



CELEBRATE

Parent Introduction

WHAT THIS MODULE IS ALL ABOUT

Did you know that the number one thing that builds a child's (and adult's!) self-esteem is rewarding them for their character strengths: the things that make them special or unique (e.g. humour or bravery). Constantly praising them for their achievements, such as writing or reading, does not have the same effect.

So this module is totally focused on helping you to introduce this language of character strengths into the everyday.

When we start to notice our children's character strengths we start to see them feeling better about who they are and this builds their self-esteem, or how they feel about themselves.

The activities we're providing you with will help them (and you) to start noticing and talking about character strengths much more often. We hope that this becomes part of your regular conversation with your children and helps them see just how wonderful they are.



What we're giving you:

1. A Story

Each module starts with a story designed to introduce the children to the characters and the key concepts. These stories are available on the learning portal as an interactive video.

The story is about 5 minutes long and you can watch it as many times as you like.

Ideally, you will follow the story with a chat during which you bring the story to life with real examples from the day.

The activities that follow all link to the key concepts introduced in the story.



You can buy your very own set of all 5 myHappy mind printed storybooks at: www.myhappymind.org/shop - plus conversation cards and our famous teddy sets!



What we're giving you: 2. Learning Activities

After the children have heard the story we provide you with key activities to reinforce it and bring it to life. You can go over these activities again and again.

A detailed guide to each activity is provided in the lesson guides and a brief summary is provided below.

We know that you will think of many more ways to bring the characters and learning points alive through work and play during the day.

1. We're Going On A Strengths Hunt!

An activity designed to help children see character strengths playing out in the real world.

2. Spotting Strengths In Stories

To further embed the children's understanding of character strengths.

What we're giving you: 3. Habits At Home

Habits At Home is a handy checklist that you can print off and stick on the fridge to remind you to practise every day!

We'd love to see photos of the activities in action! Why not share your pictures at:



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