EYFS

Autumn 1

Manor Leas Infant School Knowledge Organiser

Personal, Social and Health Education

My Happy Mind: Meet Your Brain

Star Words	Definition
The Brain	An organ in our head that controls most of what we do.
Team H-A-P	The three main parts of the brain, which work best when they work together.
Happy Breathing	Ways of breathing which help our entire body to relax.
Big Emotions	Big feelings we may have.

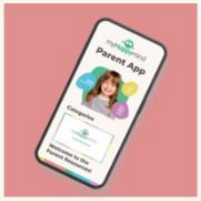
How you could help at home:

Log onto the parent app for more information about the Meet Your Brain module and how you can support your child at home.

There are lots of activites you can do together including Happy Breathing and making a Glitter Jar, listening to the story and song, plus much more.

myHappymind for Parents

Exclusively for parents with children at a myHappymind School or Nursery.



Educate yourself

Learn all about what your children are learning in school

myHappymind Parent App

To access the materials just go to **https://myhappymind.org/parent-resources** and enter your name, email and authentication code.

(Please contact your school for your authentication code.)

Sticky Knowledge

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:

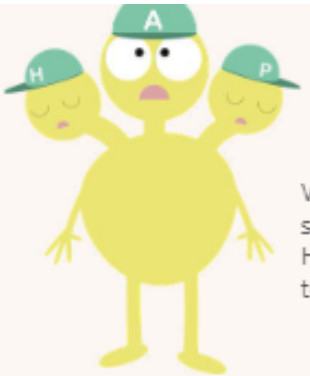
Hippocampus - is like a scrapbook storing our memories and things that we learn.

Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though; 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.



When we are feeling happy, safe and calm, Team H-A-P are working well together.



When we are feeling sad, stressed or worried, Team H-A-P are not working well together.

Happy Breathing helps calm the mind!

FINGER BREATHING

