Learning Journey

Consent	Isolation and Loneliness	My Happy Mind- Appreciate	My Happy Mind- Appreciate	My Happy Mind- Appreciate	My Happy Mind- Appreciate
To learn about giving and asking for permission (consent).	To understand that isolation and loneliness can affect children and how to seek support.	To understanding what appreciation means and what gratitude is.	To understand what happens when we give and receive gratitude.	To understand which hormone gets released when we give or receive gratitude.	To understand how to appreciate ourselves.

Spring 1 – Belonging to a Community and Appreciation