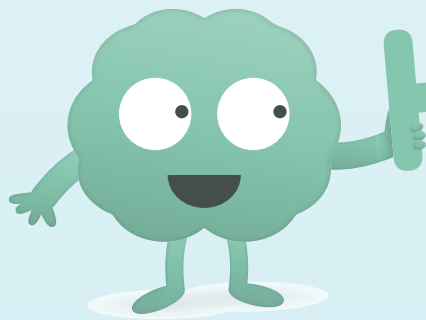


Preparing **today's** children for **tomorrow's world** by building **resilient, balanced** and **happy minds** at school and at home.

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For Early Years

MEET YOUR BRAIN

Lesson Guides

LESSON 1: Brain Sort Game

Learning objective:

- ▶ Children understand the different things that our brain helps us with
 - ▶ Children learn the importance of our brain
- ▶ Children understand that they need to look after their brains and learn how to do this.

Learning approach:

We suggest conducting this lesson after the interactive story. We encourage you to debrief this story with some questions, here are some suggestions but of course you can use your own too:

- ▶ Why do you think Bertie was worried about drawing?
 - ▶ How did Bertie manage to get better at drawing?
- ▶ What does he need to remember about his brain for next time?

In the Brain sort game the objective is for children to start to understand the types of jobs our brains help us with. We have provided you with a set of printable cards so that you can laminate them or use them however you wish.

Gather the children on the carpet and set up the activity.

Set up 2 areas, you may choose to use a bucket or another container or just have 2 areas separated. One area or bucket is for 'Things our brain helps us with' the other is for 'Things our brain does not help us with'.

Working through one card at a time ask the children to decide which container or area the card should go in, you may also choose to ask them to take it to the right place.

Top Tips:

- ▶ This activity can be run over and over again, you can introduce new cards as you wish.
- ▶ Once you have worked through the cards you may choose to ask the children for other examples or connect this to work you have already done that day. E.g. our brain helped us when we had to learn how to put our coats on this morning. The more you can bring this to life through real examples the better.
- ▶ Try to point out when children are doing these things throughout the day. E.g. one of our cards says figuring out problems. When you see a child figuring out a problem, call this out and remind them that their brain is helping with this

“Fall in love with taking care of your brain and your mind...”

LESSON 2: Happy Breathing

Learning objective:

- ▶ Children understand the ways in which they can look after their brains
 - ▶ Children understand how happy breathing helps them
 - ▶ Children learn how to slow their breathing down and be still

Learning approach:

We encourage you to introduce happy breathing using the following explanation:

- ▶ Our brain helps us with so many jobs and so sometimes it gets tired. So we need to make sure we are looking after it, just like we look after our bodies.
 - ▶ There are two main ways for our brain to rest, the first is sleeping and the second is happy breathing.
- ▶ Happy breathing is a special way to relax our brain and it also helps to relax our bodies.
- ▶ Happy breathing is really helpful, especially when we have had a busy time or we feel a little sad.

After introducing happy breathing and explaining how it helps us, we encourage you to gather the children on the carpet.

They should be asked to sit or lie down comfortably and not too close to their friends to avoid disruption.

We have provided you with 3 happy breathing exercises, 1 is done lying down the other 2 we encourage the child to be sitting for. We have provided both the scripts and the audio files, we encourage you to use the audio files at first but you can also use the scripts if you are comfortable.

Top Tips:

- ▶ Some of the children may find this difficult at first and try and distract others, please just encourage them to keep trying.
- ▶ Remind the children that like anything, if they keep practicing happy breathing their brain will remember and get better at it for next time.
- ▶ We recommend using happy breathing at transition times e.g. after a play time or particularly exciting activity!
- ▶ These activities are short and do not take a lot time, we encourage you to use them as much as you can!

“In a world full of doing,
doing, doing it is important to
take time to just breathe
and just be.”

LESSON 3: Brain Growing Moments

Learning objective:

- ▶ Children can stop and think about how their brain has helped them
- ▶ Children recognise that their brain grows when they learn something new
- ▶ Children take time out to appreciate themselves and what they have learnt and achieved

Learning approach:

We recommend conducting this activity at the end or towards the end of a day.

This activity should be set up as a time to celebrate all that the children and class have learnt that day and so should be fun, upbeat and include all children.

We suggest the teacher leads by calling out examples of how their brains have helped them using examples that the child will understand.

Then the teacher can ask children if they can think of any examples of how their brain has helped them.

If this is too challenging for some or all children (depending on the age level and language skills) then the teacher can call out something that they have noticed for each child.

Top Tips:

- ▶ We really encourage you to include all children wherever possible.
- ▶ The more real examples that can be shared the better, especially as the children are getting used to it.
- ▶ This activity can be repeated as often as you like. After you have celebrated all the amazing things their brains have helped them with it is a natural time to recognise that our brains may need a break after all of that hard work. We recommend that you follow it with a short happy breathing session.

“Education is not the learning of facts, but the training of the mind to think.”