

# MEET YOUR BRAIN

## Parent Introduction

## WHAT THIS MODULE IS ALL ABOUT

**Maintaining positive mental health relies on children having an understanding of how to look after their brains. While as a society we spend a lot of time teaching our children how to look after our bodies through healthy eating, exercise and drinking lots of water, we are less focused on teaching them how to look after their minds.**

This module is focused on helping children to understand that just like with our bodies, sometimes our brains need a rest, especially when we are tired, worried or have been particularly busy.

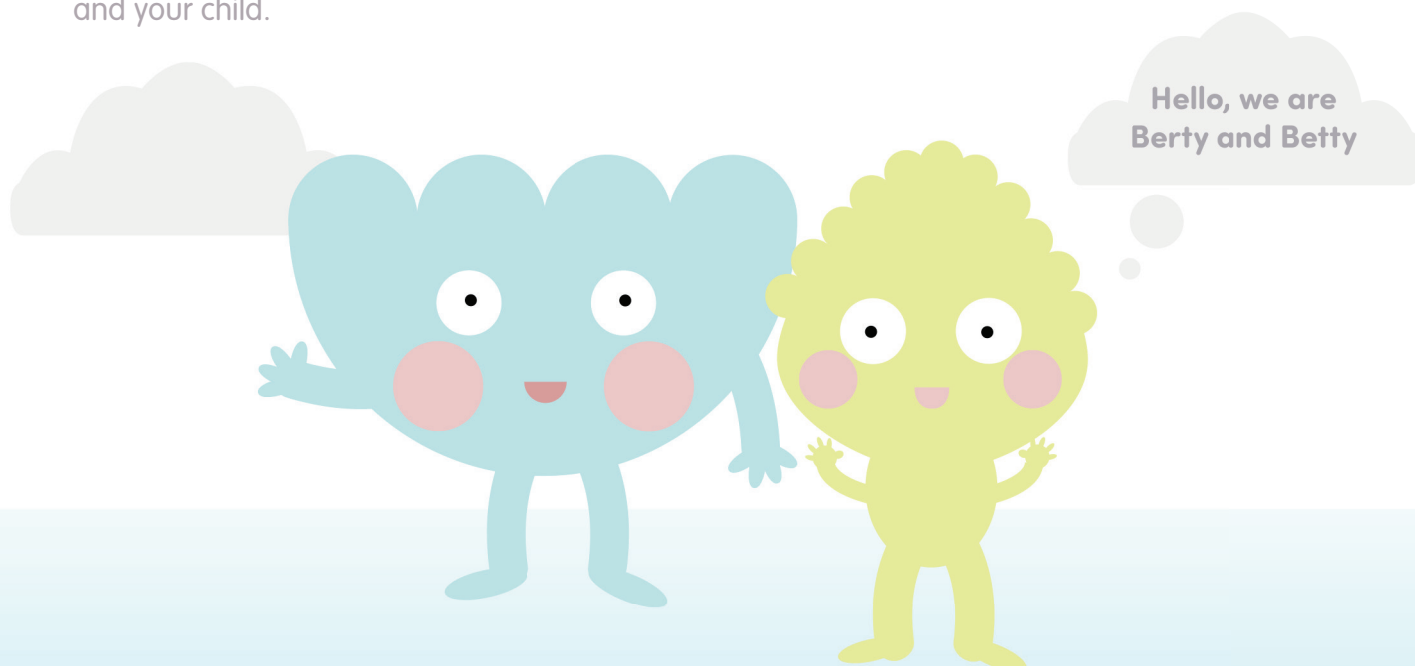
We do this by giving children strategies to manage their emotions and feel able to cope when they feel stressed or worried.

We give you some different activities to engage children in learning about how to rest their brains including happy breathing and a glitter jar that you can make together.

Another key theme of this module is helping children to understand that when they practice things over and over again they become easier.

This is a particularly important lesson for children who may struggle to get things the first time and who appear to give up easily. The story in this module focuses on this in particular and will help you to have this conversation with your child.

