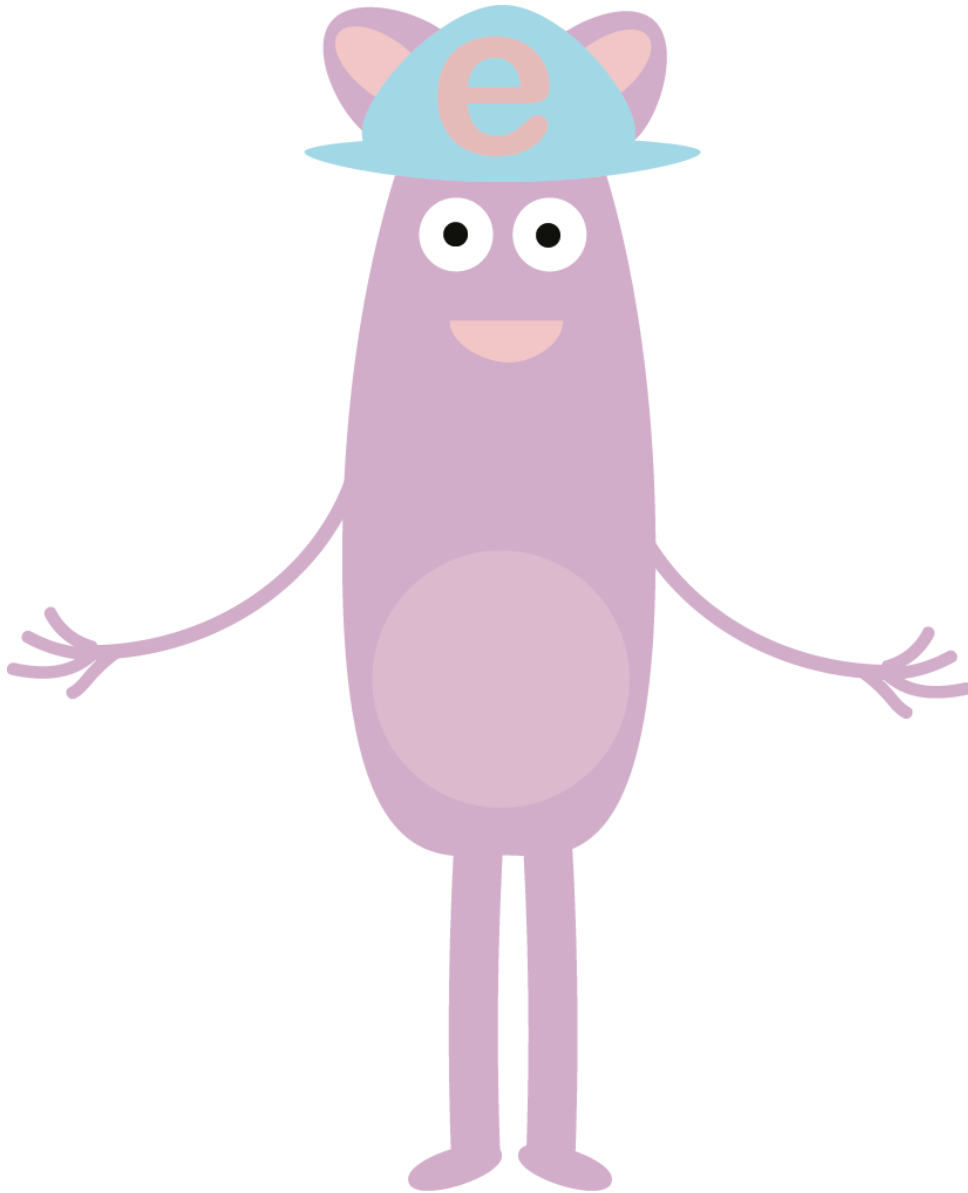




Teach Your Class: Engage

Year 3

# Engage



The Engage module brings everything together you have learnt.

## Engage - Module overview

This module focusses on bringing together everything the children have learnt throughout the myHappyMind curriculum.

It has a particular focus on using the knowledge and skills they have acquired to help them to engage in the world through goal setting.

Integral to this is focussing on the character strength of perseverance which links closely to resilience.

At the end of this module there is an opportunity to recap on everything they have learnt through their journey and as such the module contains a lot of self reflection.

## Extension activities and top tips

This module presents plenty of opportunities to link to the broader school curriculum. Goal setting and perseverance in particular can be used across all elements of life both at school and at home.

The goal setting work has a particularly powerful impact if children are able to relate it to real examples. There will be lots of practical and recent examples for you to draw on and we really encourage this.

In this module, as the children review their learning across the myHappyMind curriculum, they are encouraged to do a lot of self reflection on what they have learnt. This is a great opportunity for you to link to your observations of the children and how they have developed and share this with them either in a 1:1 or group setting.

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

There is a wonderful opportunity for a whole class display at the end of this module. By displaying all of the children's myHappyMind journey sheets you can see a powerful visual display of their learning journey. This can be particularly nice for parent meetings and/or open days.

### **Happy breathing:**

As in the previous module, the happy breathing exercises are provided in script form so that you, or a member of your team can deliver them. The exercises can be found on the myHappyMind learning portal.

## Key resources;

- The happy breathing exercises to be found on the myHappyMind learning portal
- Plenty of space for reflection via words or pictures in the myHappyMind journals.
- Goal setting sheets within the myHappyMind journals
- myHappyMind journey sheets

## 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. This MWO includes a recap on the rest of the myHappyMind program, we suggest you prepare some useful prompts for this in advance.

### 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 in particular they will be focusing on setting some personal goals and so you may wish to prepare some specific focus areas to help them choose a goal.

### 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. This MWO focusses a lot around perseverance, some real examples of seeing this in action would be advisable.

## MWO 4

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. This MWO contains a lot of self reflection as it focuses on reviewing their learning journey. You may choose to add in some additional steps here to review. You will need the printed myHappyMind journey sheets for this activity.

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*"Set a goal that makes you  
want to jump out of bed in the  
morning"*

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