

|           | Autumn 1                                                            | Autumn 2                                                                                                    | Spring 1                                                                                          | Spring 2                                                                                                                                   | Summer 1                                                                                                                                                                                                                  | Summer 2                                                                                                                                                                  |
|-----------|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nursery   | My Happy Mind:<br>Meet your Brain                                   | My Happy Mind:<br>Celebrate<br><br>My Happy Mind plus: Places                                               | My Happy Mind:<br>Appreciate                                                                      | My Happy Mind:<br>Relate                                                                                                                   | My Happy Mind:<br>Engage                                                                                                                                                                                                  |                                                                                                                                                                           |
| Reception | My Happy Mind:<br>Meet your Brain                                   | My Happy Mind:<br>Celebrate<br><br>My Happy Mind plus: Places                                               | My Happy Mind:<br>Appreciate                                                                      | My Happy Mind:<br>Relate                                                                                                                   | My Happy Mind:<br>Engage                                                                                                                                                                                                  | My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Body</li> <li>• Relationships</li> <li>• World</li> </ul>                                                 |
| Year 1    | My Happy Mind:<br>Meet your Brain<br><br>My Happy Mind plus: Places | My Happy Mind:<br>Celebrate<br><br>My Happy Mind plus:<br>Showing Respect and Managing<br>Hurtful Behaviour | My Happy Mind<br>Appreciate<br><br>My Happy Mind plus:<br>Healthy lifestyles                      | My Happy Mind:<br>Relate<br><br>My Happy Mind plus:<br>Families and close relationships                                                    | My Happy Mind:<br>Engage<br><br>My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Shared responsibilities</li> <li>• Communities</li> </ul>                                                                 | My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Ourselves growing and changing</li> <li>• Transition</li> </ul>                                           |
| Year 2    | My Happy Mind:<br>Meet your Brain<br><br>My Happy Mind plus: Places | My Happy Mind:<br>Celebrate<br><br>My Happy Mind plus: Keeping<br>safe                                      | My Happy Mind:<br>Appreciate<br><br>My Happy Mind plus: Media,<br>literacy and digital resilience | My Happy Mind:<br>Relate<br><br>My Happy Mind plus:<br>friendships<br><br>My Happy Mind plus: Growing<br>and changing (My amazing<br>body) | My Happy Mind:<br>Engage<br><br>My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Safe relationships</li> <li>• Economic wellbeing</li> </ul>                                                               | My Happy Mind plus:<br>Ourselves growing and changing<br>- transition                                                                                                     |
| Year 3    | My Happy Mind:<br>Meet your Brain<br><br>My Happy Mind plus: Places | My Happy Mind:<br>Celebrate<br><br>My Happy Mind plus:<br>friendships                                       | My Happy Mind:<br>Appreciate<br><br>My Happy Mind plus: healthy<br>lifestyles                     | My Happy Mind:<br>Relate<br><br>My Happy Mind plus: Families<br>and Close Positive relationships                                           | My Happy Mind:<br>Engage<br><br>My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Growing and changing<br/>(our bodies growing<br/>up)</li> <li>• Communities</li> <li>• Shared responsibilities</li> </ul> | My Happy Mind plus:<br><ul style="list-style-type: none"> <li>• Ourselves, Growing<br/>&amp; Changing - Grief</li> <li>• Growing and changing<br/>- transition</li> </ul> |

|        |                                                                             |                                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                 |                                                                                                                                                                                                        |                                                                                                                                                                                                            |
|--------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Year 4 | <p>My Happy Mind:<br/>Meet your Brain</p> <p>My Happy Mind plus: Places</p> | <p>My Happy Mind:<br/>Celebrate</p> <p>My Happy Mind plus: Showing Respect and Managing Hurtful Behaviour/Bullying</p>                                                                                                               | <p>My Happy Mind:<br/>Appreciate</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• First aid</li> <li>• Media literacy and digital resilience</li> </ul>                                       | <p>My Happy Mind:<br/>Relate</p> <p>My Happy Mind plus: Safe relationships</p>                                                                                                                                                  | <p>My Happy Mind:<br/>Engage</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Keeping Safe</li> <li>• Growing and changing (periods)</li> </ul>                                 | <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Economic wellbeing</li> <li>• Ourselves growing and changing - transition</li> </ul>                                                   |
| Year 5 | <p>My Happy Mind:<br/>Meet your Brain</p> <p>My Happy Mind plus: Places</p> | <p>My Happy Mind:<br/>Celebrate</p> <p>My Happy Mind plus: friendships</p>                                                                                                                                                           | <p>My Happy Mind:<br/>Appreciate</p> <p>My Happy Mind plus: healthy lifestyle</p>                                                                                                                                    | <p>My Happy Mind:<br/>Relate</p> <p>My Happy Mind plus: Families and Close Positive Relationships</p>                                                                                                                           | <p>My Happy Mind:<br/>Engage</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Changing and growing (the big change)</li> <li>• Safe relationships (All kind of love)</li> </ul> | <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Economic wellbeing</li> <li>• Ourselves growing and changing - grief</li> <li>• Ourselves growing and changing - transition</li> </ul> |
| Year 6 | <p>My Happy Mind:<br/>Meet your Brain</p> <p>My Happy Mind plus: Places</p> | <p>My Happy Mind:<br/>Celebrate</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Shared responsibilities</li> <li>• Showing Respect and Managing Hurtful Behaviour/Bullying</li> <li>• Communities</li> </ul> | <p>My Happy Mind:<br/>Appreciate</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• First Aid</li> <li>• Drugs, alcohol and Tobacco</li> <li>• Media literacy and digital resilience</li> </ul> | <p>My Happy Mind:<br/>Relate</p> <p>My Happy Mind plus:</p> <ul style="list-style-type: none"> <li>• Safe relationships</li> <li>• Growing and changing (reproduction)</li> <li>• Safe relationships (linked to FCM)</li> </ul> | <p>My Happy Mind:<br/>Engage</p> <p>My Happy Mind<br/>Be your Best (SATS preparation)</p>                                                                                                              | <p>My Happy Mind plus:<br/>Transition programme</p>                                                                                                                                                        |