

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

Prior Learning:

We have learnt how Team HAP (Hippocampus, Amygdala and Prefrontal Cortex) influences our emotions, memory and decisions. We understand neuroplasticity and how our brains adapt through learning and experience.

Key Vocabulary

Character Strengths	Positive qualities that make us unique.
Neuroplasticity	Our brain's ability to grow and change.
Dopamine	A brain chemical that helps us feel good and motivated.
Resilience	Keeping going when things are difficult.

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 why we are unique?
 What are my strengths and what strengths can I see in others?
 How do our strengths help Team HAP feel happy?
 How can I use my strengths to solve problems and face challenges?
 How does neuroplasticity help our strengths grow?

My Happy Mind Plus: Showing Respect and Managing Hurtful Behaviour/Bullying

How do I show respect through my words, actions and manners?
 How do I respect people's differences?
 What is bullying and how does it affect others?
 How do I recognise bullying, including online bullying, and know how to get help?



Visual Vocabulary



Respect
 Respect: means treating others with kindness, listening to their feelings and showing that everyone matters.



Diversity
 Diversity: means recognising and celebrating the differences that make each of us special and unique.



Identity
 Identity: means all the things that make you who you are, like your personality, interests, family and what makes you special.



Bullying
 Bullying: means deliberately hurting, upsetting or leaving someone out again and again, often when they find it hard to stand up for themselves.

The Big Questions

How can we grow and use our Character Strengths to be our best selves?
 How can we respect our differences and help prevent bullying?

Cross Curricular Links

Computing - Online Safety: Recognising online bullying, communicating respectfully and knowing how to report concerns.

British Values - *Mutual Respect*

We respect and celebrate our differences, treat others fairly and speak up when someone is being treated unkindly.