



myHappy mind[®] LIGHT EDITION for use at home

myHappy mind help nurseries, schools and families to create a positive mental wellbeing culture in which children build resilience, self-esteem, and character. Our programs leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive. In order to help parents during this difficult time, myHappy mind have created a **Light Edition program**, 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/eylight>

You will be asked to fill in a simple form, then you'll receive an email inviting you to log in to the myHappy mind platform and choose your own password. Once logged in you will have your very own myHappy mind account, containing the myHappy mind Light Edition resources for Early Years.

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

