



You have received this information sheet because your child has been following the myHappymind course at school or nursery. Normally, the course would be delivered by your child's teacher, using myHappymind's online resources. In order to help during this difficult time, myHappymind have created a series of free Parent Kits, based on the course, for you to use with your child at home. You can create a free user account that will give you instant free access to the learning resources.

Simply visit:

<https://myhappymind.org/ParentKit-direct-enrol>

You will be asked to fill in a simple form, then you'll receive an email inviting you to log in to the myHappymind platform and choose your own password. Once logged in you will have your very own myHappymind account, containing Parent Kit resources for Early Years, Key Stage 1 (Years 1 & 2) and Key Stage 2 (Years 3 - 6).

Once you've logged in, the portal is easy to use:

