

Preparing **today's** children for **tomorrow's world** by building **resilient, balanced** and **happy minds** at school and at home.

[myhappymind.org](http://myhappymind.org)



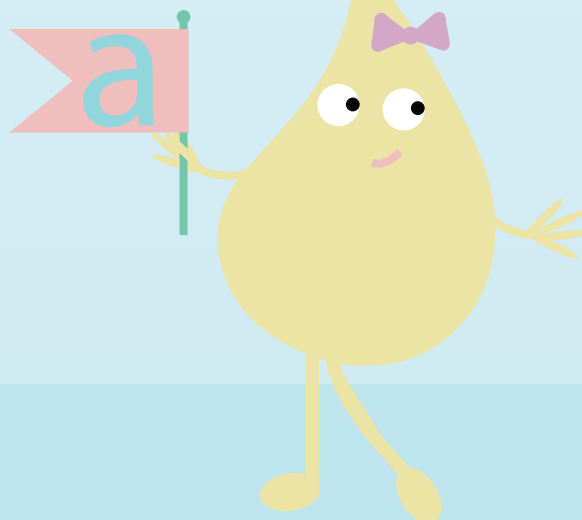
# APPRECIATE

## Module Overview

## 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.



Hello, I am Arabella

# MODULE STRUCTURE

1.

**AN INTERACTIVE STORY**



2.


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



3.

**PARENT INFORMATION  
AND ACTIVITY PACK**

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



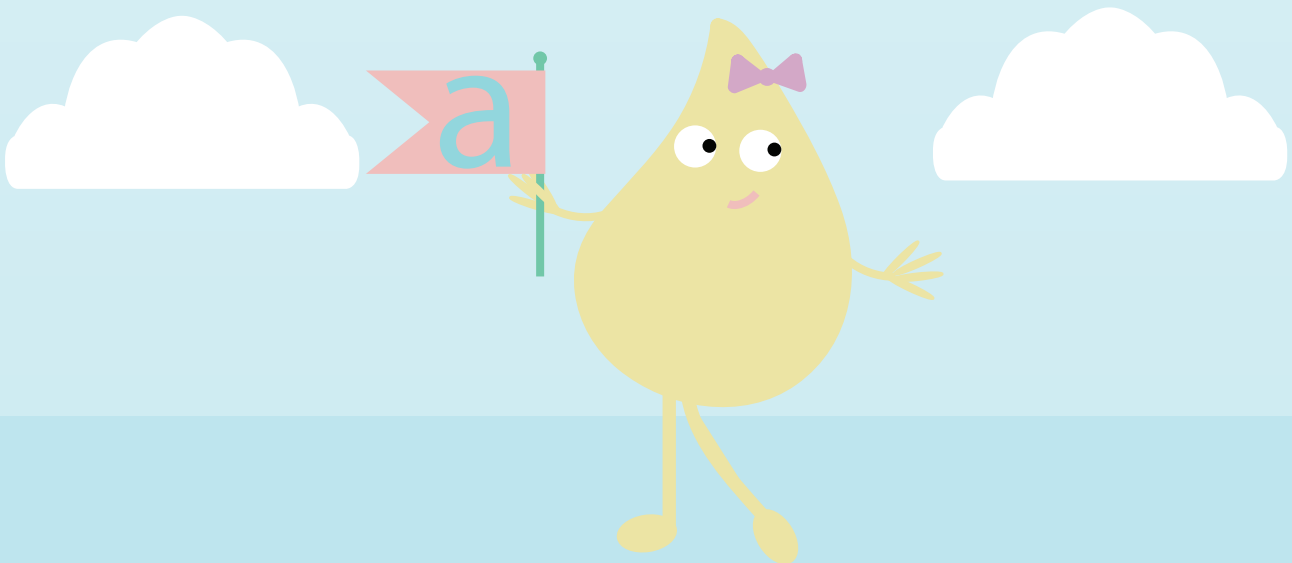
# 1. An Interactive Story

**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 characters and 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 why being thankful matters

Children learn to recognise that giving and receiving gratitude feels good

### 2. Identifying ways to be thankful

Children learn different ways to express gratitude

### 3. Taking time to show our thanks

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

## 3. Parent Information and Activity Pack

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 Appreciate 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 this off for parents and provide it to them at the end of each module.