**The Inner SNACK for Children (age 8-11)**

**Teacher Notes**

**Module 1- Befriend your Brain**

**Lesson 1**

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| 00.59 | **Patterns Inside** – The way we learn by creating brain patterns.  Learning Intention  - The strength of brain patterns. I understand this is how my brain knows what to do in different situations.  Success Criteria  - I can describe what is meant by brain patterns.  - I can describe how to strengthen brain patterns.  - I can share my own experience of a helpful brain pattern. |
| 03.45 | **Changing Your Habits** – We can learn how to change patterns – our patterns are flexible!  Learning Intention  - I am learning I can update old patterns and create new ones!  Success Criteria  - I can describe what is meant by the brain having neuroplasticity. |
| 05.20 | **Power-ful Thinking** – Science tells us that thought is simply energy! It’s not necessarily true, or good for us.  Learning Intention  - I am learning that thought is energy. Just because I have thought something does not mean it is true or helpful.  Success Criteria  - I can describe an example of a time when I have had a thought with a  matching feeling and then recognised that the thought wasn’t true. |

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| 07.05 | **Your Binocular Brain** – A basic ‘brain rule’ makes anything we focus on get bigger.  Learning Intention  - If I focus on a thought, it gets bigger, as do the feelings that go along with it - just like looking through binoculars makes things get bigger.  Success Criteria  - I can describe a positive thought and the related feelings that get bigger  when I think about it - such as getting a puppy, my birthday, or an  upcoming sleepover.  - I can write down a thought that is bothering me onto a piece of paper, using the tiniest writing possible - and then put the paper as far away as possible. I can say how I feel about that now. |

**Lesson 2**

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| 00.00 | **The Organ That Tries So Hard** – Our brains are ‘problem-solving organs’. They will focus on anything we allow them to focus on.  Learning Intention  - I am learning that my brain will naturally focus on thoughts if I let it - even if those thoughts are unhelpful.  Success Criteria  - I can describe a time when I let my brain focus on a thought which was unhelpful. |
| 01.32 | **Explosions Inside** - Emotional Hijacking - the more upset we become, the less able we are to think well.  Learning Intention  - The more upset I become, the harder it is to think. This is called emotional hijacking.  Success Criteria  - I can describe a time that I have experienced emotional hijacking. |
| 03.45 | **The Inner Barometer** – A way of learning how to notice clearly what your emotions are doing.  Learning Intention  - I am learning that we all have an internal emotional scale.  Success Criteria  - I can describe some of my own emotional experiences using my emotional scale. |
| 05.30 | **Video – Calm and Control –** Diagrams to show an ‘emotional scale’ and Emotional Hijacking. Also, descriptions of the important parts of the brain for looking after mental wellbeing, and demonstration of calming techniques to help you feel better and gain control. |
| O7.23 | **Brain Patterns** - Reinforcing learning using a diagram.  Learning Intention  - I am learning that the thoughts and behaviours I repeat become patterns in my brain and these become my habits.  Success Criteria  - I can make suggestions of a pattern I would like to change and what I can do to change it. |
| 10.50 | **The Emotionl Scale -**  Reinforcing learning using a diagram.  Learning Intention  - I am learning about my emotional scale, including the fight or flee response.  Success Criteria  - I can describe my emotions changing using an emotional scale. |

**Lesson 3**

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| 00.00 | **Emotional Hijacking** - Reinforcing learning using a diagram.  Learning Intention  - I am learning about what happens in my brain if I get really upset.  Success Criteria  - I can describe what is meant by the fight or flee response.  - I know that if I can calm my brain down I won’t get emotionally hijacked. |
| 04.44 | **3 Ways to calm down**  5:9 Breathing  Learning Intention  - I am learning methods to calm down.  Success Criteria  - I can demonstrate 5:9 breathing. |
| 06.51 | **Sole Resting**  Learning Intention  - I am learning methods to calm down.  Success Criteria  - I can demonstrate Sole Resting. |
| 08.43 | **Peripheral Vision**  Learning Intention  - I am learning methods to calm down.  Success Criteria  - I can demonstrate Peripheral Vision. |

**Lesson 4**

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| 01.40 | **Story : The Frog Who Wouldn’t Give up**  Learning Intention  - Keep on trying!  Success Criteria  - I can find the meaning in the story The Frog Who Wouldn’t Give up. |

