



Autumn Term

Units – Meet Your Brain, myHappyMind Places, Friendship & Showing Respect (Bullying) and Celebrate

Key Learning	Key Vocabulary
<u>Meet Your Brain</u> We are learning what our brain looks like and how it helps us. We are learning that the brain has 3 parts. We are learning about how our brains help us. We are learning what Neuroplasticity is. We are learning how Team H-A-P help us be our best self. We are learning what happens when Team H-A -P is happy and sad. We are learning how you can help Team H-A -P. We are learning more about Happy Breathing and how it helps us. We are learning that our brain can react differently indifferent situations. We will be recapping and thinking about how we can use our new knowledge.	Brain, Cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing, Neuroplasticity, Big Emotions
<u>myHappyMind Places</u> How to notice and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly. That being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well. That someone’s feelings can affect how they behave; ways to manage strong feelings, reactions and responses. About things that can help people feel good (e.g. playing outside, being in nature, physical activity, doing things they enjoy, spending time with family and friends, getting enough sleep).Simple strategies to manage distraction, unhelpful thoughts and strong, unpleasant or uncomfortable feelings; that the brain can get better at remembering how to use these strategies. Who they can talk to if finding things difficult, or needing help with feelings (including adults in school) and how to ask for help.	Feelings, emotions, facial expressions, body, heart, strategies, Happy Place, Middle Place, Busy Place, Team H-A-P = Hippocampus, Amygdala, Prefrontal Cortex.
<u>Friendship & Showing Respect (Bullying)</u> We are learning about our families and how they can differ from others. We will be thinking about what they do to help us feel loved and cared for.	Close, extended, family, care, member, unsafe, worried, trusted, unique, special.
<u>Celebrate</u> What Character Strengths are and how they make us unique and special. That the best way to learn more about your strengths is to notice them. That our strengths are like superpowers, and when we use them, it helps us to be our best and feel happy. That it is nice to tell other people when they use their strengths, as it makes them feel good.	Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and Our World, Unique, Special, Strengths Spotting.