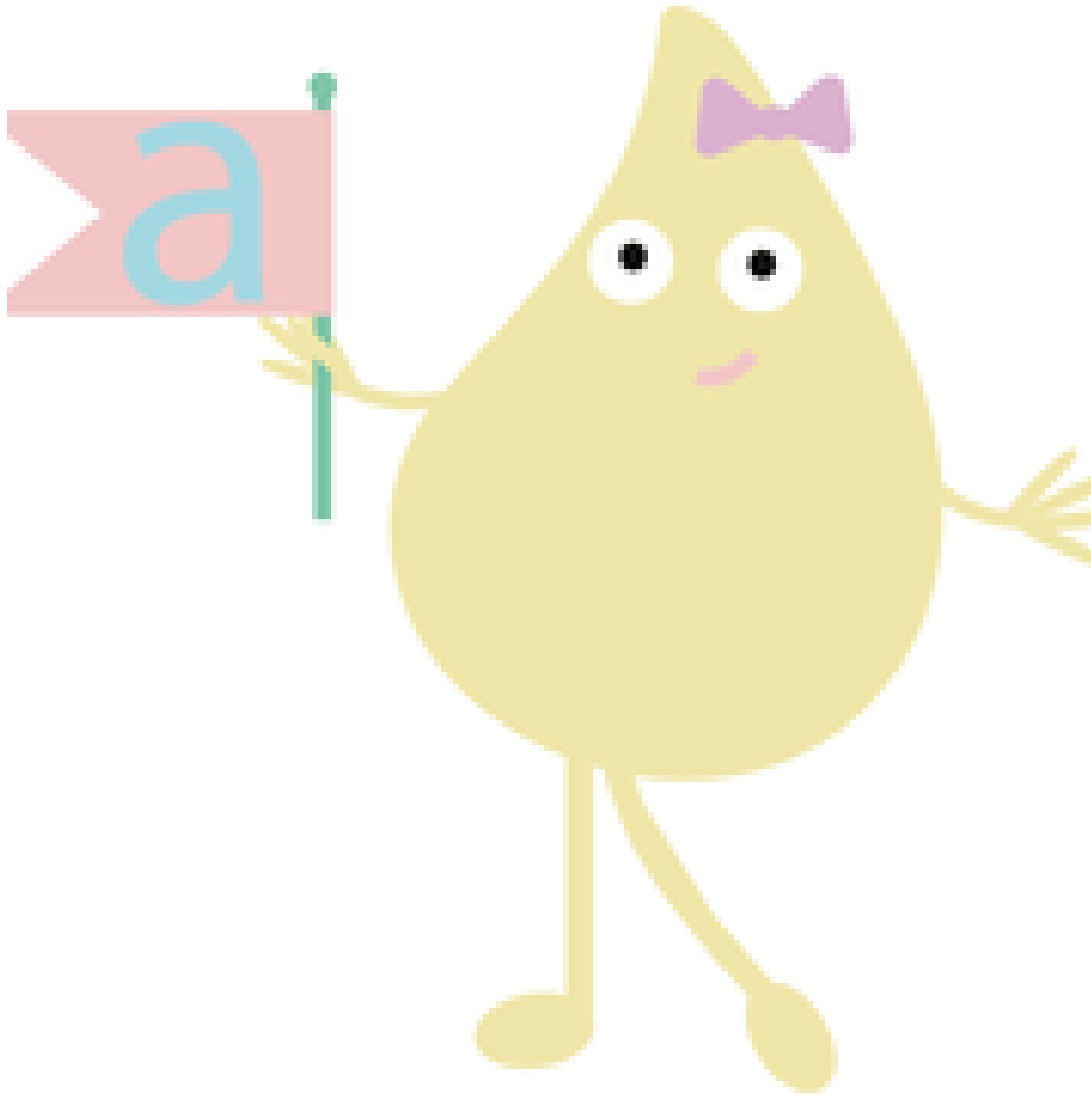




Teach Your Class: Appreciate

Year 1

# Appreciate



The Appreciate module is all about learning the importance of appreciating yourself, others and experiences.

## Appreciate - Module overview

This module is all about teaching children the importance of gratitude. It looks at a number of elements of gratitude including:

- What happens in our brain when we give and receive gratitude. We talk about the fact that when you give or receive gratitude it makes you feel good and link this to Team H-AP. The science here is that when you give or receive gratitude the neurotransmitter dopamine is released which, makes us feel good.
- The gratitude wheel - this is a way to think about the types of gratitude that children should try to take the time to notice:
  - Yourself
  - Others
  - Experiences - using happy breathing as a vehicle here, children are encouraged to stop and think about the simple, everyday experiences that they have e.g. eating, listening , etc.

This module includes quite a lot of reflection exercises and is focussed on the children learning to develop what we call an 'attitude of gratitude'.

An attitude of gratitude is best described as taking the time to stop and think about all there is to be grateful for. The research shows that regularly doing this has a hugely positive impact on mental wellbeing.

## Extension activities and top tips

This module presents plenty of opportunities to link to the broader curriculum for example thinking about how characters in a book show gratitude or looking for opportunities to show gratitude within the classroom setting.

In this module, the children are encouraged to do some self reflection on what and who they appreciate and to record their thoughts on a gratitude tree poster or in their myHappyMind journal.

An option for those children for whom writing their feelings may be difficult is to draw in their journal or on the gratitude tree instead. Or, you can capture their thoughts on a post it note and put it on the gratitude tree for them.

If you have children for whom this may be difficult, another option is to do this work in small groups with or without the support of teaching staff.

Using the strengths lens is a really positive way to get children thinking about gratitude and helps to further embed their understanding of character strengths and why they matter.

Another useful activity is to start a 'gratitude jar' each day, week or whatever frequency you feel works best for your class, you can ask each child to capture something they are grateful for. You could make this about learning or more general themes Then, after a period of time you could open the jar and display all of the things the children have captured. This is a visual and impactful way of showing the power of gratitude.

## Happy breathing:

The happy breathing exercises in this module are provided in script form so that you, or a member of your team can deliver them. This is an important evolution for the children as it shows the habit forming and it is powerful for you to role model this activity.

The scripts are simple and short, we recommend a slow pace with lots of pausing but you'll know the right speed for your class. The beauty of this approach is that you can take the happy breathing exercises wherever you would like.

It can be particularly impactful and memorable to do some of the activities outside of the classroom for example, a listening happy breathing exercise outside or a tasting happy breathing exercise in the lunch hall. Feel free to use your imagination with this. There are a number of options and you are welcome to try which every you feel is right for the day of the mind workout. We encourage that you cover off at least 2 of the senses over the module though:

The exercises can be found on the myHappyMind learning portal.

## Key resources;

myHappymind journals which include;

- The happy breathing exercises to be found in the appendix
- Plenty of space for reflection via words or pictures
- Gratitude wheel
- Gratitude tree so that the children can capture things they are grateful for each day.

## Specific notes for each Mind Workout (MWO):

### MWO 1

There is a happy breathing exercise in this MWO so please select which script you would like to use in advance. The children will need their journals for this MWO. Have the Gratitude tree poster ready for this MWO.

### MWO 2

There is a happy breathing exercise in this MWO so please select which script you would like to use in advance. The children will need their journals for this MWO. You will need the gratitude wheel!

### MWO 3

There is a happy breathing exercise in this MWO so please select which script you would like to use in advance. The children will need their journals for this MWO. You will need the gratitude wheel!

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*"A moment of gratitude,  
makes a difference to your  
attitude..."*

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