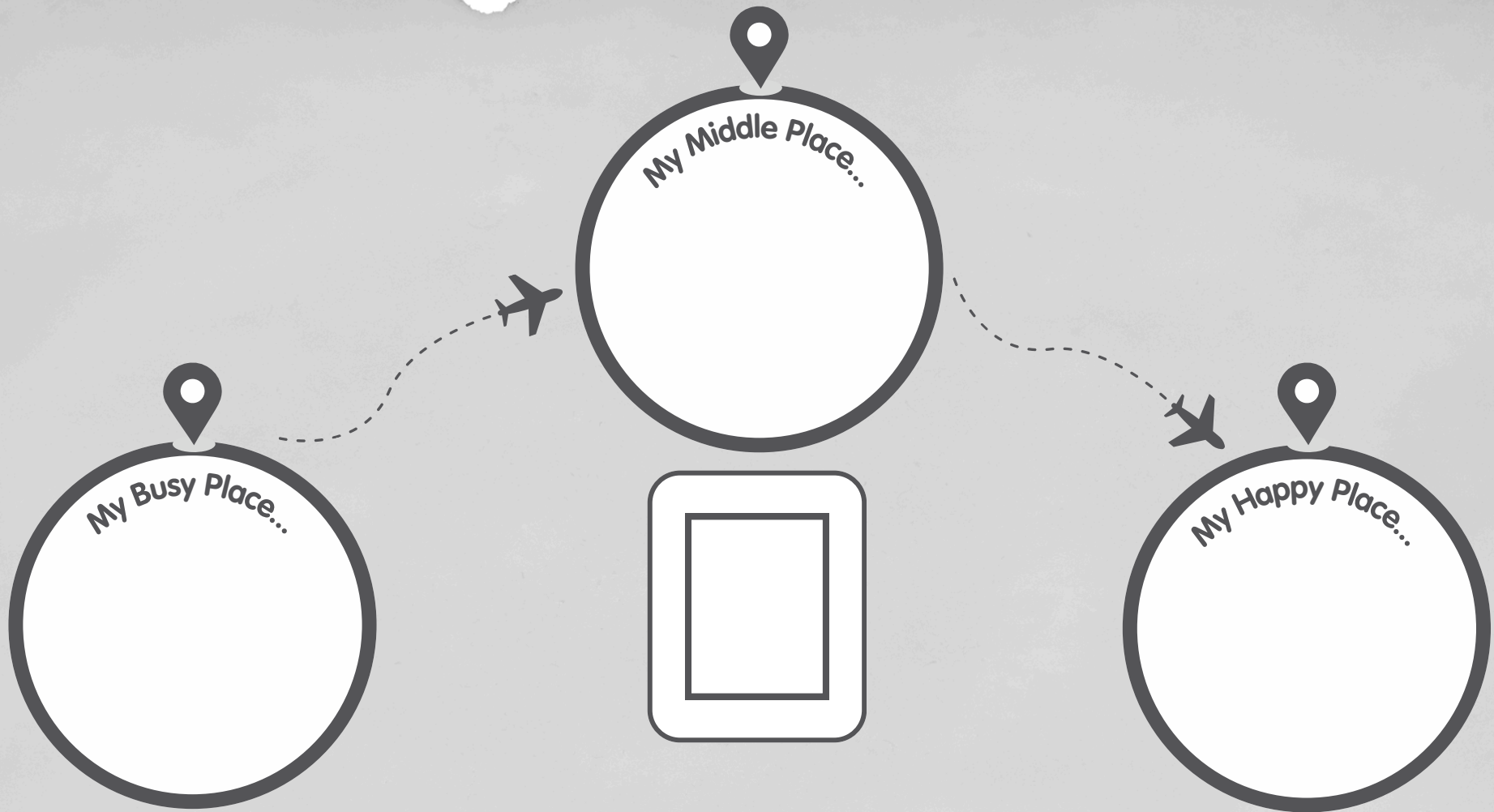



 myHappy
mind
Places

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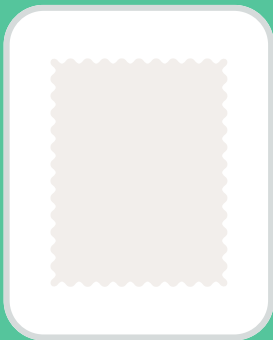
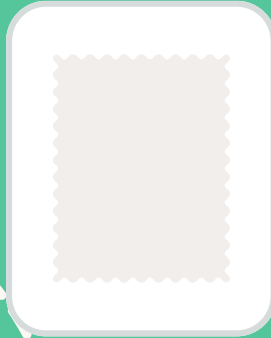
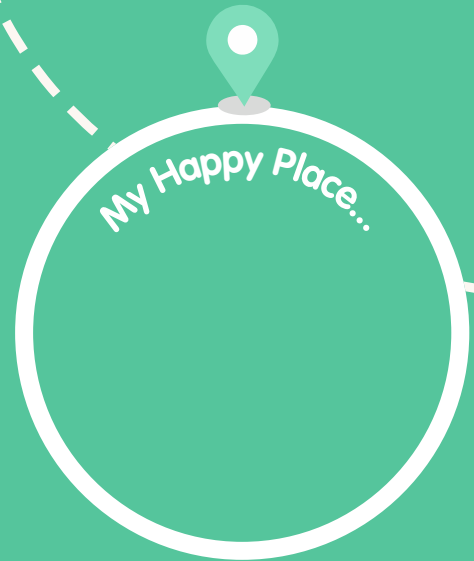
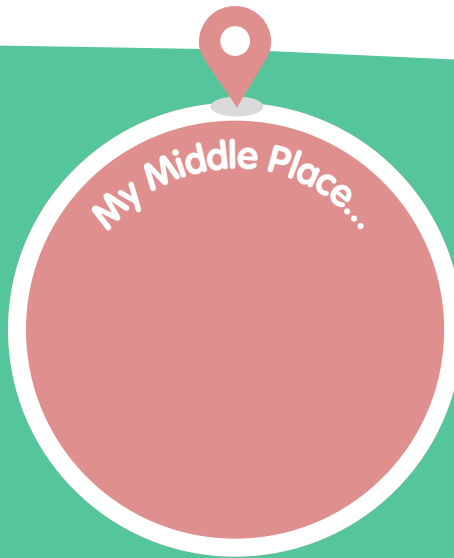





