

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)



# MEET YOUR BRAIN

## Parent Pack



## Module Summary

**During this module your children have learn all about the importance of their brain and how it helps them every day.**

Key learning points include:

Your brain helps us with lots of different jobs, in fact it helps us with most of what we do.

We need to look after our brain just like we need to look after our body.

Sometimes when our brain has been very busy, we need to let it have a rest.

Happy breathing is one way we can rest our brains, this is a breathing technique that helps us to slow our breath down (we have provided a script for you to practice with your child at home.)

When we practice something our brain remembers it for next time and so the more we practice something the better we will get at it!

**One of the key skills children learn in this module is happy breathing. We have provided a script here for you so that you can practice this at home with your child.**

Top tips - remove any distractions, take it slowly and speak in a calm voice.

### **Happy breathing - Feather breathing**

You may choose to sit or stand for this happy breathing session.

Gently close your eyes or take your gaze softly to the floor. Now, focus on your nose and notice how it feels to breathe in through your nose.

In Out In Out

How does it feel when you breathe out through your mouth?

Is your breathing fast, or is it slow?

How does your body feel?

Imagine that each time you breathe out, your body feels calmer and softer like a feather.

Calmer and softer Calmer and softer What can you hear?

What are your feet touching?

Where are your hands?

Now take a deep breath in. Breathe out and then in your own time, open your eyes.

How did that feel?

## Meet Your Brain Story

We encourage you to go over this story with your child and ask them what they remember from school.

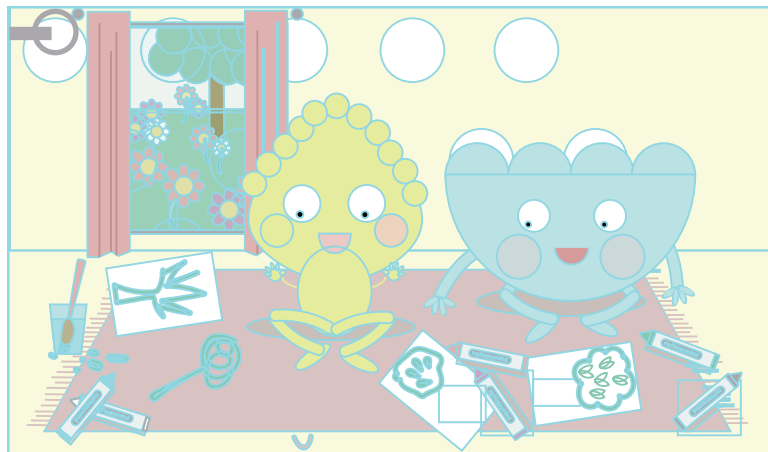


Bertie was a lovely boy who lived in a beautiful blue house...

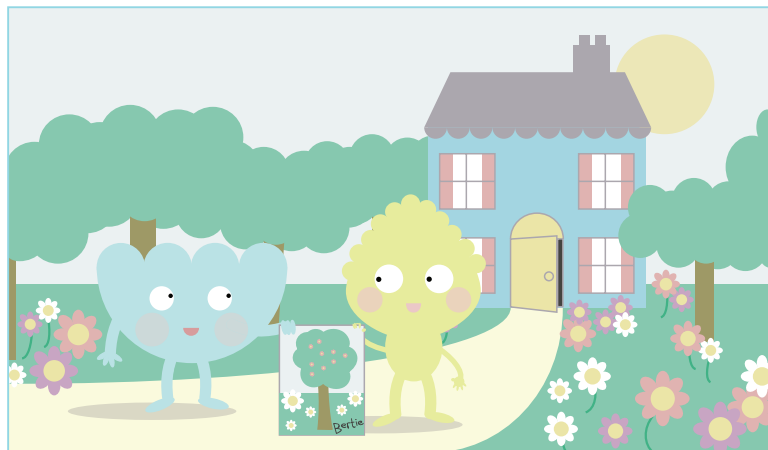


One day his friend Betty came to play, they played outside in the garden for hours...

After playing outside they came in to do some drawing. At first Berty was worried he couldn't draw very well. Betty taught him that if he keeps practising he will improve...



Berty is so pleased with his picture in the end. He learnt that our brains help us to do things and that when we practice something our brain remembers and the next time, it gets easier!



## Habits at Home

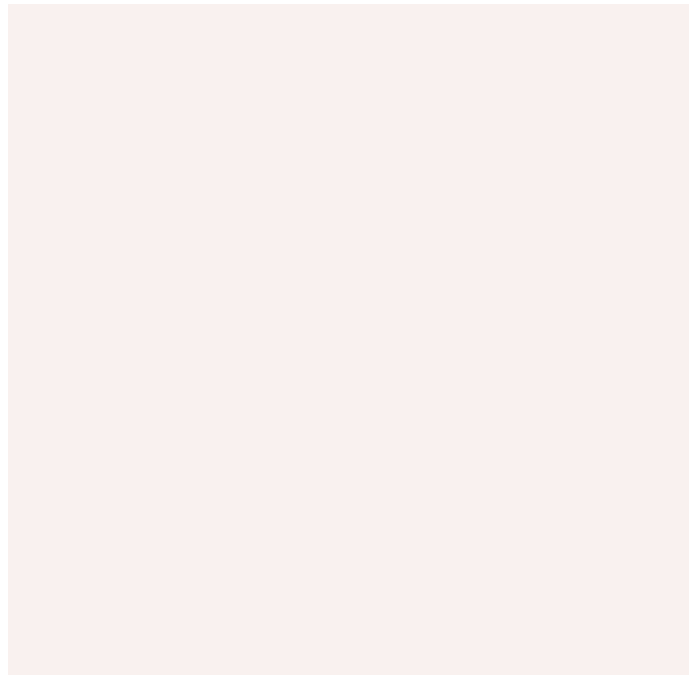
Try and challenge yourself to practice happy breathing with your child at least once a day. This can be particularly nice before bed time as a winding down activity.

Try and ask your child how they felt afterwards and maybe try it yourself too. You can use this handy checklist to capture your thoughts!

Did we do happy breathing today?

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How did the happy breathing feel?



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