

My Happy Mind - Meet Your Brain

Things I already know: I know that our brain has 3 main parts, and it works best when they work together. I know we can use Happy Breathing to help all the parts of our brain work together

Key Facts

Know the definition of neuroplasticity: Our brain helps us to make good decisions and remember what we have learnt. If we want to improve at something, we need to practise repeatedly, and our brain helps us get better each time.

Key Vocabulary

Hippocampus,
Amygdala,
Prefrontal Cortex,
Neuroplasticity,
'Fight, Flight Freeze'

FRUITS

Intellect – Our brains are amazing and by practicing we can learn to remember lots of facts and learn new skills.

Theological Links

God created us with the ability to learn new things.
'I am fearfully and wonderfully made.' (Psalm 139)



My Happy Places

Things I already know:

I know where my happy places are.
I can name some emotions.

Key Facts

Recognise and name different feelings.

Key Vocabulary

facial expressions,
body,
heart,
strategies

FRUITS

Relationships – We can share happy times together when we feel happy or look after each other when we feel upset.

Theological Links

Be happy with those who are happy, weep with those who weep. (Romans 12:15)



Working Independently: To know what to say if someone stops you learning.
To know what to do when stuck on work, before asking a grown up.

