

## Meet Your Brain

This Module helps children to understand how their brain works and how to look after it when they are feeling sad, scared or worried. They will learn all about Neuroplasticity.



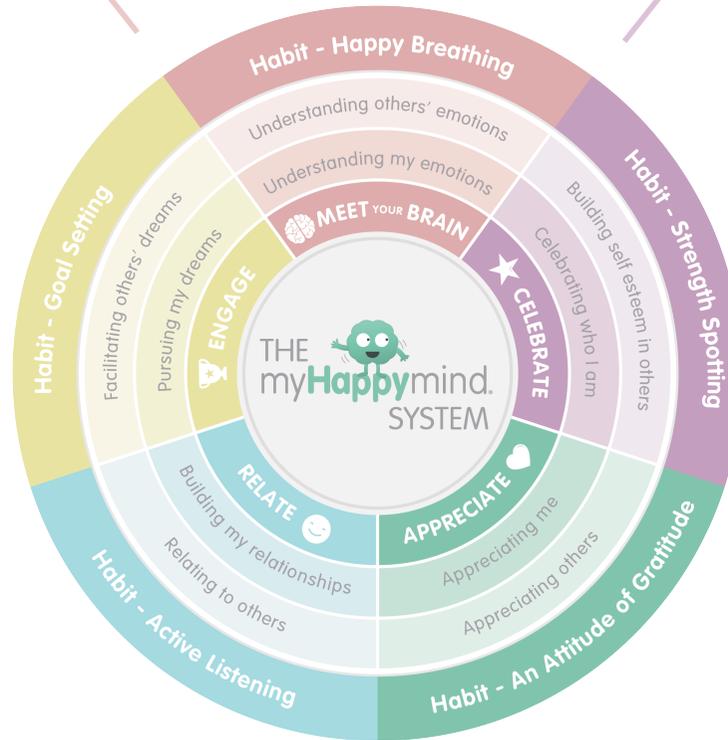
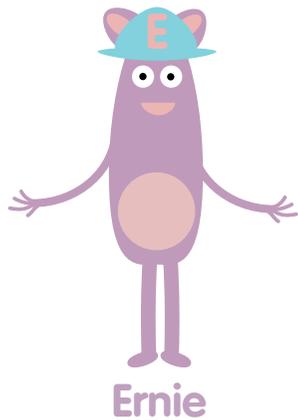
## Celebrate

This Module is all focussed on building children's self-esteem. Children will learn about 5 Character Strengths that make them unique and special and will spot these in themselves and others.



## Engage

This Module is all focused on children setting Big Dream Goals. They will learn the 3 steps of how to set a goal and how this will support their happiness and achievements. This module builds the skills of perseverance.



## Relate

This Module supports children with friendships and teaches them how to be a good friend. They will learn the key skills of Active Listening and how to see things from a different perspective.



## Appreciate

This Module is all about children showing gratitude and how this can make us feel amazing!

