

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)



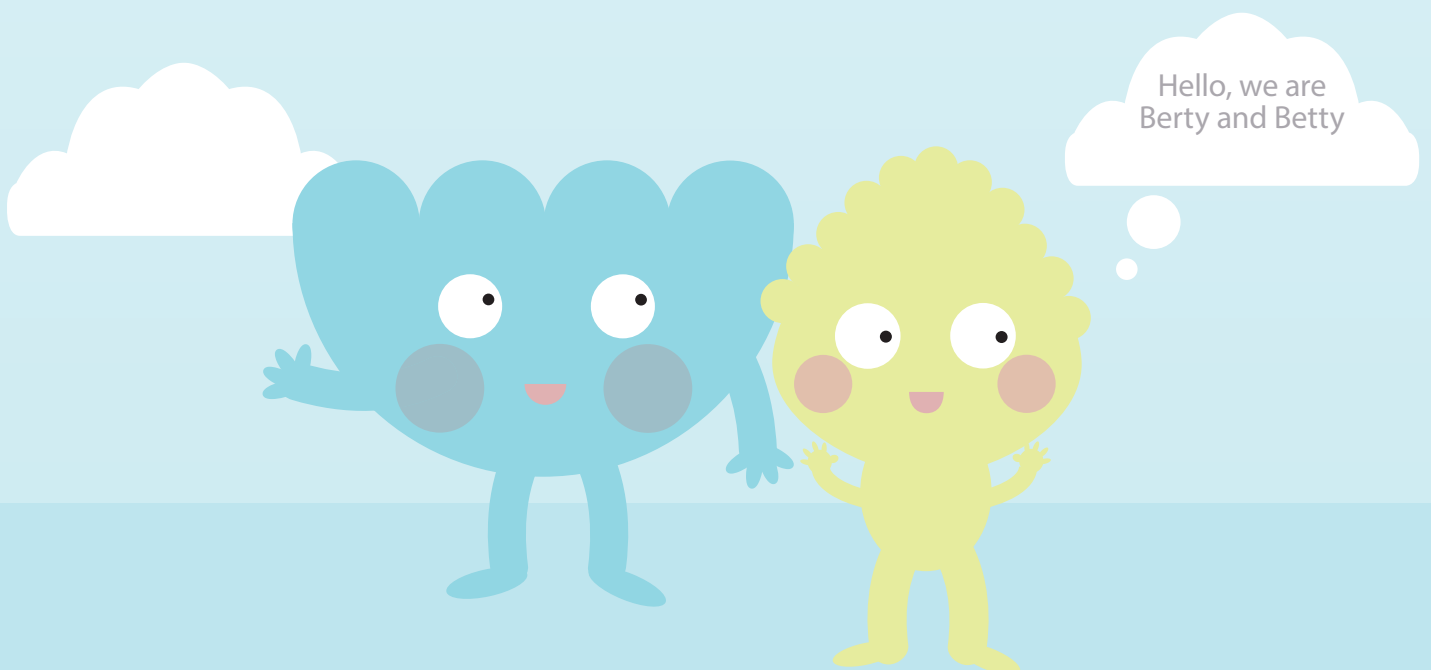
# MEET YOUR BRAIN

## Module Overview

## MODULE SUMMARY

**Meet Your Brain** is focussed on teaching children the following:

- ▶ Our brains help us with lots of different jobs
- ▶ We need to look after our brains for us to be at 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 on the module page. We know it is tempting but please read this guide all the way through before diving in!



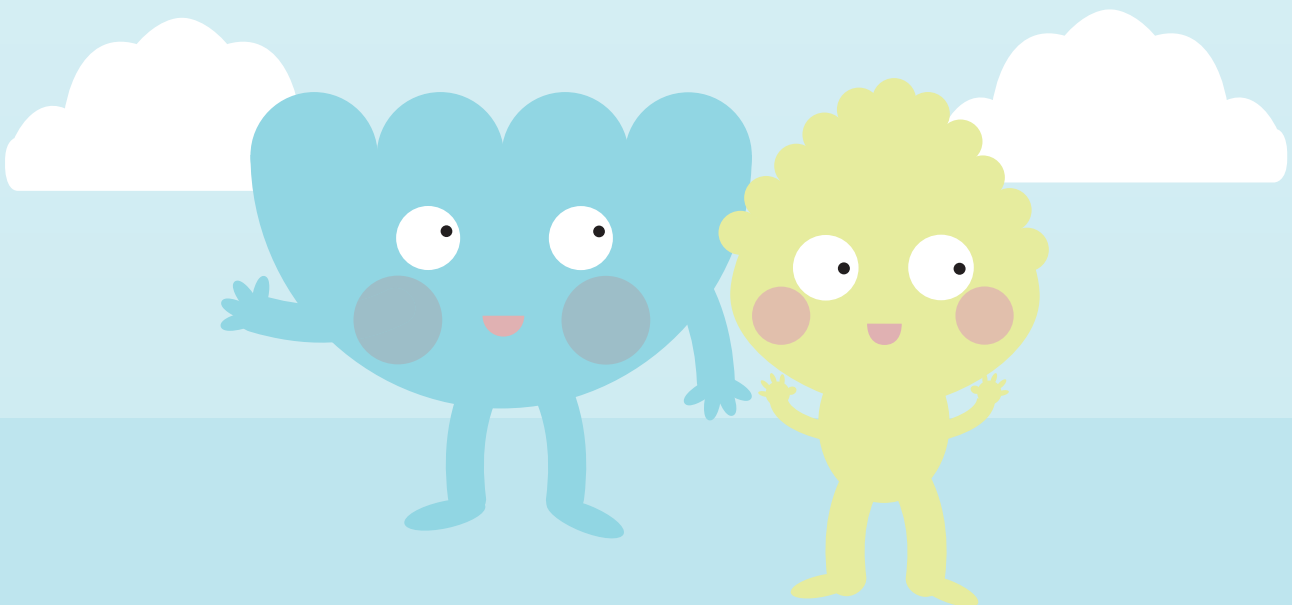
## 1. An Interactive Story

**Each module starts with an interactive story designed to introduce the children to the characters and key concepts in the module.**

The story is about 5 minutes long and you can watch it 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 follow all link to the key concepts introduced in 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 it and bring it to life. You can go over these activities again and again.

A detailed guide to each activity is provided in the lesson guides, a brief summary is provided below. We know that you will think of many more way to bring the characters and learning points alive through work and play during the day.

### 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 during 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. Summary of the Berty and Betty story for at home use
3. Summary happy breathing exercises
6. Habits checklist poster for the child and parent to look at together and check off each day

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