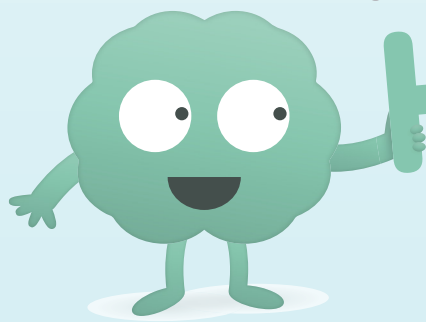


Preparing **today's** children for **tomorrow's world** by building **resilient, balanced** and **happy minds** at school and at home.

myhappymind.org



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Happy
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For Early Years

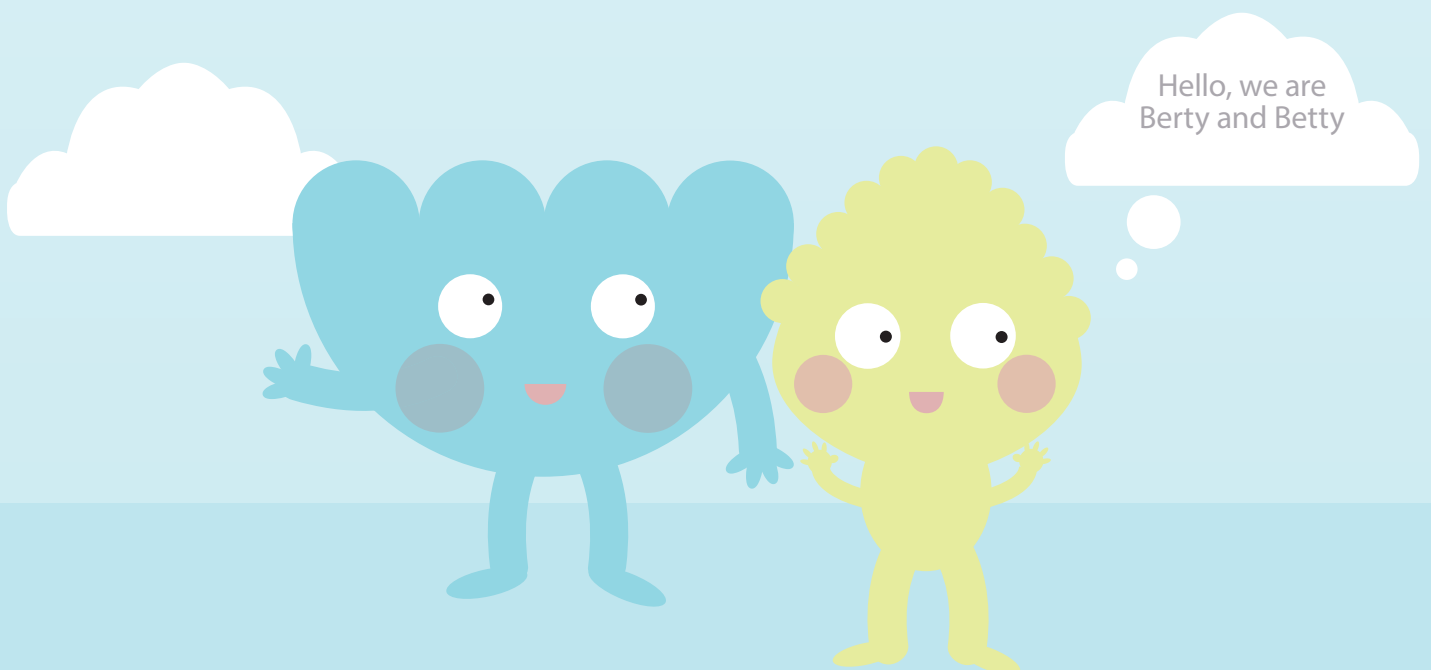
MEET YOUR BRAIN

Module Overview

MODULE SUMMARY

Meet Your Brain is focussed on teaching children the following:

- ▶ Our brain helps us with lots of different jobs
- ▶ We need to look after our brains for us to be our best!
- ▶ When we learn something new our brain remembers it for next time.



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!

