

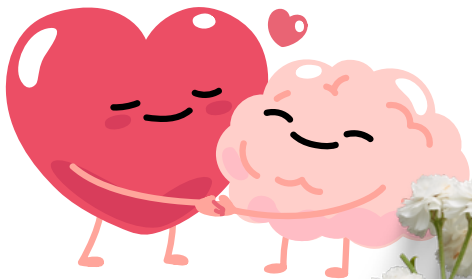
# happykids academy

National Specialists in  
**Human Flourishing**

Empowering **Beyonders**

100% Social Impact Company

Ministerial agreement as:  
Organisme de recherche relevant



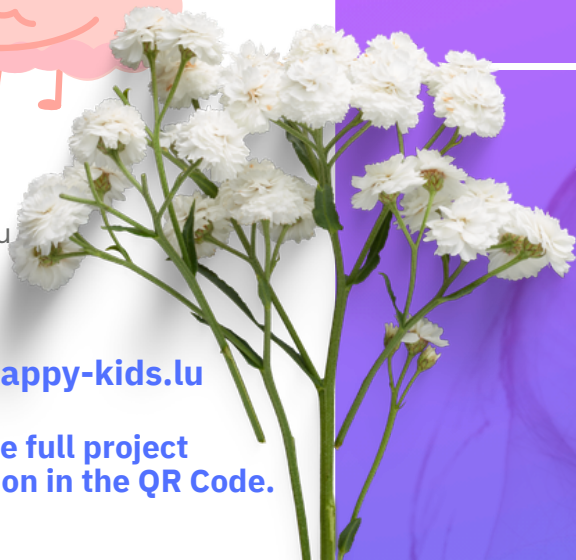
## Contact us.

hello@happy-kids.lu  
+352 661221770



[www.happy-kids.lu](http://www.happy-kids.lu)

Check the full project  
description in the QR Code.



for schools & parents

**IMPACT  
LUXEMBOURG**  
SOCIÉTÉ D'IMPACT SOCIÉTAL



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**Resilience is a skill  
that *can be learned.*  
And we know how  
you can teach it.**

Unlocking My Superpower  
is a research-based  
curriculum developed to  
train key cognitive skills, for  
a brighter future.

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## **Resilience** Unlocking my superpowers

A Pilot Project to empower  
Kids 9 - 12 against teenage  
mental health challenges.

10-Week Impact Programme

# “Depression” should not be a word teenagers grow up with.

We are here to support kids & teens in Luxembourg to Flourish



## OUR TEAM OF TRAINERS

- Luanna Eroles (Founder & Curriculum design)
- Prof. Dr. Marie-Anne Berron (Sr. Researcher)
- Tina Zeiß (Sociologist & Education Specialist)
- Fernando Manchon (Kid & Teen Psychologist)

 **SELF-ESTEEM CHECK:**  
Answer with YES or NO.

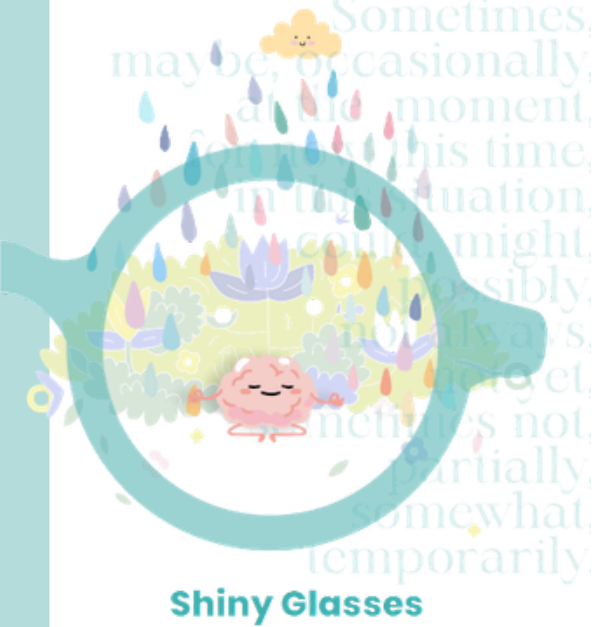
Normally, I....	Yes	No
Feel pleased with myself?	<input type="checkbox"/>	<input type="checkbox"/>
Can relax easily?	<input type="checkbox"/>	<input type="checkbox"/>
Feel good about my look?	<input type="checkbox"/>	<input type="checkbox"/>
Am happy to exist?	<input type="checkbox"/>	<input type="checkbox"/>
Like being me?	<input type="checkbox"/>	<input type="checkbox"/>



## WORKBOOK & MULTIMEDIA EXTRAS

### 6 LESSONS · 6 SUPERPOWERS

1. *The voice in my head affects how I feel, and I can change it.*
2. *When I name my feelings, they don't feel so big anymore.*
3. *When my thoughts are exaggerating, I can detect it and find a way to think more clearly.*
4. *I don't believe every thought right away, I investigate it.*
5. *I can make worries smaller and see the whole picture.*
6. *I can use my superpowers when real life gets tricky. Now, I can handle tough moments.*



## Pilot with us the future of Positive Education

Become a School Partner and have early access to our materials & trainings.

it's time to **Shine!**