 **myHappyMind**
Places

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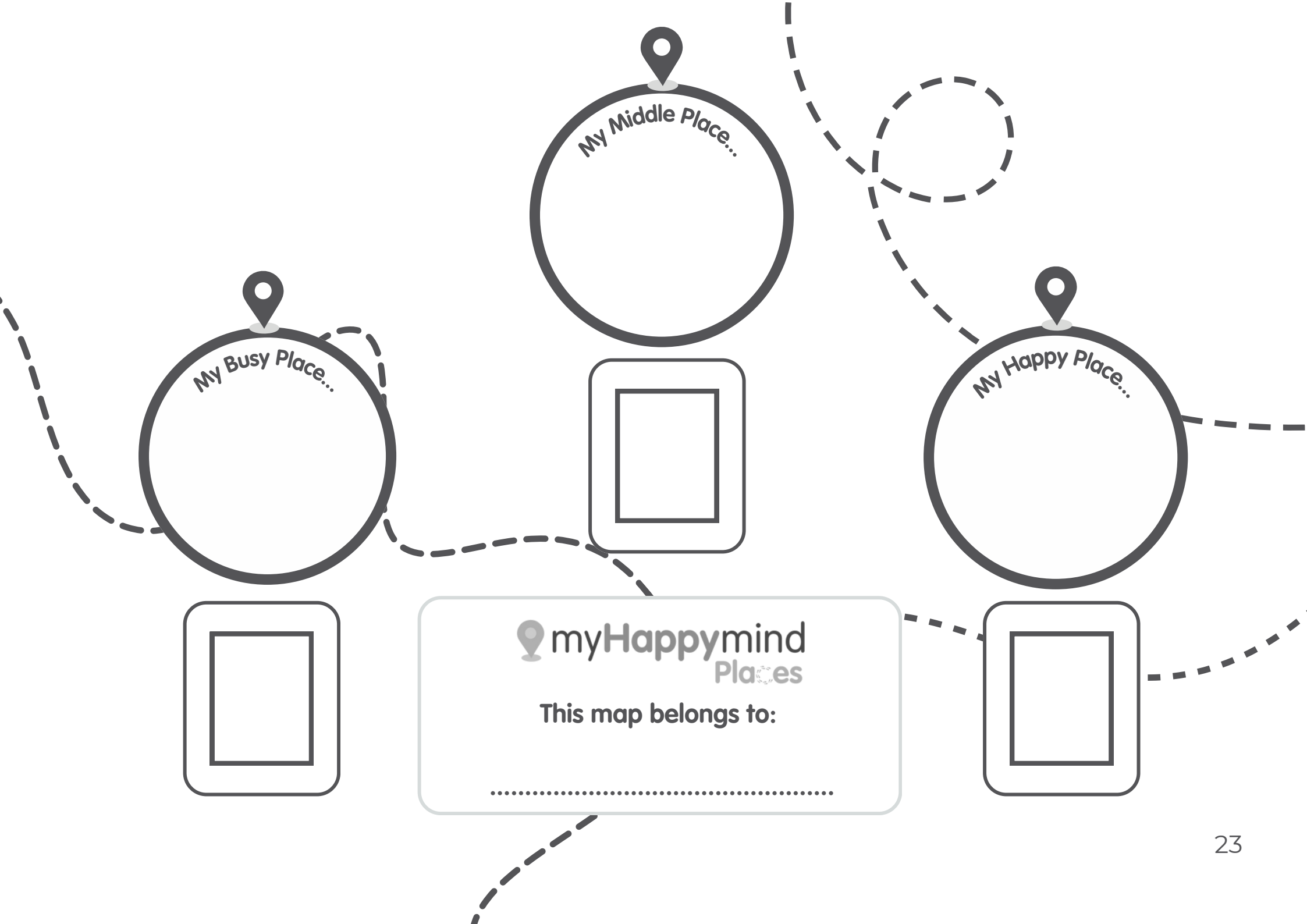


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Places

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3 Stamp Printable Resources



My Busy Place...

My Middle Place...

My Happy Place...

 myHappy
mind
Places

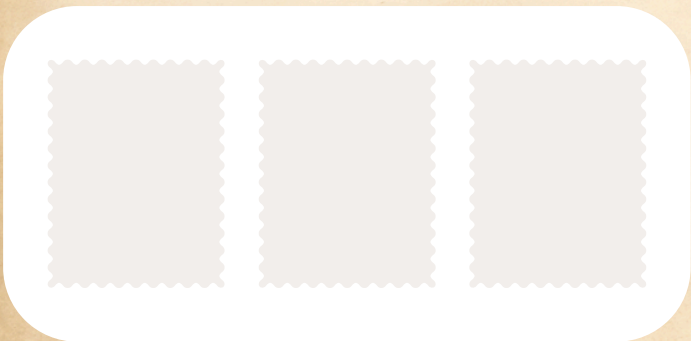
This map belongs to:


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The worksheet is titled "myHappymind Places" and includes the text "This map belongs to:". It features a world map background with three location markers. The left marker is labeled "My Busy Place...". The top marker is empty. The right marker is empty. There are three empty rectangular boxes for notes: one below the left marker, one in the center, and one below the right marker. A dotted line with an airplane icon connects the left and right markers.

