

My Happy Mind - Meet Your Brain

Things I already to know: Know the definition of neuroplasticity: Our brain helps us to make good decisions and remember what we have learnt.

Key Facts

Know that the role of the Hippocampus, Amygdala and Prefrontal Cortex:

- the Hippocampus is like a scrapbook storing our memories and things that we learn
- The Amygdala is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by Fighting, Flighting or Freezing!
- the Prefrontal Cortex helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.

Key Vocabulary

Mind,
Focus,
Neuron,
Oxygen,
Real Danger,
Perceived Danger,
Trigger

FRUITS

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

Theological Links

God created us with amazing brains that help us remember things, stay safe and make good decisions.

'I am fearfully and wonderfully made.' (Psalm 139)



My Happy Places

Things I already to know: I can recognise and name different feelings.

Key Facts

Use a varied vocabulary to use when talking about feelings; about how to express feelings in different ways.

Key Vocabulary

physical health,
trusted adult,
support

FRUITS

Uniqueness – We can recognise that not everyone feels the same thing at the same time or the same about the same things.

Theological Links

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



Working Independently: To manage a range of distractions effectively, knowing what to say.

To organise your own learning by thinking about what you have to do, what is there to help you, what you will do if you get stuck.