**Module 2- Crucial Keys to Inner Care**

**Lesson 1**

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| 00.49 | **Becoming Your Own Best Friend** - Reinforcing learning … you really can become good at nurturing yourself!  Learning Intention  - I am learning how to become a really good supportive friend to myself.  Success Criteria  - I understand that the thoughts I say about myself really matter. |
| 02.30 | **Who’s In Charge In There** – Your Observing Self – a bit like your control centre ... the key to creating change.  Learning Intention  - I am recognising that I am in charge in my brain.  Success Criteria  - I understand that I can choose what I think about. |
| 05.48 | **2 Thought Jobs** – Choosing positive, helpful thoughts instead of ones that aren’t good for you.  Learning Intention  - I am learning to substitute a helpful thought instead of focusing on an unhelpful one.  Success Criteria  - When an uncomfortable thought pops up in my brain that is unhelpful, I can notice it. Then I can choose to not give it attention by putting my attention somewhere else.  - I can describe helpful thoughts that I can put into my brain. |

**Lesson 2**

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| 00.00 | **The Inner Satnav** – Learning how to move towards what you want in a positive way.  Learning Intention  - I am learning that it’s important to be clear about the goals I’d like to move towards.  Success Criteria  - I can describe setting a goal with the steps required to get there. |
| 02.22 | **The Feelgood Switch** – A choice of strategies you can use to help yourself take control and feel better.  Learning Intention  - I am learning about the ‘Feelgood Switch’, which is a choice of strategies I  can use instead of having unhelpful thoughts and feelings.  Success Criteria  - I know different strategies I can use to withdraw my attention from a thought or to help me calm down when I need to. |
| 03.01 | **Come to your senses**  - I can take my attention to my senses instead of focusing so much on my thoughts. |
| 04.38 | **5:9 Breathing** - I can calm myself easily using my breath. |
| 07.47 | **Be in Nature -** I can go for a walk outdoors and carefully notice my surroundings |
| 09.30 | **Sole Resting** - I can take my attention into the soles of my feet and give my head a rest! |
| 10.25 | **To Visualise**  - I can create nice pictures in my mind which feel good. |
| 12.33 | **Peripheral Vision**  - I can withdraw attention from my thoughts in this simple way, using my eyes. |
| 13.13 | **Serial 7s** - I can gain control of my feelings really quickly just by counting! |

**Lesson 3**

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| 00.00 | **Social Media**  - Its crucial impact and the importance of your choices.  Learning Intention  - I am becoming aware if social media is making me feel uncomfortable and what to do about it.  Success Criteria  - I can describe good practice when using social media to help create positive mental health. |

**Lesson 4**

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| 00.00 | **Video: The Inner World** - A straightforward model for understanding your psychological world.  Learning Intention  - I am learning about my Inner World.  Success Criteria  - I can recognise the different sections of my Inner World.  - I can use this model to help me understand and discuss how my thoughts, feelings and actions are related to one another. |

**Lesson 5**

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| 00.00 | **Video: The Inner SNACK** - A dynamic, yet simple model for creating positive change.  Learning Intention  - I am learning about the inner SNACK and how to use it to manage my thoughts, feelings and behaviour.  Success Criteria  - I recognise the acronym SNACK and what each letter stands for.  - I can begin to use the Inner SNACK to look after my Inner World. |

**Module 3- A Secret Pattern**

**Lesson 1**

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| 00.00 | **Being Kind** - Kindness is really good for your physical and mental wellbeing.  Learning Intention  - I am learning about the importance of being kind to myself.  Success Criteria  - I can describe some of the effects of being kind to myself and others.  - I can describe how I can be kind to myself.  - I can consider giving random acts of kindness. |
| 06.15 | **Being Thankful** - Learning to notice and be thankful more - it has so many positive benefits!  Learning Intention  - I am learning the importance of being thankful.  Success Criteria  - I can list and discuss some of the things that I am thankful for on a regular basis. |

**Lesson 2**

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| 00.00 | **Story : The 2 Wolves**  Learning Intention  - The impact of the attitudes and values we focus on.  Success Criteria  - I can discuss the meaning within the story. |
| 00.54 | **Be The Best You Can Be** - no-one can do more than their best!  Learning Intention  - I am learning how to support and encourage myself.  Success Criteria  - I can discuss choices I’m making to help myself feel better and reach towards my goals. |
| 03.52 | **Video : Choosing Happiness** - Recapping learning and demonstrating positive choices using the Inner SNACK.  Learning Intention  - I am learning how worries grow and what I can do to help myself. - I can see clearly how to help myself to be kind and thankful.  Success Criteria  - I can describe a time when I stopped a worry getting big and painful. - I can discuss how choosing my thoughts more carefully makes me feel. |

**Lesson 3**

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| 00.00 | **The Happiness Challenge**  Learning Intention  - A daily challenge to increase my happiness.  Success Criteria  - I can be kind every day for a whole week.  - I can make a gratitude list every day for a whole week.  - I can talk about and record how this has made me feel.  - I can keep doing this every day for as long as I’d like to.  In this way I can give an extra boost to my mental health! |