



# Appreciate

Year Group	Learning Objectives
Pre-school	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We will be learning how being grateful or thankful makes us feel</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We will explore different ways to show gratitude or to express our thanks</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We will learn the importance of taking time out to stop and be grateful or thankful</li> </ul>
Reception	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We are learning how to be grateful for other people</li> <li>- We are learning how being grateful makes you feel</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We are learning to be grateful for activities and times we feel happy about</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We are learning how to be grateful for ourselves</li> </ul>
Year 1	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We are learning what Appreciate means</li> <li>- We are learning ways to show appreciation</li> <li>- We are learning who we are grateful for</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We are learning how important woe gratitude is</li> <li>- We are learning how gratitude makes us feel</li> <li>- We are learning how to show appreciation to ourselves</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We are learning about Gratitude for Experiences</li> <li>- We are learning why gratitude makes us feel good</li> </ul>
Year 2	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We are learning what Gratitude means</li> <li>- We are learning how we can show gratitude</li> <li>- We are learning who we may be grateful for</li> </ul>

	<p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We are learning about the importance of showing gratitude to ourselves</li> <li>- We are learning how Gratitude helps Team H-A-P</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We are learning why it is important to be grateful for experiences</li> </ul>
Year 3	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We are learning what appreciation means</li> <li>- We are learning why gratitude is important</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We are learning how to develop an Attitude of Gratitude</li> <li>- We are learning how it feels to give and receive gratitude</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We are learning how to continue to think about Gratitude and build our habit</li> <li>- We are learning which hormone gets released when we give or receive Gratitude</li> </ul> <p>Lesson 4:</p> <ul style="list-style-type: none"> <li>- We are learning how to appreciate ourselves</li> <li>- We are learning about how we can use our Character Strengths to appreciate ourselves</li> </ul>
Year 4	<p>Lesson 1:</p> <ul style="list-style-type: none"> <li>- We are learning what appreciation means and the 3 categories of gratitude</li> <li>- We are learning why gratitude is important</li> <li>- We are learning how to create a habit of giving gratitude</li> </ul> <p>Lesson 2:</p> <ul style="list-style-type: none"> <li>- We are learning how to develop an Attitude of Gratitude</li> <li>- We are learning how it feels to give and receive gratitude</li> <li>- We are learning what the Gratitude Domino Effect is</li> </ul> <p>Lesson 3:</p> <ul style="list-style-type: none"> <li>- We are learning which hormone gets released when we give or receive gratitude</li> <li>- We are learning how to create a habit of giving gratitude</li> <li>- We are learning how gratitude can help us face problems</li> </ul> <p>Lesson 4:</p> <ul style="list-style-type: none"> <li>- We are learning how to appreciate ourselves</li> <li>- We are learning more about how our Character Strengths can help us to appreciate ourselves</li> </ul>



## Team H-A-P:

The children learn about three key parts of their brain: the Hippocampus, the Amygdala and Prefrontal Cortex. We call them Team H-A-P for short, and they each have a special role.

Hippocampus - is like a scrapbook storing our memories and things that we learn.

Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger. It can only react if it senses it by Fighting, Flighting or Freezing!

Prefrontal Cortex - helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.

### More Information about Team H-A-P:

The key concept here is that we can be at our best when Team H-A-P are working together. When we feel stressed or worried, Team H-A-P cannot work well together and our Amygdala will take over and cause us to react (without thinking) rather than respond (assessing our actions before we take them).

When we feel stressed, worried or sense danger, the Amygdala takes over and Team H-A-P doesn't work well together. This happens because the oxygen is drained from the Hippocampus and Prefrontal Cortex and floods to our extremities. This causes the Fight, Flight or Freeze response, which keeps us safe from danger.

The children learn that, when this happens, the best thing that they can do is something called Happy Breathing. This is slow, calm breathing and is scientifically proven to help calm the mind, especially the Amygdala.