

A young child with dark hair is shown from the chest up, wearing a light blue shirt. They are holding a thin stick and drawing on a piece of paper. A pink cup is visible in the background.

Children inspire our decisions, direction,
and everything we do.

Summary

At Inspire Children's Day Nurseries, Inspire Minds brings the award-winning **myHappymind programme** into early years to support our children's emotional well-being, resilience, and mental health. The programme is grounded in rigorous research and is validated by the University of Chester, giving you confidence that your child is benefiting from a proven, evidence-based approach. [myHappymind](#)

What's Included

Inspire Minds draws on the proven science of the myHappymind initiative, giving children age-appropriate tools and weekly practices in emotional awareness, resilience, and wellbeing. Through story, reflection and conversation, they learn to manage feelings, build positive habits and thrive — helping them flourish both now and in years to come.

Well-being Learning

Through Inspire Minds, children will develop emotional vocabulary, confidence to talk about their feelings, strategies to bounce back from challenges, and kindness toward themselves and others. Paired with our nursery's supportive environment, this programme helps children grow strong in mind and heart.

