

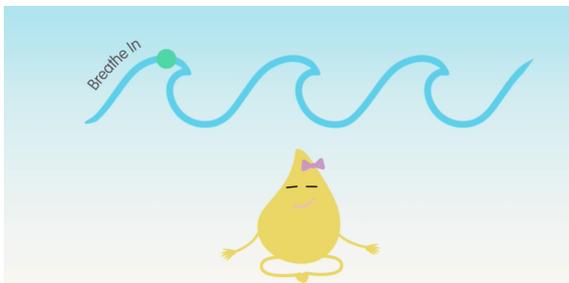
# Appreciate

Authentication code: mhm170

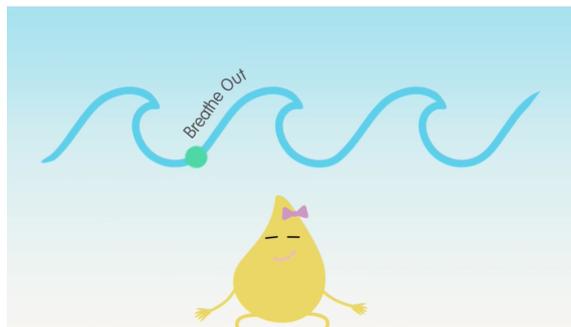
- During this module, your child has learnt all about the importance of gratitude, or being thankful.
- Key learning points include:
  - Children learn the importance of being thankful and that it helps us and others to feel good.
  - Children experiment with different ways of showing their gratitude.
  - Children start to develop a habit of taking the time to stop and show gratitude
  - Children learn all about the importance of stopping and taking time to be thankful.

## Happy Breathing—Wave breathing

Below is a script for you to practise with your child.



Breathe in as you trace your finger up the wave



Breathe out as you trace your finger down the wave

## Appreciate story

Please revisit this story with your child:



Arabella was a lovely girl who lived by the seaside, her garden was the beach and she loved to play in the sand...

One day, Arabella woke up and was so happy because her friends were coming to play. They lived in the countryside...



Arabella and her friends played on the beach for hours, they had such fun together splashing in the waves and building in the sand...



Arabella and her friends were so sad when it was time to leave but they were so thankful for the time they had together!

Why not have this poster somewhere visible and encourage children to share what they are thankful for at home?

