



Appreciate

Module overview

MODULE STRUCTURE

The content is this and every module is structured as follows:

1.

AN INTERACTIVE STORY

2.

LEARNING ACTIVITIES THAT
CAN BE REPEATED AS
MUCH AS YOU LIKE!

3.

PARENT PACK

You can find all of these resources in the portal. We know it is tempting but please read this guide all the way through before diving in!

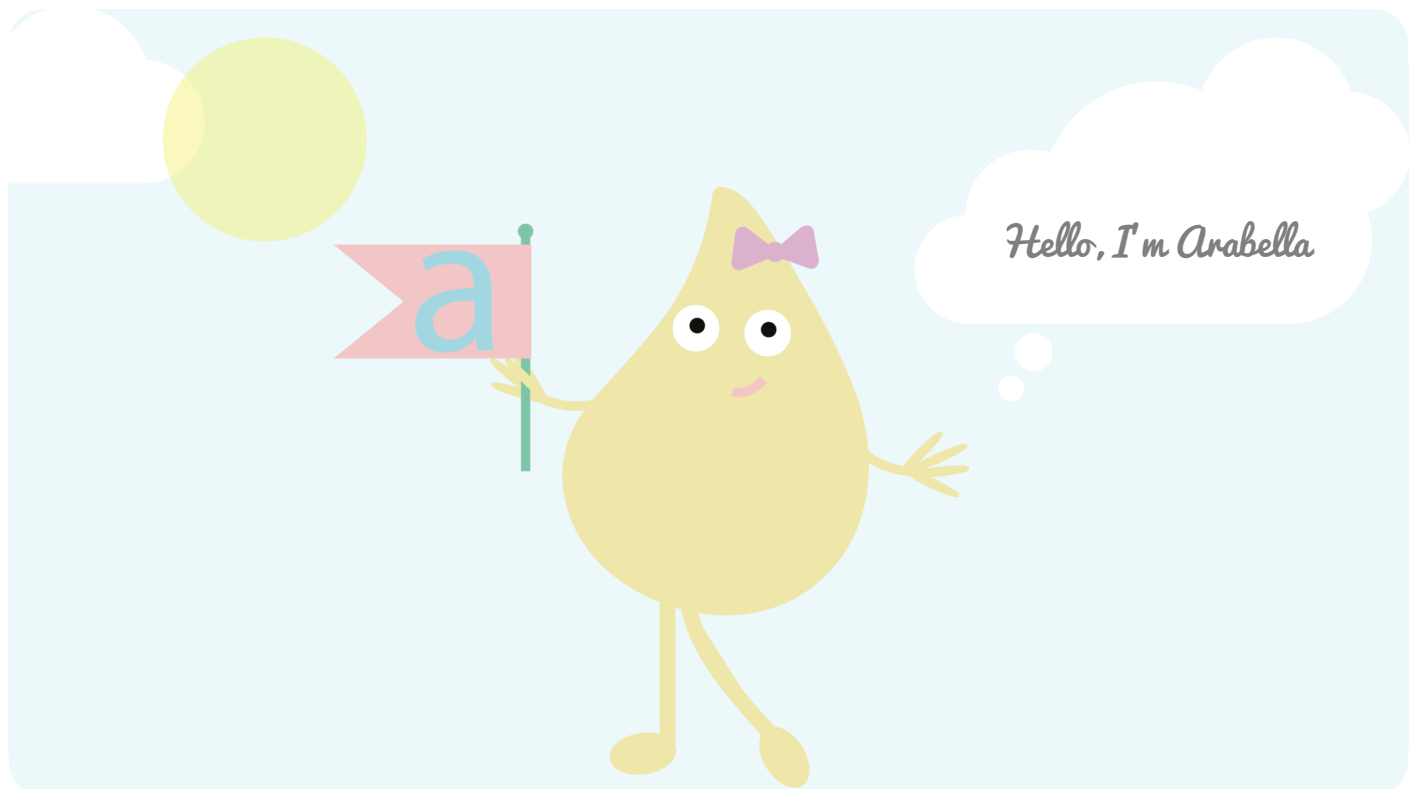
MODULE SUMMARY

Appreciate is focussed on teaching children the following:

How being grateful or, being thankful make us feel.