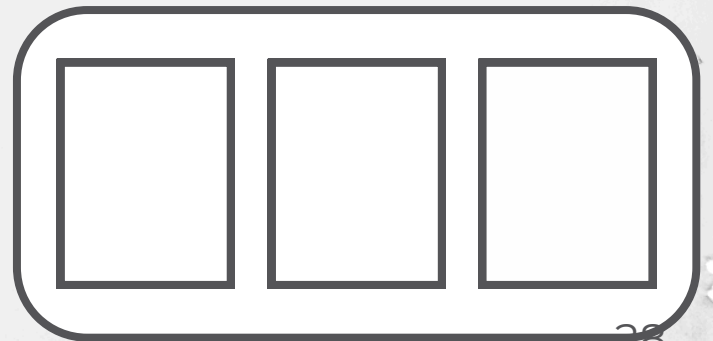
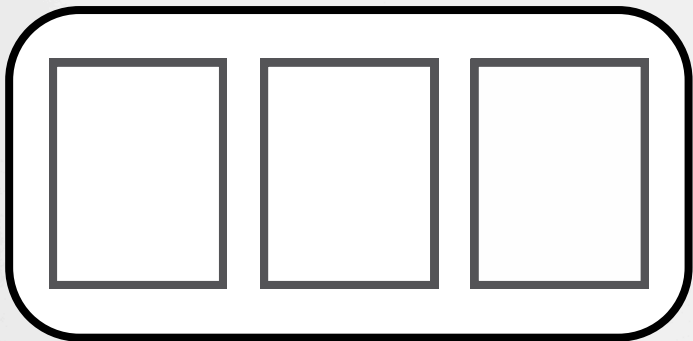
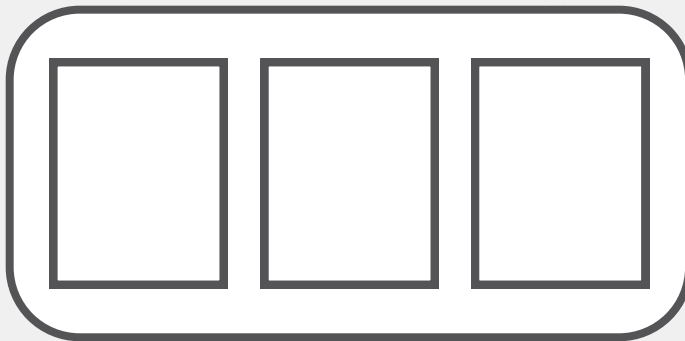
myHappymind
Places


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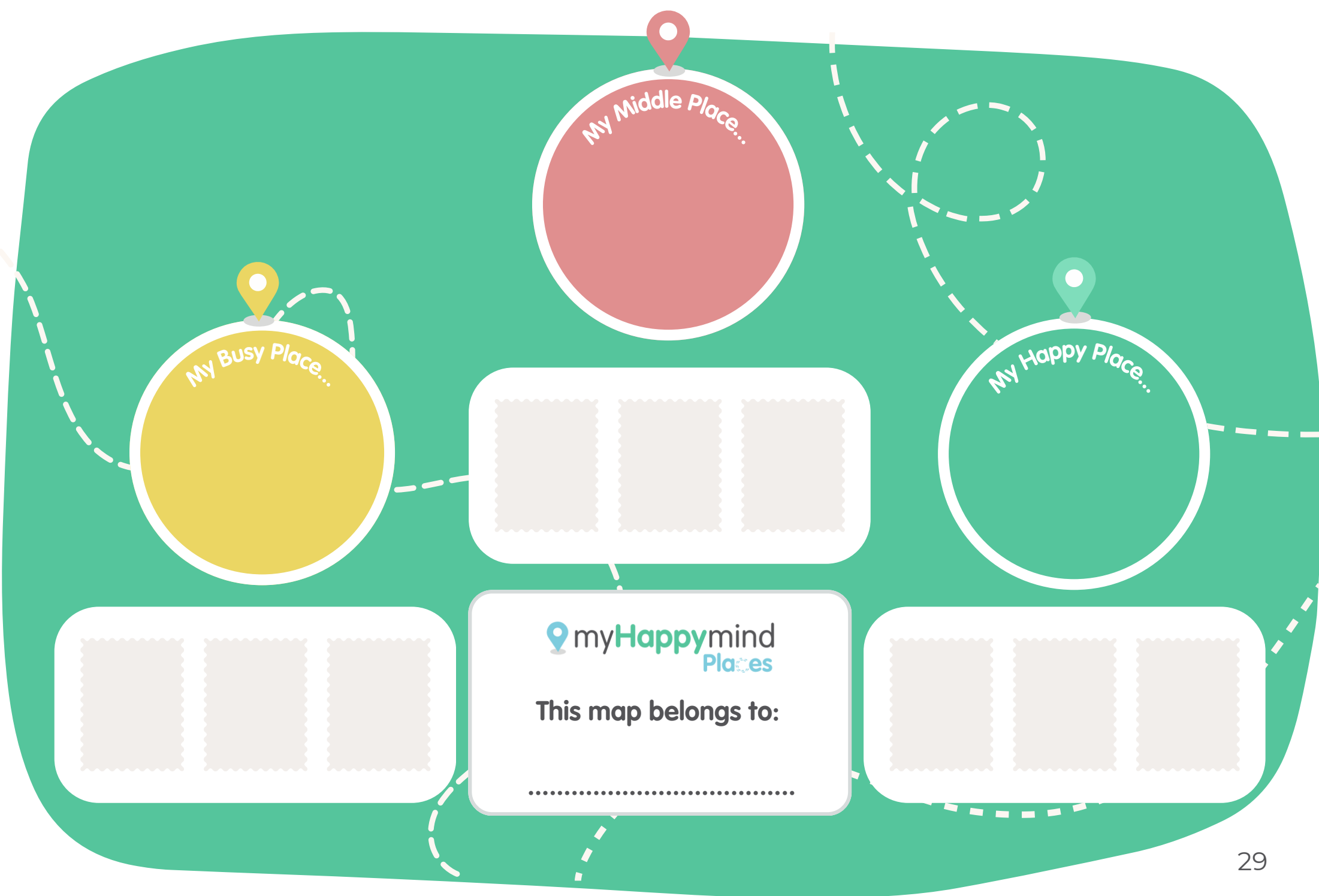



