



Engage

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 on the portal. We know it is tempting but please read this guide all the way through before diving in!

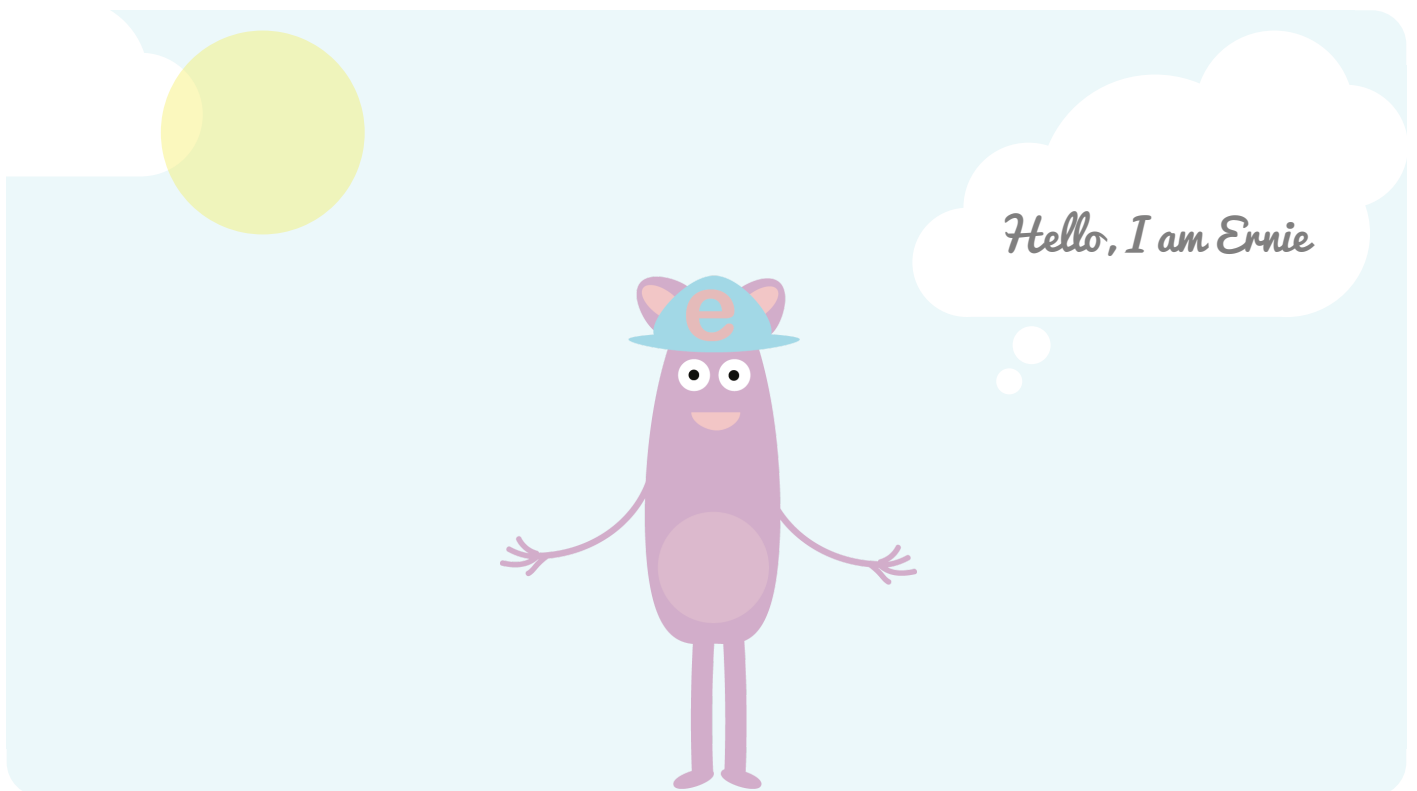
MODULE SUMMARY

Engage is focussed on teaching children the following:

What goal setting is

Why goals are important

How to review our goals



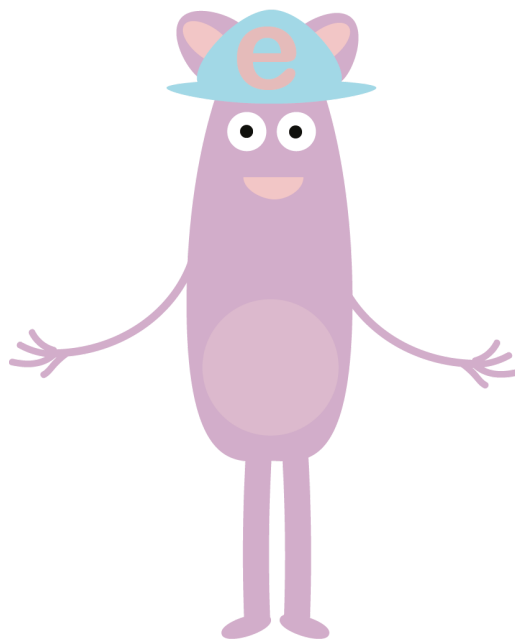
1.
AN INTERACTIVE STORY

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 activities 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 lesson guides, a brief summary is provided here:

1. UNDERSTANDING GOALS

Children learn what goals are for.

Using individual and group interactions with the teacher and class, children learn to set goals

2. SETTING GOALS

3. REVIEWING GOALS

Children learn to review and celebrate the achievement of goals



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 them to continue at home.

The parent pack for this module includes:

1. Summary of module sheet
2. Poster of Engage with goal setting tips on it to display at home
3. Summary of the Engage story for at home use
4. Habits at home - checklist for the child and parent to look at together and check off each day - what goals do we have?

We advise you to print this off for parents and provide it at the start 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?

How often do you set your own goals, do you take time to sit down and really think about what you want to achieve and then review them?

We challenge you to try!

"Setting goals is the first step in turning the invisible into the visible"

MY GOAL SETTING CHALLENGE

HAVE YOU SET GOALS TODAY?

Seven light pink squares arranged horizontally, serving as checkboxes for tracking goal setting.

TOP 3 GOALS:

Three light pink squares, each followed by a horizontal dotted line, intended for writing the top three goals.

WHY DO THEY MATTER?

A large light pink rectangular area intended for explaining why the goals matter.

REVIEW OF GOALS:

A large light pink rectangular area intended for reviewing the goals.