

My Happy Mind: Celebrate My Happy Mind Plus: Keeping Safe

Prior Learning:

We have met Team HAP and learnt about the different parts of our brain. We know that our brain helps us to think, learn, remember and manage our feelings.

We can practice Happy Breathing to help us feel calm.

Key Vocabulary

Unique		Being special and different to others.
Confidence		Believing in yourself and having a go.
Danger		Something that could hurt us.
Emergency		Something serious that happens and we need help quickly.

Key places



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 and what do they mean?
 What character strengths do I have and what strengths do my friends have?
 When have I used one of my strengths?
 How can my strengths can help me when something is difficult?
 What ways can I develop and use my strengths more often?

My Happy Mind Plus: Keeping Safe

What are safe and unsafe situations?
 Why do we have rules to keep us safe?
 How do we stay safe at home, outside and online?
 What are risks and how do we avoid danger?
 What would I do in an emergency?
 Who are my trusted adults who can help me stay safe?



The Big Questions

What makes us special, and how can we use our strengths?
 How can we keep ourselves and others safe?

Visual Vocabulary



Perseverance: keeping on trying, even when something is tricky, and not giving up!



Character Strengths: the special qualities inside us that help us make good choices, be kind and do our best.



Risk: trying something when we are not sure what will happen or whether it will work.



Trusted Adults: grown-ups who helps us feel safe, listen to us and look after us.

Cross Curricular Links

Mutual Respect

We are all different. We listen, show kindness and help keep each other safe.