

ThoughtBox

HAPPINESS

EXPLORING IDENTITIES

KEY STAGE 1 & 2

Exploring ways to feel
connected to ourselves and
our own sense of identity in
the world

Aims and Objectives

Pupils will practise skills of critical thinking & questioning, deep listening and empathy building. Lessons will encourage pupils to think about the meaning of happiness and explore what the sensation of happiness feels like, as well as discuss what we all need to feel happy.

Pupils will explore a range of emotions that humans experience as well as some of the different ways to support emotional health. They will think about and discuss how to talk about difficult feelings and explore a range of thinking, doing and sharing activities to encourage emotional wellbeing. Lessons will open up discussions about different ways to approach happiness, looking at different countries and cultures as well as our overall human needs.

Questions explored:

- What is happiness?
- What are the 'bare necessities' we all need to feel happy?
- What is the difference between happiness and success?
- Can you measure happiness?
- Why do we find it tricky to talk about some of our more negative emotions?
- What can we do to support our own emotional health and that of the people around us?

Contents of the topic

A downloadable box of lesson plans for KS1&2, with each week offering a 60 minute lesson on the following:

- WEEK 1 | What is happiness?
- WEEK 2 | Mind your head
- WEEK 3 | Measuring happiness
- WEEK 4 | Positive thinking

Our Key Stage 1 curriculum is all based around stories. Each of our topics is explored through a bespoke picture-book story, engaging children in some of the key themes and ideas of the topic in simple, accessible and exciting ways. Lessons all begin with reading the story and then move through a range of teaching and learning ideas to focus on particular themes, issues and discussions from within the narrative.

ThoughtBox KS1 is structured in the same format as our KS2 curriculum, and the Journey's topic for KS1 contains four different hour-long lesson plans opening the box with discussion-based activities to help pupils to engage, understand, explore perspectives and feel empowered about the topic.

All of the KS1 stories contain non-human creatures as the central characters and engage children in learning about wider social issues through metaphor, symbols and themed narratives. Lessons develop key skills of discussion, active listening, critical thinking, empathy and global learning.



HAPPINESS

Title: *The Grasshopper who lost her hop*

Summary: One day, Grasshopper wakes up feeling rather blue and when she tries to get out of bed, she realises that she's lost her hop! Her good friend Clang spends the day teaching her about five special things that she can do to start to feel a bit less sad and hopefully help her to find her hop again.

Each topic comes with a scheme of work which links to PSHE and SMSC learning objectives as well as wider learning objectives within key National Curriculum subjects.