This map belongs to:
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 myHappyMind
Places
This map belongs to:
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My Middle Place...

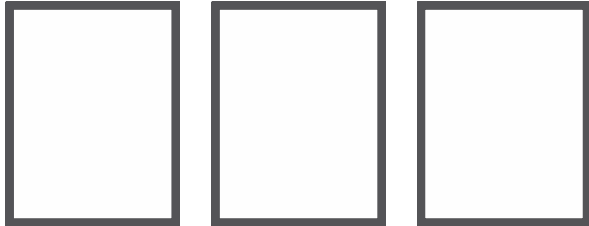
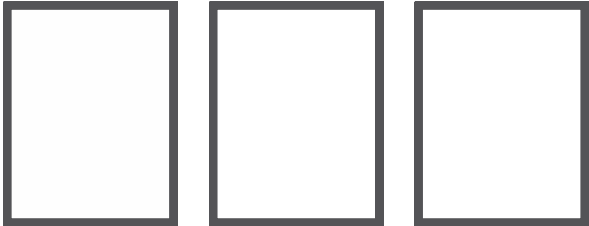
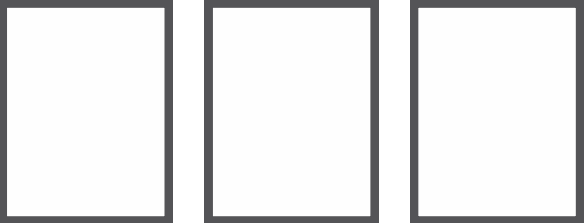
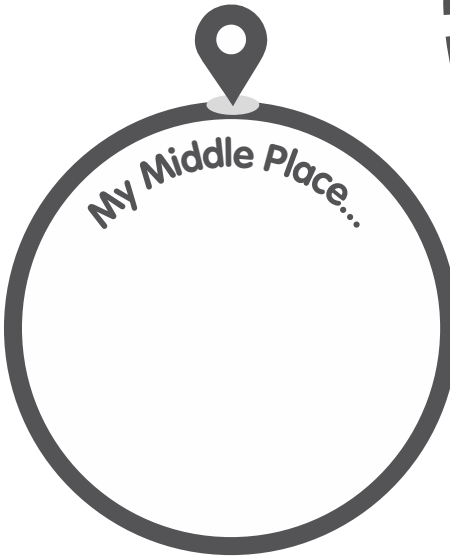
My Busy Place...


My Happy Place...

 myHappymind
Places

This map belongs to:

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 **myHappyMind**
Places

This map belongs to:

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If you have any questions, just get in touch with your Customer Happiness Manager, or contact us at hello@myhappymind.org or 01625 447547.

We would love to see your completed activities!

You can share these with us over on our social media channels below:



myHappymind



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