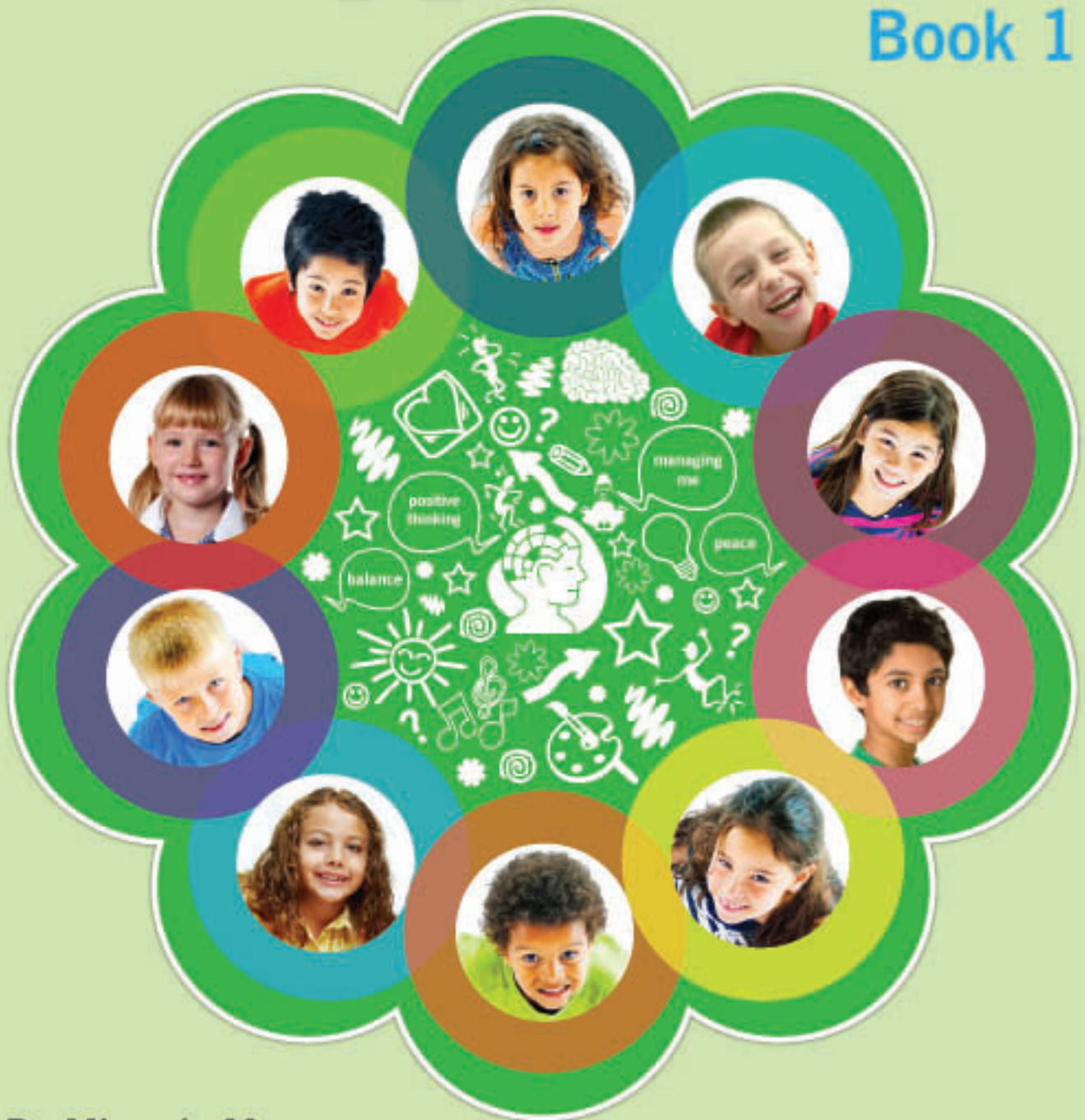


# Healthy Mind- Happy Me

Book 1



By Miranda Mason

# Teachers' Notes

We all want the best for our young people. We want them to make the most of their opportunities. To help them on their journeys into adulthood, they need a variety of different skills. This resource is written to support students develop personal and social capabilities. These capabilities will enhance their interactions with others and their own connections to learning. Students can use the skills that they learn from the activities in this resource to help them overcome challenges and develop creative solutions to social problems they might face.