The different ways to show gratitude or to express our thanks.

The importance of taking time out to stop and be grateful or thankful..



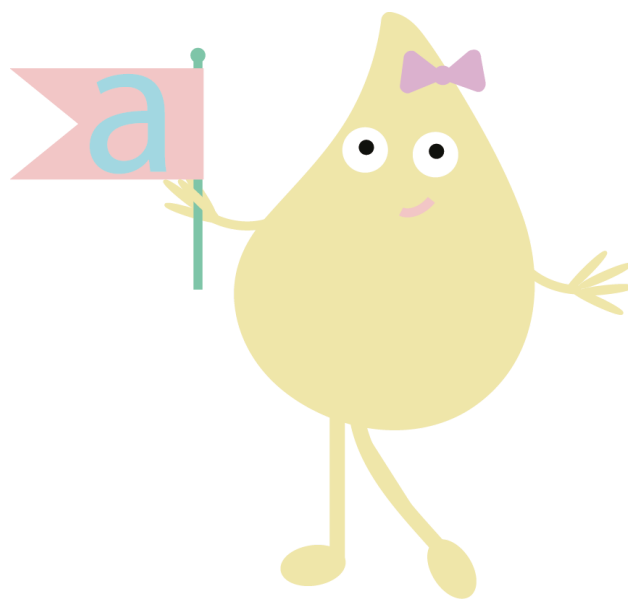
1.
AN INTERACTIVE STORY

Each module starts with an interactive story designed to introduce the children to the characters and ideas in the module.

The story is about 5 minutes long and you can watch it with the children as many times as you like.

Ideally, you will follow the story with a carpet time session during which you bring the story to life with real examples from the day.

The activities that come in the next section all link to what they have learnt via the story.



2

LEARNING ACTIVITIES THAT
CAN BE REPEATED AS
MUCH AS YOU LIKE!

After the children have experienced the story we provide you with 3 key activities to reinforce and bring to life what they have learnt. You can practice these over and over again.

We know that you will also think of many more way to bring the learning points alive through work and play during the day. A detailed guide to each activity is provided in the course content, a brief summary is provided here:

1. UNDERSTANDING WHY BEING THANKFUL MATTERS

Children learn to recognise that giving and receiving gratitude feels good

Children learn different ways to express gratitude

2. IDENTIFYING WAYS TO BE THANKFUL

3. TAKING TIME TO SHOW OUR THANKS

Children develop a habit of stopping and sharing what they are grateful for



We passionately believe that when learning is reinforced in the home, children develop much more sustainable habits. That is why we provide you with a parent pack for each module.

This parent pack allows you to share a summary of what the child has learnt along with some activities for parents to continue at home.

The parent pack for this module includes:

1. Summary of module sheet
2. Poster of Appreciate with different ways to show gratitude for them to display at home
3. Summary of the Appreciate story for at home use
4. Habits at home - checklist poster for the child and parent to look at together and check off each day - what are you grateful for today?

We advise you to print these off for parents and provide it at the beginning of each module.

A LITTLE SOMETHING FOR YOU

We know what a wonderful, dedicated bunch of people you teachers are and so, we like to make sure you are being looked after too!

Since you'll be becoming rather expert at all things myHappymind, why not adopt some of the habits for yourself?

We've created a planner for you to print out and take home, or maybe even put in the staff room - will you adopt the habits you are teaching these young minds?

We hope so!

"Feeling gratitude and not expressing it is like wrapping a present and not giving it"

MY GRATITUDE DIARY

DATE:

WHO ARE YOU GRATEFUL FOR TODAY?:

HOW CAN YOU EXPRESS THIS GRATITUDE?:

WHAT ARE YOU GRATEFUL FOR TODAY?:

NOTES