

My Happy Mind: Celebrate My Happy Mind Plus: Showing Respect and Managing Hurtful Behaviour

Prior Learning:

We have learnt about our brains and our feelings. We can practice Happy Breathing to help us feel calm.

Key Vocabulary

Strength		Something special about the way we think or act.
Bravery		Having a go, even when something feels scary.
Bullying		When someone upsets someone on purpose, more than once.
Respect		Treating others with kindness or care.

Key places



Our School – Our school is a place where we can show kindness, respect and bravery. We celebrate everyone's different strengths and help each other feel safe and happy.

Key Learning

My Happy Mind: Celebrate

What are different character strengths?
What are my character strengths and what character strengths do my friends have?
When have I used a character strength?
Which strengths do I use the most?
My Happy Mind Plus: Showing Respect and Managing Hurtful Behaviour
What behaviours are kind and unkind?
How do unkind behaviours makes others feel?
What is bullying?
Can I identify a trusted adult who can help me?
How can we be kind online?



The Big Question

What are our character strengths?
How can we show kindness and respect to others?

Visual Vocabulary

	Honesty
	Kindness
	Unkindness
	Trusted Adults

Cross Curricular Links

Mutual Respect

We are kind to each other and value the people and places that matter to us.