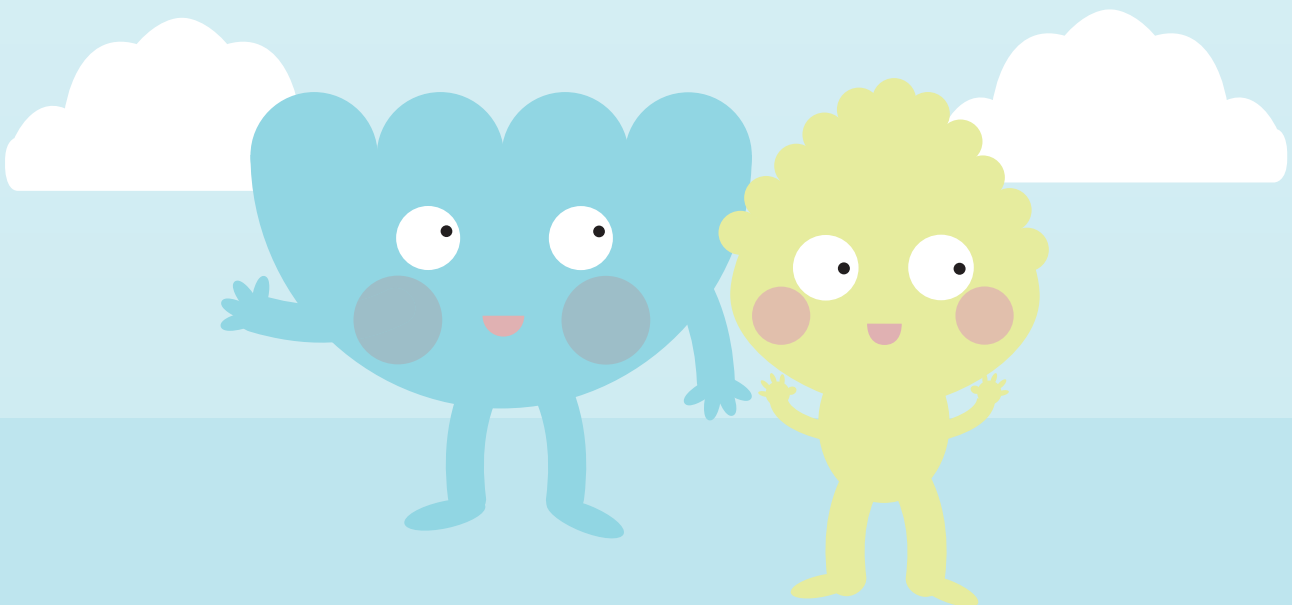
1. An Interactive Story

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. Happy Breathing

A form of mindfulness, happy breathing is a technique used to help the children slow down their breathing and look after their brain.

2. Brain Activity Sort

An activity where children learn which jobs the brain helps them with.

3. Brain Growing Moments

An opportunity to stop and reflect on how our brains have helped us today, done in either 1:1 or in groups at carpet time.

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 Bertie and Betty for them to display at home
3. Summary of the Bertie and Betty story for at home use
4. Summary of brain sort exercise
5. Summary happy breathing exercises
6. Habits checklist poster for the child and parent to look at together and check off each day

We advise you to print this off for parents and provide it to them at the end of each module.

A LITTLE SOMETHING FOR YOU

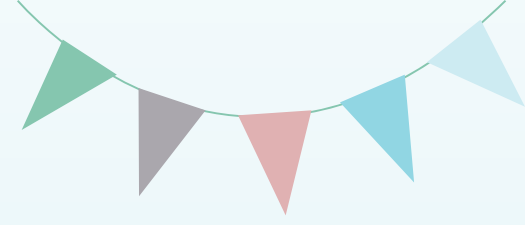
We know what a wonderful, dedicated bunch of people you teachers are and so, we like to make sure you are being looked after too!

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!

“Every child is one teacher away from being a success story”



MY WEEKLY PLANNER

Date: _____

HAPPY BREATHING
SESSIONS

-
-
-
-
-
-
-

HAVE I THOUGHT ABOUT
HOW MY BRAIN HAS
HELPED ME TODAY?

-
-
-
-
-
-
-

