

My Happy Mind - Engage

Things I already know: I know we need to pay attention and put effort in to achieve goals.
I can set a personal goal by: setting the goal, describing key actions and identifying help needed.

Key Knowledge

Identify which of their strengths will be useful to achieve a specific goal.
Know how to recognise their concerns and define strategies to overcome them

Key Vocabulary

Cortisol,
Team Goals

FRUIT

Faith - We have many talents and can use happy breathing, or other techniques such as prayer, to help us keep calm and focus on our goals.

Theological Links

‘I can do all things through him who strengthens me.’
(Philippians 4:13)



Resilient Learning: To know that learning is often a slow and uncertain process and to have a range of strategies to develop stamina and resilience.