We hope that you find these activities useful and they provide a moment of calm both for you and your child.



## What we're giving you:

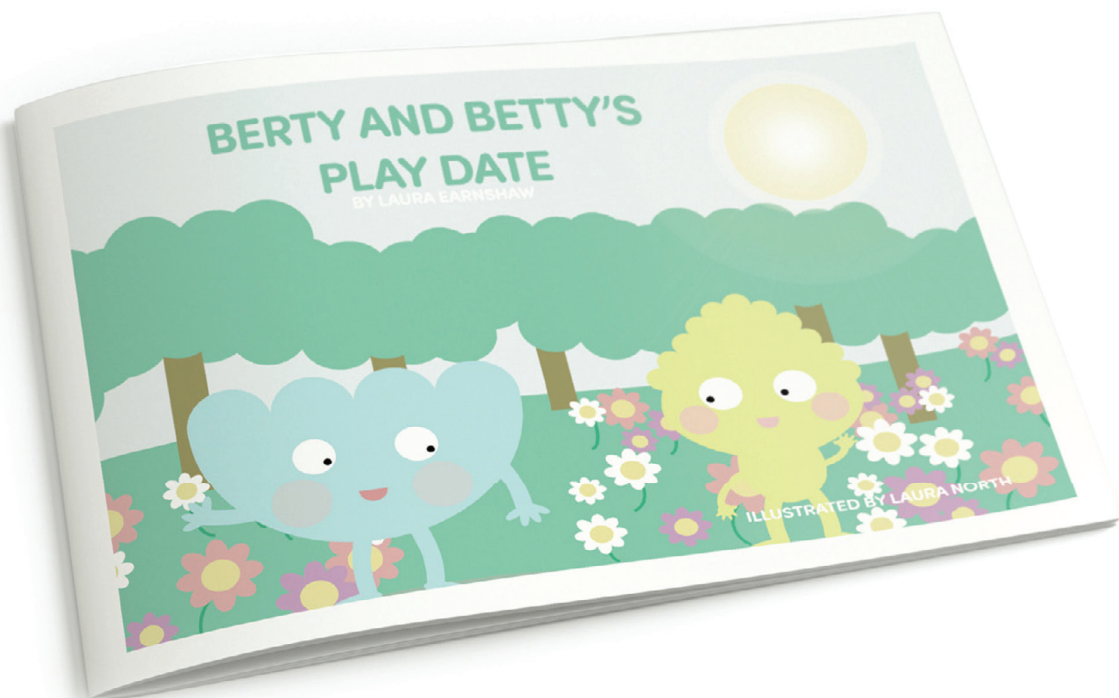
### 1. A Story

Each module starts with a story designed to introduce your child to the characters and the key concepts. These stories are available on the learning portal as an interactive video.

The story is about 5 minutes long and you can watch it as many times as you like.

Ideally, you will follow the story with a chat during which you bring the story to life with real examples from the day.

The activities that follow all link to the key concepts introduced in the story.



You can buy your very own set of all 5 myHappy mind printed storybooks at: [www.myhappymind.org/shop](http://www.myhappymind.org/shop)

## What we're giving you: 2. Learning Activities

After your child has heard the story we provide you with key activities to reinforce it and bring it to life. You can go over these activities again and again.

A detailed guide to each activity is provided in the learning activity guides and a brief summary is provided below.

We know that you will think of many more ways to bring the characters and learning points alive through work and play during the day.

### 1. Happy Breathing

A form of mindfulness, happy breathing is a technique used to help your child slow down their breathing and calm their brain. Two audio files are provided.

### 2. Glitter Jar

A simple tool to explain emotions and to soothe children when they're feeling worried or sad.

### 3. Brain Hat

To help your child to understand their incredible brains and to build an awareness that their brain is in their heads.

## What we're giving you: 3. Habits At Home

Habits At Home is a handy checklist that you can print off and stick on the fridge to remind you to practise every day!

We'd love to see photos of the activities in action! Why not share your pictures at:

