My Happy Mind Vocabulary

	Meet Your Brain	Celebrate	Appreciate	Relate	Engage
EYFS	Brain, Cells, Team H-A-P, Hippocampus, Amygdala, prefrontal cortex, Happy Breathing, Neuroplasticity, Big Emotions	Character, Strengths, Love and Kindness, Bravery, Honesty, Exploring and Learning, Teamwork, Friendship, Love of Learning, Unique, Special, Strength Spotting	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourself, Others, Experiences, Team H-A-P	Character Strengths, Relate, Get along, People, Active Listening, 'Stop, Understand, Consider'	Engage, activity, goal, feel good, do good, believe, achieve, Happy Breathing, habits
Year 1	Brain, cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing , Neuroplasticity, Big Emotions	Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and our World, Unique, Special, Strength Spotting.	Appreciate, Grateful, Thankful, Gratitude Wheel, Ourself, Others, Experiences, Team H-A-P, Attitude of Gratitude, Neuroplasticity	Character Strengths, Relate, Get along, People, Active Listening, Stop, Understand, Consider	Engage, Activity, Goal, Goal Setting, Feel good, Do good, Believe to Achieve, Happy Breathing, Team H-A-P, Habits.
Year 2	Brain, cells, Team H-A-P, Hippocampus, Amygdala, Prefrontal Cortex, Happy Breathing, Neuroplasticity, grow, Fight, Flight, Freeze	Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork and Friendship, Love of Life and our World, unique, special, Strength Spotting, Neuroplasticity, Grow	Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourself, Others, Experiences, Team H-A-P, Happy Breathing	Character Strengths, Relate, Get Along, People, Active Listening, Team H-A -P,Happy Breathing, 'Stop, Understand, Consider', Friendships, Relationships, Differences	Engage, Activity, Goal, Perseverance, Goal Setting, Feel Good, Do Good, Believe to Achieve, Happy Breathing, habits
Year 3	Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway,	Character Strengths, genetics, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork, and Friendship, Love of Life	Appreciate, Grateful, thankful, Wheel of Gratitude, ourself, others, experiences, Team H-A -P, Happy Breathing,	Character Strengths, Relate, Get Along, People, Active Listening, Team H-A -P, Happy Breathing, 'Stop, Understand, Consider',	Engage, activity, goal, feel good, do good, Believe to Achieve, Happy Breathing, habits, perseverance, resilience, Big Dream Goals

	Happy Breathing, Fight, Flight, Freeze, Oxygen	and our World, Unique, Special, Strength Spotting, Neuroplasticity, Team H-A-P	Dopamine, Attitude of Gratitude, Neuroplasticity	Friendships, Relationships,	
Year 4	Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, Fight, Flight, Freeze, Oxygen, real danger, perceived danger, trigger	Character Strengths, Love and Kindness, Bravery and Honesty, Exploring and Learning, Teamwork, and Friendship, Love of Life and our World, Unique, Special, Strength Spotting, Neuroplasticity, Team H-A -P, Dopamine, Habits, Neural Pathways	Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourself, Others, Experiences, Team H-A-P,	Character Strengths, Relate, Get along, People, Active Listening, Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives	Engage, Activity, Goal, Perseverance, Feel Good, Do Good, Believe to Achieve, Happy Breathing, habits, resilience, Dopamine
Year 5	Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, Fight, Flight, Freeze, Oxygen , real danger, perceived danger, trigger, Cortisol	Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues, Strength Spotting, Top Strengths, Neuroplasticity, Team H-A -P, Dopamine, Habits, Neural Pathways, Cortisol	Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourself, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity, Habit, Domino Effect	Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives, Team H-A -P, Dopamine	Engage, Activity, goal, Perseverance, Feel good, do good, Believe to Achieve, Happy Breathing, Habits, Perseverance, Resilience, Dopamine, Cortisol, Team Goals.
Year 6	Brain, Cells, Hippocampus, Amygdala, Prefrontal Cortex, Mind, Focus, Neuroplasticity, Neuron, Neural Pathway, Happy Breathing, Fight, Flight, Freeze, Oxygen, real danger, perceived danger, trigger	Wisdom, Courage, Humanity, Justice, Temperance, Transcendence, Virtues , Strength Spotting, Top Strengths, Neuroplasticity, Team H-A-P, Dopamine, Habits, Neural Pathways, Cortisol	Appreciate, Grateful, Thankful, Wheel of Gratitude, Ourself, Others, Experiences, Team H-A-P, Happy Breathing, Dopamine, Attitude of Gratitude, Neuroplasticity, Habit, Domino Effect	Character Strengths, Relate, Get along, People, Active Listening, 'Stop Understand and Consider', Friendships, Relationships, Differences, Perspectives, Team H-A-P, Dopamine	Engage, Activity, goal, Perseverance, Feel good, do good, Believe to Achieve, Happy Breathing, Habits, Perseverance, Resilience, Dopamine, Cortisol, Team Goals.