*Healthy Mind - Happy Me* is written for students in Years F-2. It is a flexible resource and you can choose to follow the sections chronologically or use the topic pages in no particular order.

As well as the student activities in this book you will find:

- **Quirky Quotes** – use these as discussion starters with the class. Ask children to explain what they mean, illustrate them or even act them out. Write one on the board daily to function as a thought of the day.
- **Boosters** – fast activities that boost positivity and help consolidate skills discussed.

The four sections in this book focus on the four key ideas of Personal and Social Capability:

## **Self awareness**

In this section, students will develop an understanding of their own emotions and needs. They will begin to recognise their strengths and what influences their emotions. This helps children to know themselves as learners. Helping students to reflect on their learning and identify what has impacted their success or failure is a vital life skill.

## **Self management**

This section encourages students to develop strategies to regulate their emotions. It helps students to seek solutions to challenges that arise. Learning how to develop organisational skills and strategies to handle different situations is developed in this part of the book.

## **Social awareness**

The activities in this section will help students to learn how to recognise others' feelings and how to show respect for individual perspectives and emotions in a positive manner. Learning how relationships are impacted by showing initiative and taking responsibility is important.

## **Social management**

The focus in this section of the book is being able to interact respectfully with a range of people. Learning how to negotiate, cooperate and make decisions in a positive way are the skills covered.

## Section 1: Self Awareness

**At this stage of child development, students are growing in awareness about their own emotions, their needs and their own perspectives. They are learning about their strengths, weaknesses and how to manage success and failure. They are finding out how to spot personal qualities, recognising emotions, what it means to be a learner and how to reflect on their actions.**

### Super Hero Strengths - Page 13

#### SUGGESTED BOOSTERS

- My fast five – Using the fingers on one hand, ask students to name 5 talents or skills that they have (these don't have to be things like 'playing soccer'. They might be daily skills like 'great at tidying up' or 'great at spotting insects').

### Not My Favourite...Yet - Page 14

#### POSSIBLE IDEAS

- Learning how to tie my shoelaces
- Putting on sunscreen
- Writing a story
- Riding a bike

#### HOW I CAN WORK ON IT

- Practise with family or friends
- Take a deep breath and try again
- Try doing it in a different way
- Imagine being able to do it

### Wants And Needs - Page 15

In this materialistic world it is important to keep children grounded. Research shows that by giving excessive materials to children feeds greed. Reminding themselves of needs and wants and being able to tell the difference is an important skill.

#### ANSWERS

Needs: water / food / shelter / sunshine

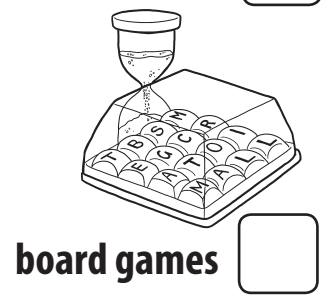
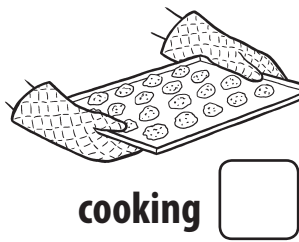
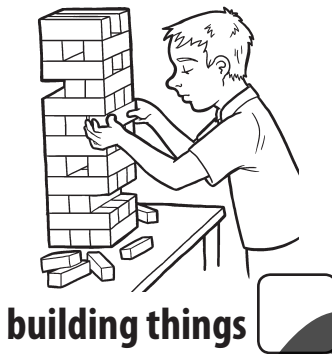
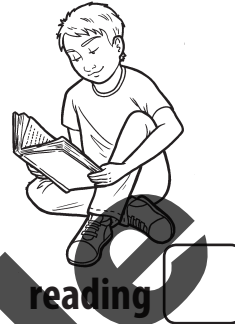
### Emotions - Label Them - Page 16

Studies show that labelling emotions is the first step to self-regulation. If children cannot identify their emotions it is almost impossible for them to manage their feelings. *Emotion coaching* is a term given to the process of labelling emotions for children. Playing Heart to Heart will help to personalise the emotions and therefore better recognise them.

