

My Happy Mind: Celebrate My Happy Mind Plus: Friendships

Prior Learning:

We have met Team H-A-P and learnt about the different parts of our brain and their different jobs. We understand how our brain helps us to learn, remember, make decisions and manage our emotions, and how we can keep our brain healthy.

Key Vocabulary

Respect	Treating others kindly and fairly.
Trust	Believing someone is honest and reliable.
Peer pressure	Feeling pushed to do something by others.
Compromise	Finding a solution that works for everyone.

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 character strengths and what are the five groups?

What are my strengths and what makes me unique?

How do we celebrate strengths in others?

Can I explain how our Character Strengths can grow and develop?

Can I use my strengths to overcome challenges and help Team HAP feel happy, safe and calm?

My Happy Mind Plus: Friendships

Why are friendships important and what makes a healthy friendship?

How would I know if someone feels lonely or excluded and how could I help them feel included?

What is peer pressure?

How can I resolve disagreements respectfully and understand that friendships can change?



The Big Questions

How can our Character Strengths help us grow and overcome challenges?
What makes a good friendship, and how can we show respect to others?

Visual Vocabulary

Kindness



Kindness: means being caring, friendly and helpful to others through our words and actions.

Included



Included: means feeling welcome, accepted and part of a group, so nobody feels left out.

Honesty



Honesty: means telling the truth, being fair and doing the right thing, even when it is difficult.

Friendship



Friendship: means caring for each other, being kind, having fun together and helping each other when we need it.

Cross Curricular Links

Mutual Respect

We are all different and have our own strengths. We show respect by listening to others, being kind, including everyone and valuing each other's feelings.