

## **Happier Heads**

Sessions  
Overview

### Session 1: Our amazing brain

Learning opportunities include:

- How the brain works
- How pupils can train their minds
- Exploring parts of the brain

### Sessions 2 and 3: Finding a safe place, everyday

Learning opportunities include:

- Learning how to steady ourselves
- Beginning to learn and recognise how to remain calm and objective
- Different body states
- Moods

### Session 4: Working with challenging times

Learning opportunities include:

- Being reactive
- Nurturing attitudes of kindness, curiosity and acceptance
- Fight or flight

### Session 5: The storytelling mind

Learning opportunities include:

- What thoughts are
- The link between body, emotion and actions
- Habits of mind

### Session 6: Growing Happiness

Learning opportunities include:

- Exploring a way in which we can nurture happiness
- Making choices and happy states
- Kindness to ourselves and others
- Gratitude