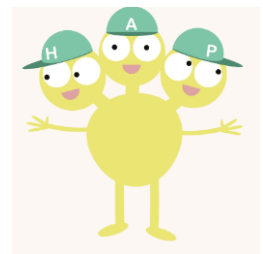


Meet Your Brain

Year Group	Learning Objectives
Pre-school	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We will learn which jobs the brain helps with <p>Lesson 2:</p> <ul style="list-style-type: none"> - We will learn what our brain looks like and the shape of the brain <p>Lesson 3:</p> <ul style="list-style-type: none"> - We will explore Happy Breathing to help calm our brains down
Reception	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We are learning what our brain looks like - We are learning what our brain helps us with <p>Lesson 2:</p> <ul style="list-style-type: none"> - We are learning about how to look after our brain <p>Lesson 3:</p> <ul style="list-style-type: none"> - We are learning how we can grow our brains
Year 1	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We are learning what our brain looks like and how it helps us - We are learning that the brain has three parts <p>Lesson 2:</p> <ul style="list-style-type: none"> - 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 <p>Lesson 3:</p> <ul style="list-style-type: none"> - 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 <p>Lesson 4:</p> <ul style="list-style-type: none"> - We are learning more about Happy Breathing and how it helps us - We are learning that our brain can react differently in different situations

	<p>Lesson 5:</p> <ul style="list-style-type: none"> - We will be recapping and thinking about how we can use our new knowledge
Year 2	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We are learning about what our brain looks like and how it helps us - We are learning that the brain has 3 parts <p>Lesson 2:</p> <ul style="list-style-type: none"> - We are learning how our brains grow - We are learning what Neuroplasticity is - We are learning how Team H-A-P helps us be our best self <p>Lesson 3:</p> <ul style="list-style-type: none"> - We are learning which emotions might impact Team H-A-P - We are learning how you can help team H-A-P <p>Lesson 4:</p> <ul style="list-style-type: none"> - We are learning about how Happy Breathing helps us - We are learning that our brain reacts differently in different situations - We are learning how Neuroplasticity can help Happy Breathing <p>Lesson 5:</p> <ul style="list-style-type: none"> - We will be recapping and thinking about how we can use our new knowledge
Year 3	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We are learning how our brain and mind work together - We are learning what Neuroplasticity is <p>Lesson 2:</p> <ul style="list-style-type: none"> - We are learning more about the Team in our brain, Team H-A-P - We are learning about the role of the Amygdala <p>Lesson 3:</p> <ul style="list-style-type: none"> - We are learning to train your brain - We are learning why the Amygdala behaves the way it does <p>Lesson 4:</p> <ul style="list-style-type: none"> - We are learning how the brain is structured - We are learning what Neurons and Neural Pathways are <p>Lesson 5:</p> <ul style="list-style-type: none"> - We are learning how to look after our brains - We are learning that Happy Breathing is a key way to look after our brains
Year 4	<p>Lesson 1:</p> <ul style="list-style-type: none"> - We are learning how you can train your mind - We are learning how your brain can grow - We are learning about the different parts of our brains

	<p>Lesson 2:</p> <ul style="list-style-type: none"> - We are learning more about how Team H-A-P works - We are learning what is real and perceived danger - We are learning what triggers our Amygdala <p>Lesson 3:</p> <ul style="list-style-type: none"> - We are learning how to calm your Amygdala <p>Lesson 4:</p> <ul style="list-style-type: none"> - We are learning what Neurons and Neural Pathways are - We are learning how to form habits <p>Lesson 5:</p> <ul style="list-style-type: none"> - We are learning how to look after our rains - We are continuing to develop our Happy Breathing Habit
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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.