



# APPRECIATE

## Parent Introduction

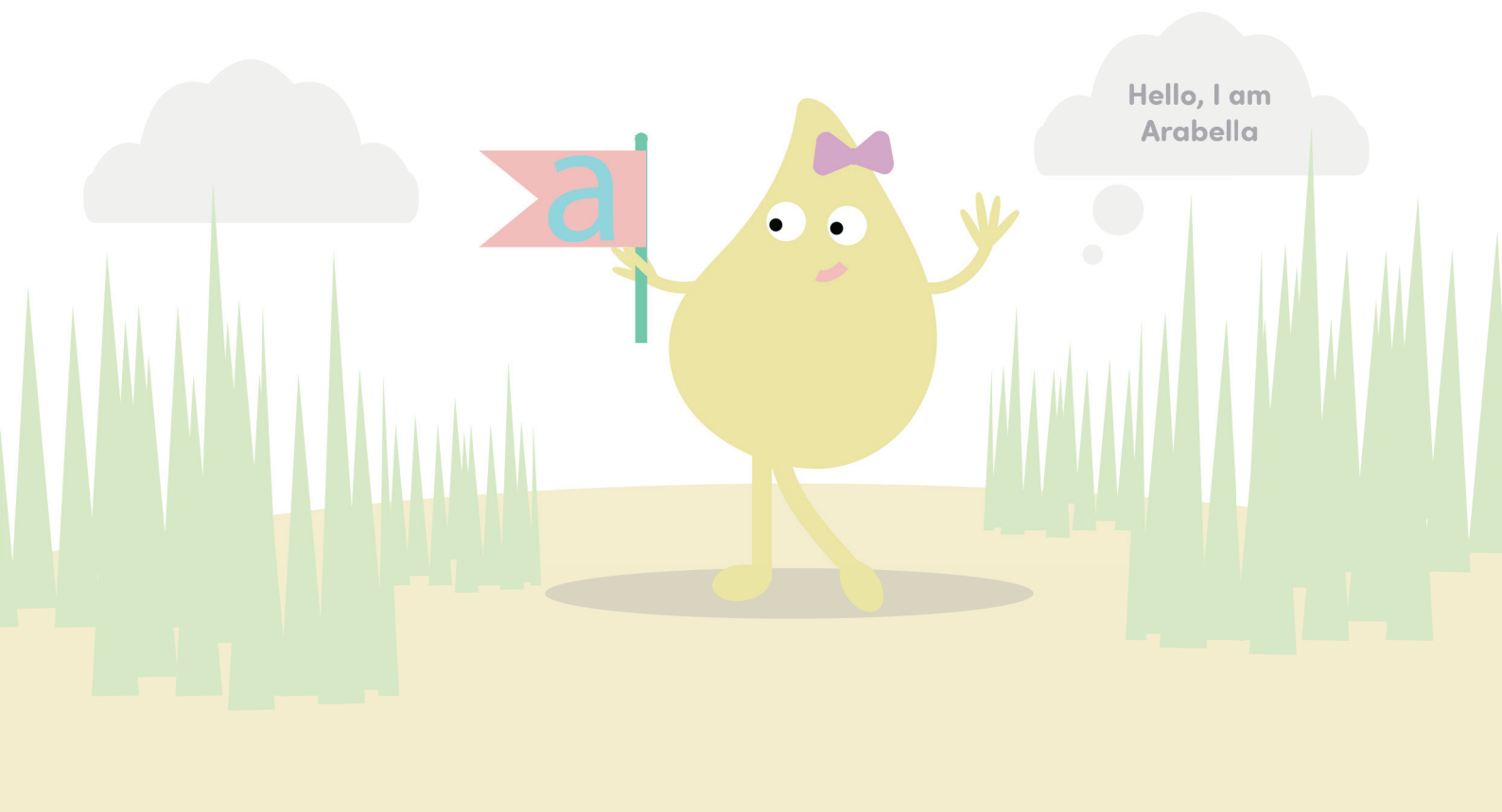
Key stage 2 • Years 3 - 6

## WHAT THIS MODULE IS ALL ABOUT

**There is so much research that exists telling us that gratitude is one of the most powerful ways to impact our mental wellbeing - it also has physical wellbeing effects too. Those of us who take time to be grateful each day tend to be happier, can better manage stress and become more resilient.**

In this section, we will be helping you to embed a gratitude culture in your home by thinking about and capturing things that you are grateful for each day. This small segment of your day may well become your favourite! Taking even just a few minutes each day to think about the things that have been good in your day can really lift your mood and that of your children.

You may be surprised at the things they are grateful for and the things that you become grateful for too! The main focus here is on noticing and expressing these things.



## What we're giving you:

### 1. Learning Activities

We have provided activities to reinforce the key points of the module. 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.

#### 1. Understanding Appreciation

Your child starts to think about gratitude, and what it might look like in action.

#### 2. Showing Appreciation

Your child is challenged to think about how gratitude could be shown to others.

#### 3. Dopamine Doodles

Your child learns about the Dopamine boost that we receive when we give or receive gratitude.

#### 4. The Wheel of Gratitude

A conversation-starter to make your child think about what they might be grateful for.

#### 5. Gratitude Jar

Taking thinking about gratitude to the next level - with a fun lucky dip activity.

#### 6. Gratitude Tree

You and your child record gratitude, and putting it on display where everyone can see it.

#### plus: Happy Breathing for Gratitude

In this module you'll also find two Happy Breathing mp3s for you to use anytime.

## What we're giving you:

### 2. 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!



Visit [www.myhappymind.org/shop](http://www.myhappymind.org/shop)  
to buy myHappy mind conversation cards,  
storybooks and our famous teddy sets!