# Super Hero Strengths

Everyone has different strengths. They are part of what makes us who we are. Talents do not have to be big and showy. Being able to speak another language, being helpful or making a great breakfast are just as important as being able to play a sport or singing well.

What are your super hero strengths? Look at the pictures below. Tick and colour your strengths. Add some more on the back of this sheet.





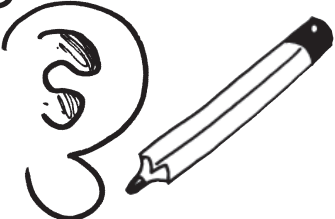
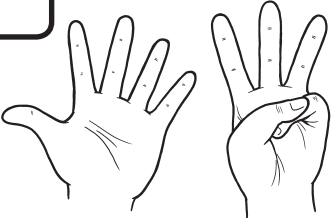


*"Today you are you, that is truer than true.  
There is no one alive who is Youer than you." Dr. Seuss*



# My Learning Style

Because we are all individuals we learn best in different ways.

Think about the maths activities that you do in class. Use numbers to show the ways that you prefer to learn, with 1 being your number one preference.

<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>visual</b> using pictures</p>	<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>aural</b> listening (e.g. to music or instructions)</p>	<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>verbal</b> discussing and explaining</p>
<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>physical</b> using your body and hands</p>	<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>social</b> working in a group</p>	<input style="width: 40px; height: 40px; margin-bottom: 10px;" type="checkbox"/>  <p><b>solitary</b> working individually</p>


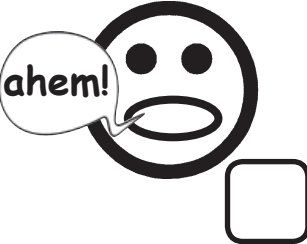
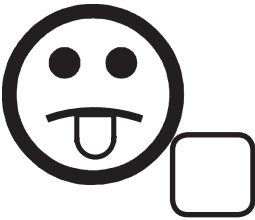
Now try it out! Your teacher has put out an activity in several different learning styles. Have a go and record your observations in the table.

Learning style	What I liked...	What I disliked...
visual		
physical		
social		
verbal		
solitary		

# Crazy Communication

Communicating well is an important life skill so you can understand others and have your ideas heard. It takes time to master so just keep working on it!

Tick and colour. When we talk to others we should:

<p>look them in the eye</p> 	<p>use a clear voice</p> 	<p>stare at our feet</p> 	<p>change the subject suddenly</p> 
<p>listen to their ideas before replying</p> 	<p>think about what you need to say beforehand</p> 	<p>get angry when you don't agree</p> 	<p>interrupt</p> 

Have a look at the pictures below. Match the pictures with suitable responses.

1. Let's do it together.
2. Fantastic race! Well done.
3. I will get you a tissue.

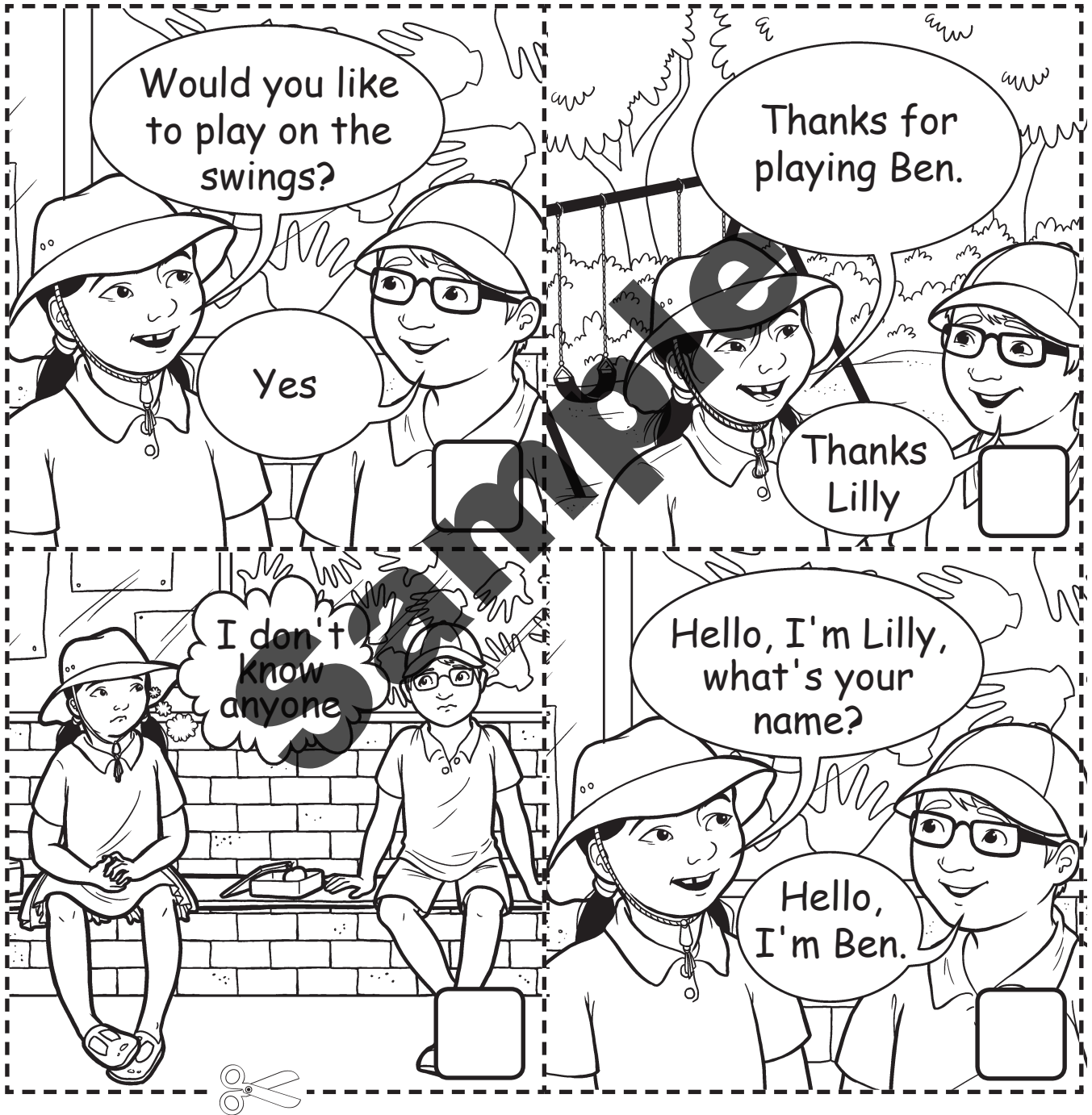
		
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Chinese Whispers is a communication game. Play it in a group. What did you notice? On the back of this sheet write or draw three observations.

# Meeting Someone New

There are over 7 billion people in the world. That's a lot of possible new friends out there.

- Cut out the pictures below and paste in the correct order to tell the story of a new friendship.



## Booster!

Tell the class about a time when you made a new friend. How did you do it?

# Magic Manners




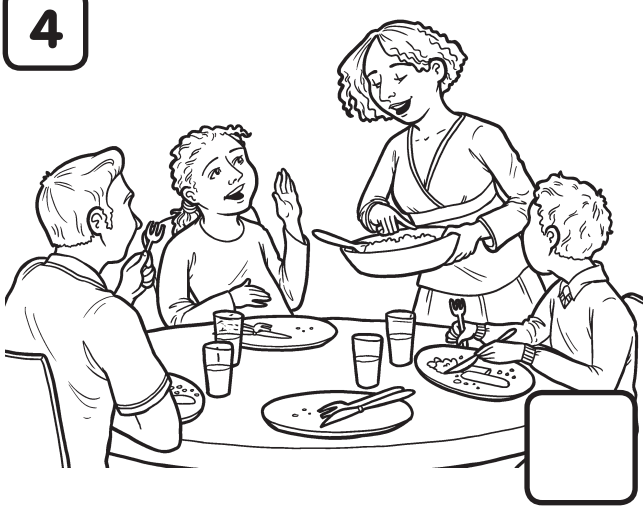
Being polite helps us to have great relationships with others. Match the words to the situations.

a. Oh no! So sorry for bumping into you.

b. No thank you, I am full.

c. Please can you pass me the glue?

d. They look heavy. Let me help you.

<p>1</p> 	<p>2</p> 
<p>3</p> 	<p>4</p> 

In pairs discuss some more situations when you could use your magic manners.

**Design a badge!**

On the back of this sheet, design a badge that celebrates using magic manners.