



Our MyHappyMinds



SHARED VOCABULARY

We use the same words  so we can understand feelings, choose strategies and build our Inner Curriculum.

1. CORE EMOTIONAL LITERACY WORDS

-  **Calm** – regulated, ready to learn
-  **Worried** – small worry / big worry
-  **Frustrated** – stuck, needing help
-  **Excited** – energised, ready to engage
-  **Sad** – needing connection or comfort
-  **Angry** – overwhelmed, needing space
-  **Tired** – low energy, needing a reset
-  **Confident** – ready to try, ready to learn

2. REGULATION & BRAIN SCIENCE WORDS

-  **Brain State** – how my brain is feeling right now
-  **Amygdala** – the alarm system part of the brain
-  **Prefrontal Cortex** – the thinking part of the brain
-  **Hippocampus** – the memory part of the brain
-  **Regulate** – calm down, reset, get ready
-  **Strategy** – something I choose to help myself
-  **Pause** – stop and breathe before reacting
-  **Reset** – return to calm and ready

3. ZONES OF REGULATION

-  **Blue Zone** – low energy, sad, tired
-  **Green Zone** – calm, focused, ready
-  **Yellow Zone** – worried, wobbly, frustrated
-  **Red Zone** – overwhelmed, angry, out of control
-  **Move Zones** – choosing a strategy to shift zones

4. MYHAPPYMINDS PROGRAMME WORDS

-  **Celebrate** – noticing strengths and successes
-  **Appreciate** – recognising what's going well
-  **Relate** – connecting with others
-  **Engage** – being present and ready
-  **Grow** – learning new skills and habits
-  **Character Strengths** – the best parts of me
-  **Habits of Mind** – the ways I think and behave
-  **Mindful Moment** – a short pause to reset

5. REGULATION STRATEGIES (SHARED LANGUAGE)

-  **Breathing Break** – calm breathing to reset
-  **Calm-Down Plan** – personalised steps to regulate
-  **Positive Self-Talk** – "I can do this", "I'm safe"
-  **Grounding** – noticing what I can see, hear, feel
-  **Movement Break** – controlled physical reset
-  **Check-In** – naming how I feel
-  **Ready Routine** – steps to get back to learning

6. SOCIAL & RELATIONAL WORDS

-  **Kindness** – choosing to help or support
-  **Respect** – listening, following routines, caring for others
-  **Belonging** – feeling safe, known and included
-  **Repair** – fixing harm after conflict
-  **Choice** – selecting a strategy or behaviour
-  **Independence** – managing myself with support
-  **Cooperation** – working together
-  **Turn-Taking** – sharing space and time

7. FAMILY PARTNERSHIP WORDS

-  **Shared Language** – same words at home and school
-  **Small Worry / Big Worry** – helps families scale emotions
-  **Ready Routine** – morning or evening steps
-  **Calm Corner** – a place to reset
-  **Regulation Strategy** – chosen tool to help calm

We can name it.
We can manage it.
We can learn it!



USE OUR WORDS EVERY DAY

-  Name how we feel
-  Choose a strategy
-  Reset and get ready
-  Show kindness and respect
-  Grow our minds and our hearts

Our words help us feel understood, build strong relationships and grow every day.